



Social Links Program

WESTERN ADELAIDE



Good Lives for
Older People

Looking for something new to do?

ACH Group's social activities offer opportunities for you to get out and about, discover new interests and be part of your community.

Through a range of local group or one-to-one activities, we can help you maintain your social interests or foster new ones.

Whether in your home or out in the community, we will work with you to find activities and interests that suit you. Bring your partner or a friend or come along by yourself - all welcome!

If you are aged 65+ years (or 50+ years for ATSI), please call **1300 224 477** to find out more.

Transport is available on request and people living with dementia or who require assistance with mobility are welcome and encouraged.

OTHER

Computer/iPad training. Individual tuition in your home on request.

WEDNESDAY

Sing for Joy 10am – 12pm

Come and experience the fun and enjoy the social, psychological, spiritual and health benefits belonging to a singing group can bring. Glenelg Baseball Club, Anderson Avenue, Glenelg North.

EasyMoves 10.30am – 11.30am **Plympton**

Low impact exercise class focussing on individuals strength & balance. Enjoy the benefits attending an exercise class can bring. Plympton RSL - 464 Marion Rd Plympton.

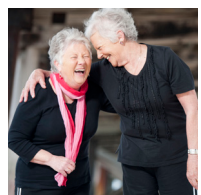
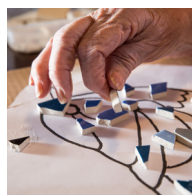
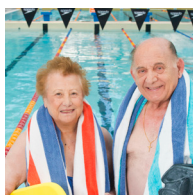
OCCASIONAL

A Moment In Time

Visit various venues for music concerts – classical, jazz and contemporary music. The days and times will vary depending on the venue.

A Better Way to Enjoy Theatre

Enjoy the company of others while attending the theatre – whether it be a musical, drama or comedy. The days and times will vary depending on the venue.



OCCASIONAL CONT.

Urban Upcyclers

Save money, one shop at a time!
Declutter and restock. Travel by chartered bus to various charity outlets and enjoy a lunch along the way. Every three months, 3rd Friday.

MONTHLY

Day Tours

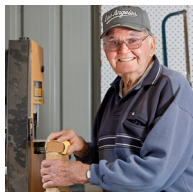
Visit places of interest, meet new people, make new friends.

Hunting History

3rd Friday of each month. Learn about the local area and other parts of SA. Visit places of historical interest.

Social Links programs encourage and support you to connect with your local community through a range of local group or individual activities.

Call **1300 22 44 77** to find out more.



Please note:

This information is valid from November 2017, all programs are subject to change.

Aged Care & Housing Group Inc.

ABN 99 437 071 895

Supported by the Australian Government Department of Health.

Visit the Department of Health website (www.health.gov.au) for more information.

Although funding for these classes has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people.



achgroup.org.au



1300 22 44 77



ACH Group



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