



Social Links Program

FLEURIEU REGION



Good Lives for
Older People

Looking for something new to do?

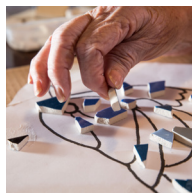
ACH Group's social activities offer opportunities for you to get out and about, discover new interests and be part of your community.

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.



MONDAY

Getting Connected - Victor Harbor

Morning group sessions – learn with others and share tips using iPad/ tablet/smart phone or laptop.

Getting Connected - Victor Harbor

Individual tuition – half or 1 hour sessions.

TUESDAY

Getting Connected

Morning group sessions – learn with others and share tips using iPad/ tablet/smart phone or laptop.

Getting Connected

Individual tuition – half or 1 hour sessions.

WEDNESDAY

Getting Connected 10am-12pm

Individual tuition with volunteer tutor – Natural Resource Centre, Normanville.

Getting Connected - Drop in Tech Hub

Natural Resource Centre, Normanville. 5-30 minutes of support/tuition available.

Learn, Create, Share 10am - 3pm

Fortnightly Wednesday. Exercise, art and craft, games, quizzes, guest speakers, entertainment, lunch provided. Yankalilla.

THURSDAY

Easy Moves 9.15am - 10.15am

Exercise Class

Chair based TaiChi and exercises to increase strength, flexibility and balance. Yankalilla.

MONTHLY

4th Tuesday Book Group

10am - 11.30am

Yankalilla

Guest speakers, discussions about books and a love of reading.

Night Out 5pm - 7pm

4th Tuesday of month. A night out for a meal with support from Program assistant – pub, cafe or fish and chips. During warmer months takeaway fish and chips in a picnic setting at local parks. Various venues.

Bus Tours 9:30am - 4:30pm

Tours to various events and venues. Fourth Thursday of every month. Call for more information.



Coming in 2018:

- "DIP YOUR TOE" WORKSHOPS
- JEWELLERY MAKING
- EXPRESS YOURSELF DRAMA & MOVEMENT
- CREATIVE WRITING
- PHOTOGRAPHY BASICS
- PAINTING
- SKETCHING BASICS

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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