



Social Art Group

# Social Links Program

EASTERN 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 22 44 77** 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

**Ladies Swim 9:30am - 10:30am**  
Swim or have a relaxing spa at the North Adelaide Aquatic Centre. Runs during school term only.

**Photography Lovers Fortnightly**  
Photography lovers runs for 10 sessions where you will interact with like-minded passionate photographers to produce photos and images either to keep for yourself or exhibition. Inclusive of beginners.

**Hook Line and Sinker Fortnightly 9:00am - 1:30pm**  
Various seaside and river fishing locations. A group created for men who love to fish.

**Day Tours**  
**Various locations**  
1st Monday of each month. Visit different interesting locations and destinations. Register your interest by calling 1300 22 44 77.

## TUESDAY

**Social Links Group 10am - 2:30pm**  
**Osmond Terrace, Norwood**  
This group is supported to attend a variety of venues in the community. Based on availability (see tailored program).

## TUESDAY cont.

### **Just Blokes** 9:30am - 3:30pm Fortnightly

A group designed by blokes, for blokes to do things that blokes enjoy doing! Visiting different destinations that are of interest to blokes. Pick up from home available.

## WEDNESDAY

### **Art in Focus**

#### **Morning 10am - 12pm**

#### **Afternoon 12:30 - 2:30**

Enjoy the benefits creativity can bring. In this group you can choose from a variety of mediums to match your own unique interests. No experience required.

### **Learn, Create, Share** 10am - 3pm

#### **Men's Project Group**

Monthly snooker or bowls, newspaper discussions, word puzzles and cards. Shared lunch at the Salvation Army Hall, Florentine Avenue, Campbelltown.

### **Learn, Create, Share** 10am - 3pm

#### **Ladies Group**

Newspaper discussions, word puzzles and cards. Shared lunch at the Salvation Army Hall, Florentine Avenue, Campbelltown.

## THURSDAY

### **'Sing for Joy' Choir** 1:30 - 3:30pm Campbelltown

Come and experience the fun and enjoy the social, psychological, spiritual and health benefits that belonging to a singing group can provide.

### **Learn, Create, Share** 10am - 3pm

#### **Salvation Army Hall, Florentine Avenue, Campbelltown**

Newspaper discussions, craft, knitting, word puzzles and cards. Shared lunch. Choir and baking in the afternoon. Afternoon tea out and short walk to take photographs for SALA exhibit.

### **Men's Project Hall** 10am - 3pm

#### **Salvation Army Hall, Florentine Avenue, Campbelltown**

Working on different interesting projects. Shared lunch. Occasional outings.

## FRIDAY

### **Social Links Group** 10am - 2:30pm Tusmore

This group is supported to attend a variety of venues in the community. Based on availability.



## MONTHLY

### **Movie Group** 10:00am

Wednesdays at Hoyts Norwood, enjoy morning tea and a social movie, a great way to meet new people and relax.

### **Upcycling Tours**

Enjoy visits to speciality and recycling shops for a bargain or two. Take the opportunity to find a treasure or declutter.

### **Garden2Garden** 1:30 - 3:30

#### **Third Wednesday of the month**

Learn from our horticultural expert how to repot plants, cut back flowers and propagate. Enjoy visits to one another's gardens as well as community gardens and centres for inspiration.

## EXPRESSION OF INTEREST

### **High Tea**

Exquisite way to spend a day out with friends. Monthly group.

### **Dance and have fun!**

Run weekly over a 12 week block come and have fun, enjoying the experience of various styles of dance from around the globe.

## ONE-TO-ONE ACTIVITIES

### **Personal Life Stories**

A Personal Life Story is a reflection on a person's life and the events that have shaped them. Work with specialist trained staff to create your story in your chosen format and choose to share with family and friends, use as a memory resource or keep privately.

### **iPad and Computer Lessons**

Get to know your iPad or computer a little better, learn social media, how to create CDs and more with one on one support, in your own home or the community.

### **Sharing Interests and Skills**

We will match you with someone who shares your specific hobby or interest so you can enjoy some one on one time learning and sharing skills in your own home or the community.

**This information is valid from January 2018, 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](http://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](http://achgroup.org.au)



1300 22 44 77



ACH Group



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