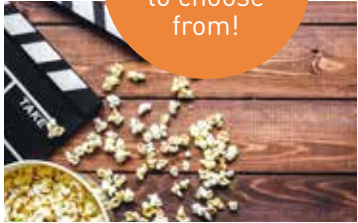


Discover & Explore

Social Links Experiences

April - June 2021

Over **400**
experiences
to choose
from!



Good Lives for
Older People

Create new and meaningful social connections and experience the vibrant cultural life of South Australia.

ACH Group provides a range of social experiences where you can meet new people, learn new skills or revitalise past ones.

Led by experienced professionals, whether it's one-on-one or in a group, we have a class or event that will suit your interests and needs.

No experience or prior knowledge is required to get involved – it's all about trying something new and engaging with your community to live a good life.

Our team are trained in supporting people who are living with memory loss, and practical assistance is provided as required from qualified facilitators.

Book any of the experiences now!

Call **1300 22 44 77**

Email **enquiries@ach.org.au**

Visit **achgroup.org.au/available-experiences**

Please note, COVID-19 precautions are in place and strictly adhered to for all ACH Group experiences.

All information correct at time of print.



Payment Options

- CHSP** Commonwealth Home Support Program
- HCP** Home Care Package
- CF** Customer Funded (Private Payment)



Discover SA

Whether you love food, nature, art or wildlife, our small group tours offer something for everyone.

Jump aboard to socialise with friends or meet new people, while exploring an exciting destination or new experience in South Australia.

Our group tours range from opportunities to spot native Australian wildlife in their natural environments one month, to being transfixed by an energetic street performer the next. Hear from local story tellers, explore Adelaide's history or be immersed in modern art.

April 2021

Nature Lovers



Victor Harbor & The Big Duck Seal Island Tour

NEW

Experience the thrill of this boat tour and see the wildlife at Seal Island and the spectacular Victor Harbor coastline from a unique perspective.

Tuesday 6 April & Thursday 8 April

Bus departs Gawler + Wynn Vale

Tuesday 13 April & Thursday 15 April

Bus departs Woodcroft, Seaford + McLaren Vale

Wednesday 14 April

Bus departs Yankalilla + Victor Harbor

Tuesday 20 April + Thursday 22 April

Bus departs Newton

Tuesday 27 April + Thursday 29 April

Bus departs Findon + Glengowrie

For more information visit
achgroup.org.au/available-experiences

Price per person:

CHSP

\$35

HCP

\$245

CF

\$269.50

May 2021

Food Lovers & Art Culture + History



Central Markets Discovery Tour

NEW

Learn the history behind the markets, meet the stallholders, hear their stories and taste a delicious selection of foods grown in South Australia.

Tuesday 4 May & Thursday 6 May

Bus departs Gawler + Wynn Vale

Tuesday 11 May & Thursday 13 May

Bus departs McLaren Vale, Seaford + Woodcroft

Wednesday 12 May

Bus departs Yankalilla + Victor Harbor

Tuesday 18 May & Thursday 20 May

Bus departs Newton

Tuesday 25 May & Thursday 27 May

Bus departs Findon + Glengowrie

For more information visit
achgroup.org.au/available-experiences

Price per person:

CHSP \$35

HCP \$245

CF \$269.50

Food Lovers



Pirate Life Brewery Experience

NEW

Stroll around the historic Port Adelaide Wharf and peruse local shops before heading to funky Pirate Life Brewery for a unique brewery experience whilst enjoying lunch.

Tuesday 1 June & Thursday 3 June

Bus departs Gawler + Wynn Vale

Tuesday 8 June & Thursday 10 June

Bus departs McLaren Vale, Seaford + Woodcroft

Wednesday 9 June

Bus departs Yankalilla + Victor Harbor

Tuesday 15 June & Thursday 17 June

Bus departs Newton

Tuesday 22 June & Thursday 24 June

Bus Departs Glengowrie + Findon

For more information visit
achgroup.org.au/available-experiences

Price per person:

CHSP \$35

HCP \$245

CF \$269.50



Available Experiences

Join in for an 8 week term.

For more information
call 1300 22 44 77 or visit
achgroup.org.au/available-experiences

Art in Focus

.....
Enjoy the benefits creativity can bring and
learn how to use a variety of mediums.
No experience necessary.

Weekly 2hr classes:

Wynn Vale – Monday 10am

Glenelg – Tuesday 9:30am

Coromandel Valley – Tuesday 1pm **NEW**

Newton – Wednesday 10am

Newton – Wednesday 12:30pm

Port Noarlunga – Friday 10am

McLaren Vale – Friday 1pm

Yankalilla - Wednesday 9:45am **NEW**

Price per class:

CHSP

\$10

HCP

\$50

CF

\$55

Concert Series

NEW

Escape through the magic of musical performances. Enjoy a live performance with like minded people and then catch up after the show. All matinees are programmed by Out of the Square Incorporated.

April - 'Sweet as Swing'

Reimagining your favourite Aussie songs from Waltzing Matilda to You're the Voice and serving them up with a jazz twist.

Marion – Tuesday 13 April 11am

Port Noarlunga – Wednesday 14 April 2pm

Golden Grove – Thursday 15 April 2pm

May - 'You've Got A Friend - Carole King's Tapestry'

Victoria Traeger pays homage to Carole King's timeless album, performing Tapestry cover to cover, with peoples' stories of how King's songs have accompanied them through life.

Port Noarlunga – Wednesday 12 May 2pm

Golden Grove – Thursday 13 May 2pm

Marion – Tuesday 18 May 2pm

June - 'Greg Hart in Concert'

Join Greg Hart as he sings songs from his many sell out tribute shows and his leading roles in musical theatre. Great songs from Roy Orbison, Neil Diamond, Elvis, Tom Jones and more.

Marion - 15 June

Port Noarlunga – 16 June

Golden Grove - 17 June

Price per concert:

CHSP \$10

HCP \$50

CF \$55

Fish Feeders

NEW

A social fishing group for like-minded people who enjoy the relaxation and tranquility that dropping a fishing line into the water provides.

Weekly 2 hour sessions:

Largs Jetty

Monday 9 -11am & 10.30am -12.30am

Port Noarlunga Jetty & Onkaparinga River

Friday 8.30 -10.30am & 10.30am -12.30pm

Price per session:

CHSP \$10

HCP \$50

CF \$55

Just Blokes

A group for blokes to do things that blokes enjoy doing and visit different destinations of interest.

7 April - Bus departs Hillier Park, Wynn Vale + Newton

28 April - Bus departs McLaren Vale, Seaford + Woodcroft

5 May - Bus departs Hillier Park, Wynn Vale + Newton

26 May - Bus departs McLaren Vale, Seaford + Woodcroft

2 June - Bus departs Hillier Park, Wynn Vale + Newton

23 June - Bus departs McLaren Vale, Seaford + Woodcroft

7 July - Bus departs Newton

28 July - Bus departs McLaren Vale, Seaford + Woodcroft

Price per person:

CHSP \$35

HCP \$245

CF \$269.50



Ladies Day

Enjoy the chance to make new connections with other women and enjoy trips to locations around South Australia.

21 April - Bus departs Hillier Park, Wynn Vale + Newton

19 May - Bus departs McLaren Vale, Seaford + Woodcroft

23 June - Bus departs Hillier Park, Wynn Vale + Newton

21 July - Bus departs McLaren Vale, Seaford + Woodcroft

Price per session:

CHSP \$35

HCP \$245

CF \$269.50

Nights Out

Meet up over dinner at a local restaurant or pub and socialise in a small group. We cover your meal up to \$25.

April

- 9 April – The Bartley Hotel – West Lakes
- 16 April – Prince Albert Hotel – Gawler
- 23 April – Jimmy Deane’s – Noarlunga Downs
- 30 April – Hotel Crown – Victor Harbor
- 30 April – Britannia Hotel – Kensington

May

- 7 May – Port Adelaide – Lighthouse Wharf Hotel
- 14 May – Golden Grove – Golden Grove Tavern
- 21 May – Noarlunga – Old Noarlunga Hotel
- 28 May – Payneham – Payneham Tavern
- 28 May – Victor Harbor – Grosvenor Hotel

June

- 4 June – Seaton – Seaton Hotel
- 11 June – Gawler – The Gawler Arms Hotel
- 18 June – Seaford – Beach Hotel
- 25 June – Norwood – The Bath Hotel
- 25 June – Victor Harbor – Hotel Victor

Times available on request or visit achgroup.org.au/available-experiences

Price per person:

CHSP

\$15

HCP

\$105

CF

\$115.50

On Par Social Golf

NEW

Improve your game or learn how to play with our social golfing program.

Each term includes 2 x coaching sessions and 6 x playing sessions. Available at Holden Hill and West Beach.

Price per 3 hour session:



\$15



\$75



\$82.50

Out and About

Created for people experiencing memory loss, this group enjoys morning or afternoon tea at various locations each week.

Door to door transport is provided to and from the group.

Schedule:

North/East Wednesday 11:30am

South/West Wednesday 11.30am

South/West Thursday 10am

North/East Thursday 1.30 pm

Price per person:



\$26



\$130



\$143

One-on-One

Customisable to suit your individual interests, one-on-one experiences can occur in your home or within your local area.

Weekly 2hr sessions:

Price per hour:



\$13



\$64.50



\$70.95

Showtime Movies

See a new release movie each month at your local cinema and escape through the magic of film with a group of like minded people.

Gawler Cinema

8 April, 6 May & 10 June at 10:30am

GU Film House Glenelg

9 April, 14 May & 11 June at 10am

Wallis Noarlunga

28 April, 26 May & 30 June at 10am

The Regal Theatre Kensington

28 April, 26 May & 30 June at 10am

Price per session:

CHSP \$15 HCP \$60 CF \$66

Sing for Joy Choirs

Enjoy fun, learning, and lift your spirits by singing together in a choir. No experience necessary.

Weekly 2 hour sessions:

Glandore – Tuesday 10am

Findon – Tuesday 1pm

Glenelg – Wednesday 10am

Port Noarlunga – Wednesday 1pm

Surrey Downs – Friday 10am

Campbelltown – Friday 1pm

Price per session:

CHSP \$10 HCP \$50 CF \$55

Social Footy @ The Bay

NEW

Share the highs and lows of the footy and enjoy the thrill of live sport and watch SANFL Glenelg Tigers from the grandstand at ACH Group Stadium.

Fixtures:

Round 1:

Glenelg vs West Adelaide

Friday 2 April (Good Friday) 4:10pm

Round 2:

Glenelg vs Eagles

Saturday 10 April 4:10pm

Round 4:

Glenelg vs Port Adelaide

Saturday 24 April (Anzac Round) 6:30pm

Round 6:

Glenelg vs Sturt

Sunday 9 May 2:10pm

Round 8:

Glenelg vs Adelaide

Saturday 29 May 2:10pm

Round 10:

Glenelg vs North Adelaide

Monday 14 June (Queen's Birthday) 2:10pm

Price per session:

CHSP

\$15

HCP

\$60

CF

\$66

Virtual Experiences

Sing for Joy - Virtual Choir

FREE

Practice singing from the comfort of your own home!

Let's Chat

Social groups or 1:1 social chats hosted over the phone by one of our friendly team members.

Schedule:

One on one – anytime

Social group – Monday 10am

Social group – Thursday 10am

Price per hour (one-on-one):

CHSP \$13

HCP \$64.50

CF \$70.95

Price per hour (social group):

CHSP \$13

HCP \$30

CF \$33

Together We Connect

Our trained ACH Group Support Workers will bring an iPad into your home and assist you to connect with family and friends, giving you the opportunity to see them face-to-face online.

Price per hour:

CHSP \$13

HCP \$64.50

CF \$70.95

Smart Tech

Our Smart Technology Occupational Therapist will match technology to assist you to connect with family online and live independently with technology including devices to prompt and remind and/or voice activated appliances.

Ask us how we can help!



Carer Support & Getaways

Designed with both carers and those they care for in mind, these retreats offer respite as well as the opportunity to socialise and engage with like minded people in a relaxed and safe environment.

McLaren Vale Respite

.....
High care respite for people living with memory loss or dementia. Participants can meet up in a social environment whilst maintaining and improving their current skills and capabilities. Includes a daily exercise program led by a qualified fitness instructor and a Wednesday art class led by a qualified art teacher.

Monday to Thursday 8.30am–5pm

Price per day:

CHSP \$45

HCP \$240

CF \$264

Carer Getaways



Murray River Discovery Cruise **NEW** [2 nights, 3 days]

Friday 11 – Sunday 13 June

Hop aboard the Proud Mary and discover the abundant wildlife and magnificent scenery from the water.

Inclusions:

- All meals, prepared on board by the Executive Chef
- Live entertainment
- On shore excursions
- Transport to and from Murray Bridge, with designated pick up and drop off points
- All accommodation.

For more information visit
achgroup.org.au/available-experiences

Price per person:

CHSP \$240

HCP \$1,440

CF \$1,584

(50% cancellation fee if cancelled within 7 days of departure.)



Kangaroo Island Experience [3 nights, 4 days]

NEW

Thursday 6 - Sunday 9 May

See the unforgettable highlights of Kangaroo Island under the lead of an experienced guide.

Inclusions:

- Return coach and ferry travel from Adelaide to Cape Jervis to Kangaroo Island
- Luxury air-conditioned coach travel on Kangaroo Island
- Continental breakfast daily
- 3 lunches & dinners
- All tour entry fees, guided tours and tastings
- All accommodation.

Departs from Adelaide CBD.

For more information visit
achgroup.org.au/available-experiences

Price per person:

CHSP \$320

HCP \$2,560

CF \$2,816

(50% cancellation fee if cancelled within 7 days of departure.)



Golf

Experience a hit of golf with friends, followed by a chance to catch up for a coffee and a chat afterwards.

Appropriate for beginner to intermediate level golfers, each 8-week term includes a professional golf lesson.

Ladies golf: Thursday 9:30–11:30am

Mens golf: Friday 9:30–11:30am

JamFactory Ceramics

Learn and master clay hand modelling with tailored ceramics classes at the JamFactory. Suitable for beginners to intermediate, sessions led by the expertise of the JamFactory team.

Tuesday 10am-12pm

Tuesday 1-3pm

JamFactory Jewellery Making

Learn jewellery making with tailored jewellery making classes at the JamFactory. Suitable for beginners to intermediate, sessions led by the expertise of the JamFactory team.

Friday 10am-12pm

(Prices available upon application)

For over 65 years, ACH Group has been supporting good lives for older people.

Let's talk **1300 22 44 77** Visit achgroup.org.au

Join the conversation



#goodlives #achgroup