

OCTOBER - DECEMBER 2021

# Discover & Explore

SOCIAL EXPERIENCES

+  
Jan-Mar  
2022  
day tours &  
getaways!



With over  
**400 experiences**  
to choose from!



Good Lives for  
Older People

# We all want to live a good life with meaning and purpose.

At ACH Group, we support people to live a good life as they age.

By listening to customers and the broader community to understand what contributes to a good life, we uncovered six elements that shape how we design and deliver personalised services where people are **in control**, with their **uniqueness** and **contribution** valued.

The foundation of a good life is **good health** and we provide opportunities to achieve optimal health and wellbeing, and actively promote valued roles to foster **optimism** and connection to community. Through engaging in real experiences – including our host of social experiences - we support people to keep doing the things they love, or learn something new, giving a sense of **belonging**.

Our range of services help you to maintain your social connections, independence, and health, whether you are living in your own home with support, or if you are looking to downsize to a more manageable retirement living unit. And if your needs change, our residential care homes support you to live well in a safe environment.

For over 65 years, we have been strident leaders in the movement of challenging ageism, and our purpose and workplace culture unites and guides us to bring our best so everyone can feel and experience the ACH Group difference.

**Explore SA**

Small group day tours & getaways Page 5

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**Available Experiences**

Ongoing weekly/monthly Page 45

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**Virtual Experiences**

Page 56

---

**Carer Support**

Page 58

---

**NDIS Experiences**

Page 60

---

**Cambodian Community**

Page 62

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## Create new and meaningful social connections and experience the vibrant culture of South Australia.

ACH Group provides a range of social experiences held throughout the Adelaide Metropolitan area and the Fleurieu Peninsula, 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 experience 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.

We can assist with transport to and from experiences. Just let us know!

Book now!

Call **1300 22 44 77**

Email **[enquiries@ach.org.au](mailto:enquiries@ach.org.au)**

Visit **[achgroup.org.au/available-experiences](https://achgroup.org.au/available-experiences)**



## Explore SA

Whether you love food, nature, art or wildlife, our small group tours offer something for everyone. Choose from our selection of relaxed day tours or even 2 or 3 night getaways!

ACH Group and AAT Kings have come together to expand the Explore SA Getaways offer, building on AAT Kings extensive expertise in holidays.

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



## Adelaide Oval Tour and Coffee

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Enjoy a coffee or beverage of choice and cake at the iconic Adelaide Oval before going behind the scenes, visiting areas that are normally off-limits, learning about the history of the oval with a stadium tour, led by expert ambassadors sharing captivating tales of this Adelaide icon.

You will pop into the famous O'Connell St Bakery for a snack before heading home.

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Price per person:

**CHSP** \$35    **HCP** \$245    **CF** \$269.50    **NDIS** \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

SMALL  
GROUP DAY  
TOUR



### When & Where

**Tuesday 5 October & Thursday 7 October**

Bus departure locations  
Gawler & Wynn Vale pick up

**Tuesday 12 October & Thursday 14 October**

Mclaren Vale, Seaford & Woodcroft pick up

**Wednesday 13 October**

Yankalilla + Victor Harbor pick up

**Tuesday 19 October & Thursday 21 October**

Newton pick up

**Tuesday 26 October & Thursday 28 October**

Findon + Glengowrie pick up

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - coffee and cake on arrival, plus  
Adelaide Oval Tour



**Activity Level** – Medium (Scoreboard requires  
stair access but alternative options available)

## Lucky Dumpling Market (October Special)

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Discover a feast for your senses that will transport you to the street markets of Asia, with authentic cuisine and a vibrant atmosphere at the Adelaide Lucky Dumpling Market.

Enjoy this special twilight bus tour to taste the flavours of Asia. Experience live entertainment, including music, dance and community groups in a Covid-safe festival experience.

\* Venue is cashless, and all purchases will need to be made by card.

SMALL  
GROUP DAY  
TOUR



## When & Where

Friday 22 October

(later afternoon 3pm departure)

Gawler, Wynn Vale + Newton pick up

Friday 22 October

(later afternoon 3pm departure)

Seaford, Morphett Vale & Woodcroft pick up

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - transport



**Activity Level** – Medium (Walking and experiencing Markets stalls)

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Price per person:

CHSP \$35

CF \$269.50

HCP \$245

NDIS \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

## Harbour Town Shopping Day

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Shop till you drop this month on our Christmas shopping adventure. Visit the home of Adelaide's biggest premium outlet shopping district Harbour Town.

After a few hours scouting the shops we will head down to Henley beach to rest and enjoy a scenic pub lunch.

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Price per person:

CHSP \$35

CF \$269.50

HCP \$245

NDIS \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

SMALL  
GROUP DAY  
TOUR



### When & Where

**Tuesday 2 November & Thursday 4 November**

Gawler + Wynn Vale pick up

**Tuesdays 9 November & Thursday 11 November**

McLaren Vale, Seaford + Woodcroft pick up

**Wednesday 10 November**

Yankalilla + Victor Harbor pick up

**Tuesday 16 November & Thursday 18 November**

Newton pick up

**Tuesday 23 November & 25 November**

Findon + Glengowrie pick up

Afternoon departure from 2pm.

Home transport available upon request.

Schedule confirmed at time of booking.



**Included** - transport & lunch



**Activity Level** – medium walking

## Paracombe Premium Perry Christmas Lunch

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This 4th generation Adelaide Hills Pear Orchard is quirky, cool and very different, which is exactly why we've chosen it to hold our 2021 Christmas celebrations and bus tour.

Dress in your best Christmas threads to enjoy a tour and tasting of the family run orchards before settling in for a group lunch of hand-crafted sour-dough pizzas.

SMALL  
GROUP DAY  
TOUR



## When & Where

### Tuesday 7 December

Gawler + Wynn Vale pick up

### Thursday 9 December

McLaren Vale, Seaford + Woodcroft pick up

### Tuesday 14 December

Newton pick up

### Thursday 16 December

Findon + Glengowrie pick up

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - transport, tour, tasting & lunch



**Activity Level** – light walking

Price per person:



\$35



\$269.50



\$245



\$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

## The Hahndorf Christkindlmarkt

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Let's get festive with these special Christmas tours.

The Hahndorf Christkindlmarkt is an annual European-style Christmas markets in the German town of Hanhdorf, that captures the essence of community, celebration, fun, laughter and cheer.

Enjoy the twilight markets in the summer months, enjoy food and drink from some of the local market stalls and pick up any last-minute Christmas treats.

SMALL  
GROUP DAY  
TOUR



## When & Where

**Friday 17 December**

Gawler, Wynn Vale + Newton pick up

**Saturday 18 December**

McLaren Vale, Seaford + Woodcroft pick up

(Please note these are afternoon departures from 2pm)

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - transport



**Activity Level** – medium walking

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Price per person:

CHSP \$35

CF \$269.50

HCP \$245

NDIS \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

## **Adelaide Hills Food Trail - Beerenberg, Melbas and Woodside Cheese**

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Experience all the fresh food and produce the Adelaide hills has to offer.

First stop is the wildly popular Beerenberg Farm shop, snap up your own picked strawberries or opt for their famous strawberry jam.

We will then venture to the local Woodside Hotel for a bite to eat, before picking up some sweet treats with a stop at Melbas Chocolate Factory and Woodside Cheese Wrights.

SMALL  
GROUP DAY  
TOUR



## When & Where

**Tuesday 11 January & Thursday 13 January**  
Gawler, Wynn Vale + Newton pick up

**Tuesday 18 January & Thursday 20 January**  
McLaren Vale, Seaford + Woodcroft pick up

**Wednesday 19 January**

Yankalilla + Victor Harbor pick up

**Tuesday 25 January & Thursday 27 January**  
Glengowrie + Findon pick up

(Please note East bus tour departs on  
11 and 13 January this month.)

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - transport & lunch



**Activity Level** – light/medium walking

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Price per person:

CHSP \$35

CF \$269.50

HCP \$245

NDIS \$245

Contact us to find out if you are eligible  
for government subsidies for these fully  
hosted experiences.

## Intercontinental High Tea

Back by  
popular  
demand



We have two of our most popular experiences back for 2022, either will be sure to get your tastebuds tingling!

Choose to devour all the sweet bites of the luxurious Intercontinental High Tea, or try a more hands on approach with our own MasterChef Cooking Experience at Sprout Cooking Class.



## When & Where

**Tuesday 1 February 2022**

Gawler + Wynn Vale pick up

**Tuesday 8 February 2022**

McLaren Vale, Seaford + Woodcroft pick up

**Tuesday 15 February 2022**

Newton pick up

**Wednesday 9 February**

Yankalilla + Victor Harbor pick up

**Tuesday 22 February 2022**

Glengowrie + Findon pick up

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - transport & Intercontinental  
High Tea



**Activity Level** – light walking

Price per person:

**CHSP** \$35

**CF** \$269.50

**HCP** \$245

**NDIS** \$245

Contact us to find out if you are eligible  
for government subsidies for these fully  
hosted experiences.

## Sprout Cooking Class

Back by  
popular  
demand



We have two of our most popular experiences back for 2022, either will be sure to get your tastebuds tingling!

Choose to devour all the sweet bites of the luxurious Intercontinental High Tea, or try a more hands on approach with our own MasterChef Cooking Experience at Sprout Cooking Class.

**"I thoroughly enjoyed today."**  
- participant, Janet

Price per person:

CHSP \$35    HCP \$245    CF \$269.50    NDIS \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



## When & Where

**Thursday 3 February 2022**

Gawler + Wynn Vale pick up

**Thursday 10 February 2022**

McLaren Vale, Seaford + Woodcroft pick up

**Thursday 17 February 2022**

Newton pick up

**Thursday 24 February 2022**

Glengowrie + Findon pick up

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - transport & Sprout Cooking Class & lunch



**Activity Level** – light walking (standing  
During sprout cooking demonstrations)



**“We loved having the groups through and I think everyone learnt something new but more importantly we had a lot of laughs and a lot of fun which is what we always try to do at Sprout.”**  
- Callum Hann

## Adelaide Fringe 2022

# \* ADELAIDE \* FRINGE \*



During Adelaide Fringe 2022 we are offering something for everyone, choose to venture out for a twilight evening show and dinner in the famous grounds of Gluttony, or choose to venture in for a late afternoon of sideshows, food and vibrant colour in the Garden of Unearthly Delights.

More details to come, don't miss out and book your spot ASAP.

Price per person:

CHSP \$35    HCP \$245    CF \$269.50    NDIS \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



## When & Where

### EVENING TOUR/SHOW

**Tuesday 1 March 2022**

Gawler + Wynn Vale pick up

**Tuesday 8 March 2022**

McLaren Vale, Seaford + Woodcroft pick up

**Wednesday 9 March 2022**

Yankalilla + Victor Harbor pick up

**Tuesday 15 March 2022**

Newton, Glengowrie + Findon pick up

### AFTERNOON EVENING TOUR/SHOW

**Thursday 3 March 2022**

Gawler + Wynn Vale pick up

**Thursday 10 March 2022**

McLaren Vale, Seaford + Woodcroft pick up

**Thursday 17 March 2022**

Newton, Glengowrie + Findon pick up

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - transport & Adelaide Fringe Show/Experience



**Activity Level** – medium – fair walking

## Australian Aviation Museum

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South Australian Aviation Museum is a thriving place for aviation enthusiasts.

Enjoy a great variety of aircrafts, engines, propellers, history displays and memorabilia, before heading down to the water and enjoying a pub lunch at Semaphore.

SMALL  
GROUP DAY  
TOUR



### When & Where

#### Wednesday 3 November

Gawler, Wynn Vale + Newton pick up

#### Wednesday 24 November

Seaford, McLaren Vale & Woodcroft pick up

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - transport, admission & lunch



**Activity Level** – medium walking

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Price per person:

CHSP \$35

CF \$269.50

HCP \$245

NDIS \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

## Clipper Ship City of Adelaide - Port Adelaide

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Enjoy a summer morning on the water, start the day with an ice coffee at pancakes at the Port, followed by a tour of the Clipper Ship City of Adelaide, the world's oldest surviving composite clipper ship, followed by a lovely pie or snack before heading home.

SMALL  
GROUP DAY  
TOUR



## When & Where

### Wednesday 12 January

Gawler, Wynn Vale + Newton pick up

### Monday 24 January

Seaford, McLaren Vale & Woodcroft pick up

(Please note Just Blokes running Monday 24 January due to Australia Day public holiday.)

Home transport available upon request.  
Schedule confirmed at time of booking.



**Included** - transport & lunch



**Activity Level** – light/medium walking

Price per person:

CHSP \$35

CF \$269.50

HCP \$245

NDIS \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

## Fermoy House & O'Connell St Bakery

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Venture to North Adelaide, popping into the Lion hotel for a quick coffee before heading to the historic David Roche Foundation at Fermoy House, David's residence. Enjoy the sumptuous house interiors crammed with objects collected over a lifetime.

SMALL  
GROUP DAY  
TOUR



### When & Where

**Wednesday 20 October**

Gawler, Wynn Vale + Newton pick up

**Wednesday 17 November**

Seaford, McLaren Vale & Woodcroft pick up

Home transport available upon request.

Schedule confirmed at time of booking.



**Included** - transport, coffee at the Lion Hotel & Fermoy House guided tour



**Activity Level** – light/medium walking

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Price per person:

**CHSP** \$35

**CF** \$269.50

**HCP** \$245

**NDIS** \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

## Op Shop Tours

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Lets get 'THRIFTY'!

Experience the thrill of finding one of a kind bargains, for all you one of a kind ladies.

We will be heading to two different Savers Op Shop locations, not forgetting the coffee stops along the way.

SMALL  
GROUP DAY  
TOUR



## When & Where

**Friday 28 December**

Gawler, Wynn Vale + Newton pick up

**Friday 28 January 2022**

Seaford, McLaren Vale & Woodcroft pick up

Home transport available upon request.

Schedule confirmed at time of booking.



**Included** - transport, morning coffee and op shop itinerary



**Activity Level** – medium walking

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Price per person:

**CHSP** \$35

**CF** \$269.50

**HCP** \$245

**NDIS** \$245

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

## Flinders Ranges (Wilpena Pound)

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Drive through the rolling hills of the Clare Valley, stopping for morning tea, before continuing to the Flinders Ranges to Wilpena Pound.

During your stay enjoy a mixture of free time to enjoy the relaxing panoramic views of Wilpena Pound, as well escorted tours through the southern Flinders Ranges.

Take in the stunning sunsets, restored homesteads and breathtaking lookouts.

3 NIGHT/  
4 DAY TOUR



## When & Where

### Getaway for everyone

Tuesday 16 November - Friday 19 November 2021

Bus departs Adelaide CBD



## Includes

- Return transport from Adelaide to Flinders Ranges (door to door available)
- Driver Guide + Wellbeing Director
- All accommodation
- Breakfast + dinner daily
- Sighseeing and local attractions

Price per person:

**CHSP** \$400 (single supplement \$720)

**HCP** \$2965 (single supplement \$3500)

**CF** \$3262 (single supplement \$3850)

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

50% cancellation fee if cancelled  
14 days prior to departure.

For more information visit  
[achgroup.org.au/available-experiences](http://achgroup.org.au/available-experiences)

### Kangaroo Island Getaway

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Enjoy a scenic drive and ferry to Kangaroo Island. The adventure starts at the shores, with a visit to the Maritime & Folk Museum followed by a delicious lunch.

During your stay you will visit the famous Seal Bay, and Raptor Domain – Birds of Prey show, before enjoying lunch at the picturesque Emu Ridge Eucalyptus Distillery and KI Spirits.

We will also venture through the Flinders Chase National Park and visit the iconic Remarkable Rocks, Cape Du Couedic Lighthouse and the Admirals Arch.

50% cancellation fee if cancelled  
14 days prior to departure. .

For more information visit  
[achgroup.org.au/available-experiences](http://achgroup.org.au/available-experiences)

3 NIGHT/  
4 DAY TOUR



## When & Where

### Cambodian Community Getaway

Friday 29 October - Monday 1 November 2021

### Getaway for everyone

Wednesday 12 January – Saturday 15 January 2022

### Carer Getaway (Respite)

Wednesday 23 March - Saturday 26 March 2022

Bus departs Adelaide CBD



## Includes

- 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 & tastings
- All accommodation

Price per person:

**CHSP** \$320 (single supplement \$480)

**HCP** \$2880 (single supplement \$3300)

**CF** \$3170 (single supplement \$3487)

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

### **Wine Region Getaway - Barossa & Clare Valley**

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Get ready to experience the best the Barossa and Clare valley have to offer. You will visit local cellar doors and the impressive Georgian mansion of Martindale Hall before arriving at the award winning Novotel Barossa Valley Resort.

Exploring the Barossa valley, we take in historical museums and meet local characters while trying some of the local produce including a cooking demonstration at the famous Maggie Beers Farm Shop.

You will have the chance to indulge at the Barossa Chocolate Factory before an impressive lunch at the South Australian Company store after which we enjoy a scenic drive back to Adelaide.

50% cancellation fee if cancelled  
14 days prior to departure.

For more information visit  
[achgroup.org.au/available-experiences](http://achgroup.org.au/available-experiences)

2 NIGHT/  
3 DAY TOUR



## When & Where

### Carer Getaway (Respite)

Monday 25 October - Wednesday 27 October 2021

### Carer Getaway (Respite)

Sunday 21 November - Tuesday 23 November 2021

### Cambodian Community Getaway

Tuesday 8 March - Thursday 10 March 2022

Bus departs Adelaide CBD



## Includes

- Return transport from Adelaide to the Barossa and Clare Valley (Door to Door Available)
- Driver Guide + Wellbeing Director
- Breakfast and dinner daily
- Local sightseeing and attractions

Price per person:

**CHSP** \$240 (single supplement \$360)

**HCP** \$2250 (single supplement \$2600)

**CF** \$2475 (single supplement \$2830)

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

### **Wine Region Getaway - Adelaide Hills & McLaren Vale**

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Enjoy a drive this morning through the Adelaide hills toward Hahndorf and enjoy views from Mt Lofty, before passing through historical Stirling, Aldgate and Bridgewater.

Enjoy lunch and wine tasting at a local winery before a visit to the famed Heysen Galley & Gardens. Staying at the Manna by Haus enjoy breakfast before a trip to a local farm shop and a visit to Udder Delights to taste a selection of handmade artisan cheeses.

The rest of the day is free to explore this beautiful town before we meet up again for dinner in a local restaurant. On your last day, venture to McLaren Vale for a three-course lunch at the icon d'Arenberg Cube before heading back to Adelaide.

50% cancellation fee if cancelled  
14 days prior to departure.

For more information visit  
[achgroup.org.au/available-experiences](http://achgroup.org.au/available-experiences)

2 NIGHT/  
3 DAY TOUR



## When & Where

### Getaway for everyone

Tuesday 7 September - Thursday 9 September 2021

### Carer Getaway (Respite)

Wednesday 8 December - Friday 10 December 2021

### Carer Getaway (Respite)

Wednesday 16 February - Friday 18 February 2022

Bus departs Adelaide CBD



## Includes

- Return Transport from Adelaide to Hahndorf (door to door available)
- Driver Guide + Wellbeing Director
- Breakfast & dinner daily
- 2 lunches including at the famous d'Arengberg Cube
- Some local sightseeing and attractions

Price per person:

**CHSP** \$240 (single supplement \$360)

**HCP** \$2250 (single supplement \$2600)

**CF** \$2475 (single supplement \$2830)

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

### Limestone Coast

NEW



Enjoy a scenic drive south from Adelaide through Meningie and Kingston before arriving in Robe for dinner.

A beautiful drive from Robe, via Millicent, takes us to the southernmost point of South Australia at Cape Northumberland before checking into accommodation in Mount Gambier.

Discover the highlights of Mount Gambier, including its sinkholes, sunken gardens and local eateries. Other experiences include Mary Mac Killiop in Penola, Wonambi Fossil Centre in Naracoorte and on the way home via Coonalpyn to admire the famous Silo Art.

3 NIGHT/  
4 DAY TOUR



## When & Where

### Getaway for everyone

Thursday 10 February - Sunday 13 February 2022

Bus departs Adelaide CBD



## Includes

- Return transport from Adelaide to Mount Gambier (door to door available)
- Driver Guide + Wellbeing Director
- All accommodation
- Breakfast + dinner daily
- Sightseeing and local attractions

Price per person:

**CHSP** \$400 (single supplement \$720)

**HCP** \$2880 (single supplement \$3300)

**CF** \$3170 (single supplement \$3487)

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

50% cancellation fee if cancelled  
14 days prior to departure.

For more information visit  
[achgroup.org.au/available-experiences](http://achgroup.org.au/available-experiences)

NEW

### Proud Mary Houseboat - Murray River



Abundant wildlife and magnificent scenery will be seen throughout your entire stay aboard the Proud Mary Houseboat. River Gums and willows line the banks of this famous river and provide a perfect safe haven for birds and wildlife. Take in the towering cliffs and beautiful sandy banks as the Proud Mary idly cruises by.

At night, the Proud Mary's powerful floodlights provide a rare glimpse of nocturnal wildlife, especially birds such as night herons, owls and coots. Lagoon cruises, a guided nature walk through Reedy Creek Gorge and enjoy an Australian themed bush barbeque with live entertainment make up the highlights of this tremendous two night discovery cruise.

2 NIGHT/  
4 DAY TOUR



## When & Where

Getaway for everyone

Friday 26 November - Sunday 28 November 2021

**Cambodian Community Getaway**

Friday 11 February - Sunday 13 February 2022

Bus departs Adelaide CBD



## Includes

- Door to door transport
- All accommodation
- Breakfast, lunch + dinner daily
- Sightseeing and local attractions

Price per person:

**CHSP** \$240 (single supplement \$360)

**HCP** \$2250 (single supplement \$2600)

**CF** \$2475 (single supplement \$2830)

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

50% cancellation fee if cancelled  
14 days prior to departure.

For more information visit  
[achgroup.org.au/available-experiences](http://achgroup.org.au/available-experiences)



## Available Experiences

Keep doing the things you love or take up something new!

Choose from a range of professionally hosted social experiences where you can meet new people, learn new skills or revitalise past ones. No experience or prior knowledge is required to get involved.

Our staff are trained in supporting people who are living with memory loss, and practical assistance is provided as required, including transport within your local area.

## ART IN FOCUS

Book a  
**FREE COME  
& TRY!**

Enjoy the benefits creativity can bring and learn how to use a variety of mediums.

No experience necessary.

Classes taught by an experienced artist.

Weekly 2 hour classes:



Wynn Vale	Monday	10am
Glenelg	Tuesday	9:30am
Coromandel Valley	Tuesday	1pm
Newton	Wednesday	10am
Newton	Wednesday	12:30pm
Port Noarlunga	Friday	10am
McLaren Vale	Friday	1pm
Yankalilla	Wednesday	9:45am

**“Through the Art in Focus group I have found a creativity I didn’t know I had and made new friends.”**

- participants, Josie

Price per class:

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

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



NDIS available

## CONCERT SERIES



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.

### **Ann Wills & Peter Goers**

Golden Grove Arts Centre	7 October	1:30pm
Marion Cultural Centre	12 October	10:30am
Port Noarlunga Arts Centre	13 October	11am

### **Diamond Wonders**

#### **A Tribute to Stevie Wonder & Neil Diamond**

Marion Cultural Centre	9 November	10:30am
Port Noarlunga Arts Centre	10 November	11am
Golden Grove Arts Centre	11 November	1:30pm

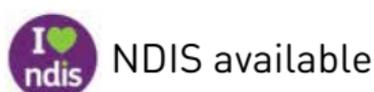
### **Sinatra and Friends**

Golden Grove Arts Centre	9 December	1:30pm
Marion Cultural Centre	14 December	10:30am
Port Noarlunga Arts Centre	15 December	11am

Price per person:

 CHSP	\$10	 HCP	\$50	 CF	\$55
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Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



## FISH FEEDERS

Book a  
**FREE COME  
& TRY!**



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

Weekly 2 hour sessions:



Largs Bay Jetty  
(summer only)

Wednesday 9-11am

Port Noarlunga Jetty  
& Onkaparinga River

Friday

10:30am-  
12:30pm

(Please note times will change in summer, contact ACH Group to confirm times.)

Price per class:

**CHSP** \$10

**HCP** \$50

**CF** \$55

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



NDIS available

## FRIDAY 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. Times may vary and are confirmed when booking.

**“We loved meeting new people, having conversations, plus very nice venue and food.”**

**- participants, Graeme & Jackie**

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Price per person:

**CHSP** \$15      **HCP** \$105      **CF** \$115.50

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

 NDIS available



## OCTOBER

Elizabeth 1 Oct Grand Central 6pm

Woodcroft 8 Oct Woodcroft Hotel 6pm

Norwood 15 Oct The Bath Hotel 6pm

Port Elliot 15 Oct Hotel Elliot 6pm

Alberton 22 Oct Alberton Hotel 5:30pm

Salisbury 29 Oct Eureka Tavern 6pm

## NOVEMBER

Old Noarlunga 5 Nov Old Noarlunga Hotel 6pm

Glynde 12 Nov Glynde Hotel 6pm

Victor Harbor 12 Nov Anchorage Hotel 6pm

Hyde Park 19 Nov Hyde Park Tavern 5:30pm

Gepps Cross 26 Nov Coopers Alehouse 6pm

## DECEMBER

Lonsdale 3 Dec Lonsdale Hotel 6pm

Gilles Plains 10 Dec The Nor-East 6pm

Victor Harbor 10 Dec Hotel Victor 6pm

Regency Park 17 Dec Regency Tavern 5:30pm



## **Come and try our new Lawn Bowls Program!**

Perfect for beginners or those with experience. Learn the game with a focus on the social aspect of sport.

Each term will feature an ACH Group Championship where one region will visit another for a meet-up and some friendly competition.

Enjoy afternoon tea during each visit. Transport is available upon request. All equipment is supplied.

**Come and try the program  
with the first month free!**

Book a  
**FREE COME  
& TRY!**

Time: 9:30am-12pm



## LOCATIONS

Modbury  
Bowling Club

Tuesday (Starts 5 Oct)

Holdfast Bay  
Bowling Club

Tuesday (Starts 5 Oct)

Christies Beach  
Bowling Club

Friday (Starts 8 Oct)

Payneham  
Bowling Club

Friday (Starts 8 Oct)

Price per class:

 CHSP \$10

 HCP \$50

 CF \$55

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



NDIS available

## MONDAY LONG LUNCHES



Enjoy lunch at cafés and restaurants from 12:30 – 3pm for a chance to socialise in a relaxed atmosphere, whilst trying new eating spots around Adelaide. We cover your meal up to \$25.

Bookings required and venues subject to change.

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Price per person:

CHSP

\$12.50

HCP

\$90

CF

\$99

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



NDIS available



## OCTOBER

Burnside	11 Oct	Feathers Hotel
Woodville	11 Oct	Woodville Hotel
Gepps Cross	18 Oct	Coopers Alehouse
Port Noarlunga	18 Oct	Port Noarlunga Hotel
Burnside	25 Oct	Feathers Hotel
Warradale	25 Oct	Warradale Hotel

## NOVEMBER

Gepps Cross	1 Nov	Coopers Alehouse
Noarlunga	1 Nov	Jimmy Deanes
Paradise	8 Nov	Paradise Hotel
Henley Beach	8 Nov	Henley Beach Hotel
Salisbury	15 Nov	Salisbury Hotel
Port Noarlunga	15 Nov	Port Noarlunga Hotel
Paradise	22 Nov	Paradise Hotel
Warradale	22 Nov	Warradale Hotel
Elizabeth	29 Nov	Grand Central
Moana	29 Nov	Deep Blue Cafe

## DECEMBER

Fairview Park	6 Dec	Blue Gums Hotel
Woodville	6 Dec	Woodville Hotel
Elizabeth	13 Dec	Grand Central
Moana	13 Dec	Deep Blue Cafe

## ON PAR SOCIAL GOLF

Book a  
**FREE COME  
& TRY!**



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.

<b>West/South</b>	<b>Monday</b>	<b>9:30am</b>
Regency Park Golf Course		
Thaxted Golf Club		
<b>East/North</b>	<b>Monday</b>	<b>9:30am</b>
Valley View Golf Course		
Lockiel Park Golf Course		

Price per 3 hour session:

**CHSP** \$15      **HCP** \$75      **CF** \$82.50

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

 NDIS available

## OUT & ABOUT

RESPITE  
OPTION

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 in addition to the session.

Weekly 2 hour sessions:



North/East	Wednesday	12pm
South/West	Wednesday	11am
South/West	Thursday	11am
North/East	Thursday	11am

Price per class:



\$26



\$130



\$143

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



NDIS available

## ONE-ON-ONE

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

Price per hour:



\$13



\$64.50



\$70.95

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



NDIS available

## 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.

Movie times may vary.



Wallis Noarlunga Wednesday 10am	27 October 24 November
GU Filmhouse Glenelg Friday 10am	8 October 5 November 3 December
Regal Theatre Kensington Wednesday 10am	27 October 24 November 15 December
Gawler Cinema Thursday 10:30	7 October 4 November 2 December

Price per session:

CHSP \$15      HCP \$60      CF \$66

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



NDIS available

## SING FOR JOY CHOIR

Book a  
**FREE COME  
& TRY!**



Enjoy fun, learning, and lift your spirits by singing together in a choir. The Sing for Joy Choirs are led by an experienced, professional choir director, and members enjoy regular performances on stages big and small, including the Adelaide Fringe Festival. 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

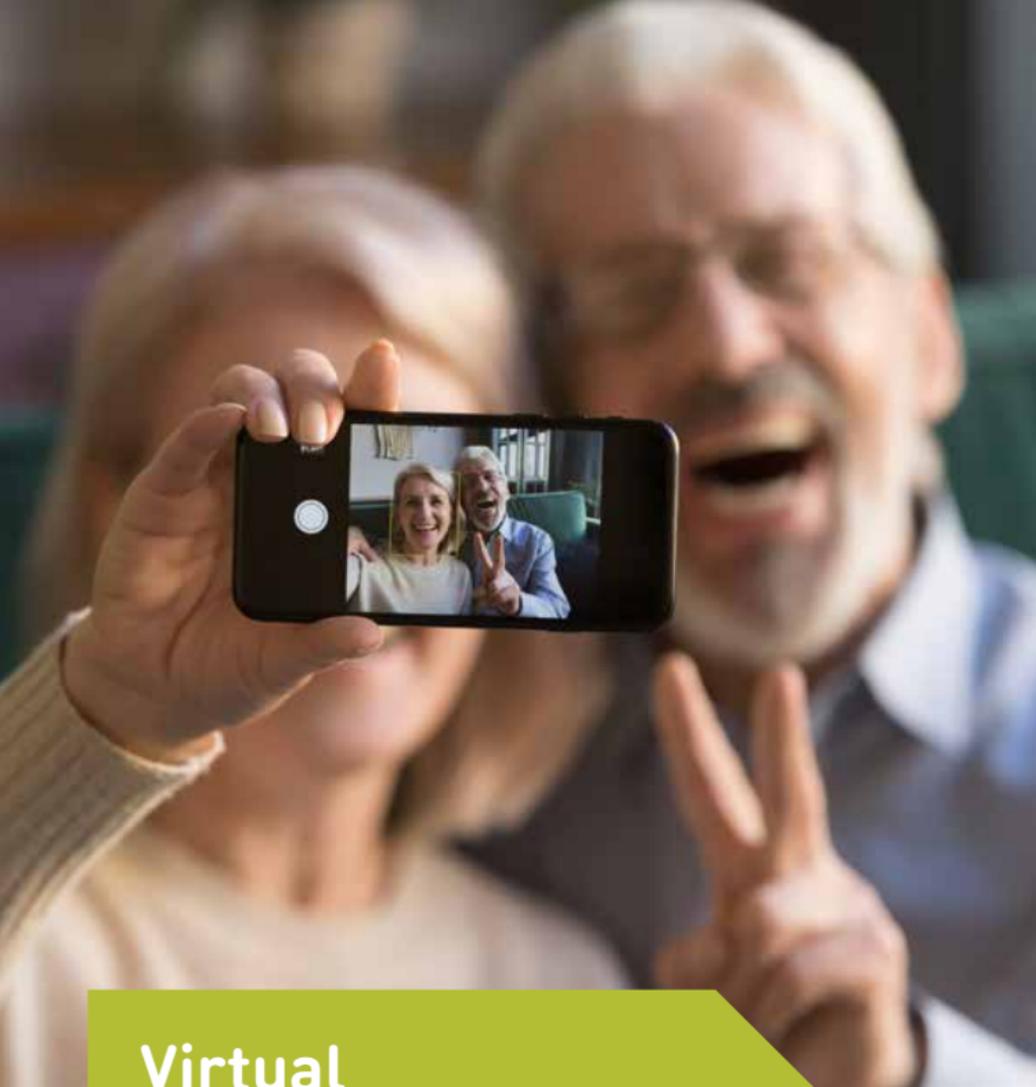
Price per session:

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

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.



NDIS available



## Virtual Experiences

Stay connected with friends and loved ones, or meet new people, from the comfort of your own home.

Let us assist you to connect virtually, if you don't have a technology device to connect online or not sure where to start, we can help.

Contact us to find out if you are eligible for government subsidies.



NDIS available

## LET'S CHAT

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



One on one	Anytime	
Social Group	Monday	10am
Social Group	Thursday	10am

Price per hour (one-on-one):



\$13



\$64.50



70.95

Price per hour (social group):



\$13



\$30



\$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:



\$13



\$64.50



\$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

Support for you in your caring role. To ensure you can continue in your caring role, you might benefit from taking some time out (respite) to focus on your own health and wellbeing, attend appointments, or take a longer break knowing that the person you care for is in good hands.

Our staff are trained to support people living with cognitive and neurological conditions such as dementia and Parkinson's disease, as well as people living with chronic disease or who have mobility challenges.

## MCLAREN VALE RESPITE

Long day respite for people living with moderate to high levels of memory loss or dementia.

Participants meet up in a social environment and have a daily program based on Montessori principles that focuses on maintaining and improving their current skills and capabilities.

The program includes a daily exercise program led by a qualified fitness instructor, Monday singing/ drama class, Tuesday Mosaics class and Wednesday art class, all led by qualified teachers. The program is reviewed every 10 weeks by an Occupational Therapist and Group Planner to ensure it continues to best support participants.

A nutritional lunch designed in consultation with a dietitian is provided daily, as well as a light morning and afternoon tea.



Monday to Thursday

9am - 4:30pm

Price per day:



\$45



\$240



\$264

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

## CARERS RESPITE 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.

**For full details on all retreats, see pages 35, 37 & 39.**



## Dedicated NDIS Experiences

ACH Group has been supporting people aged under 65 who are living with neurological conditions including acquired brain injuries, Parkinson's disease, stroke, and younger onset dementia for many years as a fully accredited, audited registered NDIS provider. Our staff are fully vetted so you know you are in safe hands.



## CERAMICS

Learn and master clay hand modelling with tailored ceramics classes. Suitable for beginners to intermediate, sessions led by a qualified artist.



WEA - City

Tuesday 1-3pm

## 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
Men's Golf	Tuesday	9:30-11:30am
Men's Golf	Friday	9:30-11:30am

NEW



(Prices available upon application)



## Cambodian Community Experiences

At ACH Group we are experienced in working with the Cambodian Community in a way that respects their spiritual beliefs, customs and preferences.

Participate in a range of experiences including attending the temple and learning skills in prayer and meditation. Also on offer is the chance to dance and exercise, enjoy traditional Khmer lunches, and get out and about on day bus tours and getaways.

## WEEKLY SOCIAL GROUPS



Salisbury Villa  
Soccer Club

Tuesday

10am-2pm

## TEMPLE VISITS



Salisbury Highway  
Temple (Wat Khmer  
Adelaide)

Monday

10am-  
2pm

Paralowie Temple  
(Wat Khmer  
Santipheap)

Thursday

10am-  
2pm

Salisbury Highway  
Temple or Paralowie  
Temple

Friday

10am-  
2pm

Temple visits (locations may vary) – please bring food to share with the Monks.

Price per session:

Temple visit \$60\*

Social Group \$40\*

\*Customer Funded or may be funded as part of your Home Care Package

No customer contribution required with a My Aged Care Commonwealth Home Support Programme (CHSP) Social Support Group and Transport referral for the weekly social group and temple visits.

## CAMBODIAN COMMUNITY GETAWAYS

**Kangaroo Island Getaway - page 35**

Friday 29 October - Monday 1 November 2021

**Proud Mary Houseboat (Murray River) - page 43**

Friday 11 February - Sunday 13 February 2022

**Barossa & Clare Valley Getaway - page 36**

Tuesday 8 March - Thursday 10 March 2022



# Your best self, starts with your best health.

At ACH Group we know that good health is one of the foundations of a good life and varies for each individual.

Whether you are recovering from injury or illness, need to regain some strength or preparing for a getaway, our health and wellbeing services offer holistic assistance to reach your optimal state of health physically, mentally and socially.

Offering a range of specialised allied health services and one-on-one and group programs that are designed in a way to best meet your specific needs, taking into account the effects that ageing can have on the body.

Allied Health services include physiotherapy, occupational therapy, podiatry, exercise physiology, dietetics, personal training and massage.

Groups include Tai Chi, mobility and balance, healthy memory and more.



**Put your  
Health Insurance  
to work**

**We can process selected  
health services on the spot.\***

\*Some exclusions may apply. Capacity to claim depends on your provider and level of cover.



## Need transport?

We can assist with transport to and from Social Links experiences. Let us know when booking!

Contact us to find out if you are eligible for government subsidies for these fully hosted experiences.

### Payment Options

- CHSP Commonwealth Home Support Program
- HCP Home Care Package
- CF Customer Funded (Private Payment)
- NDIS National Disability Insurance Scheme

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

Cancellations: All outdoor experiences may not proceed in their entirety in the event of inclement weather.

All attendees will be notified in these instances.

Getaways incur 50% cancellation fee if cancelled within 14 days of departure. NDIS groups are charged a full 8 week term. All other experiences will incur a 50% cancellation fee if cancelled within 24 hours.

All information correct at time of print.

ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people since 1952.

Let's talk **1300 22 44 77** Visit **[achgroup.org.au](https://achgroup.org.au)**

Join the conversation



#goodlives #achgroup