

October 2023 - March 2024

Discover & Explore

SOCIAL EXPERIENCES GUIDE



About ACH Group

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

One of the state's leading aged care providers, ACH Group supports thousands of older South Australians.

In addition to a wide variety of accommodation offerings, with more than 550 retirement living units and nine residential care homes located across metropolitan Adelaide and the Fleurieu Peninsula, ACH Group provides a wide range of help at home, health, wellbeing, respite and social experiences.

About Social Experiences

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 where you can meet new people, learn new skills, or revitalise past ones.

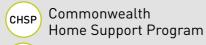
Led by experienced professionals, whether it's one-on-one or in a group, we have a class or experience that will suit your interests and needs. No experience or prior knowledge is required to get involved – it's all about trying something new and engaging with your community to live a good life.

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

Contents

Day Tours	4
Ladies Day Tours	12
Getaways	16
Frequent Experiences	32
Arts & Culture	34
Sport & Recreation	37
Entertainment	42
Technology	53
Cambodian Community	58
Carer Support	60

Payment Options









Keep up-to-date and find newly launched experiences and added dates at achgroup.org.au/ discover-and-explore

Want to book your experience?

Call 1300 22 44 77 and press 3 Email enquiries@ach.org.au



Top picks



Grazing Lunch at Pindarie

Enjoy a seasonal lunch and marvel at the picturesque 180-degree views of the vineyard.



Paracombe Perry Tour

Back by popular demand, enjoy a guided tour and grazing lunch at Paracombe Premium Perry.



Chocolate Block Masterclass

Hosted by a chocolatier, craft your own chocolate blocks to take home.



BBQ Buoys Cruise and Platter

Cruise the Torrens River aboard the unique donut shaped boats while you graze on local produce.

Outlet Shopping Day



We're heading to the northern suburbs to experience Adelaide's newest outlet centre, 'District'. The centre is home to over 50 stores including Rivers, Strandbags, Kathmandu, House Superstore, Kaisercraft and more! Whether you're ready to shop, need to get a kick-start on your Christmas shopping, or just wanting to browse, there's something for everyone! Lunch to follow at a local favourite, Kwik Stix.

When & Where (pick up)

Tue 3 & Thu 5 October Hillier & Wynn Vale

Tue 10 & Thu 12 October McLaren Vale, Noarlunga & Woodcroft

Tue 17 & Thu 19 October Gilles Plains & Kensington

Tue 24 & Thu 26 October West Lakes Shore, Findon & Glengowrie

Included

- Transport
- Lunch (drinks on consumption)
 Please specify dietaries at time
 of booking

Activity Level

Medium - Walking

Price per person



\$42



\$265



6

Grazing Lunch at Pindarie



Enjoy a seasonal lunch at Pindarie, one of the Barossa Valley's hidden gems. Marvel at the picturesque 180-degree view of Pindarie's vineyard and working farm as you relax and unwind. Lunch is guaranteed to treat the taste buds, offering an alternative drop of Pindarie's hand-made gourmet pies – saltbush lamb, quince and rosemary potato pie, or free-range chicken, lemon, and garlic pie.

When & Where (pick up)

Tue 7 & Thu 9 November Hillier & Wynn Vale

Tue 14, Wed 15 & Thu 16 November McLaren Vale, Noarlunga & Woodcroft

Tue 21 & Thu 23 November Gilles Plains & Kensington

Tue 28 & Thu 30 November West Lakes Shore, Findon & Glengowrie

Included

- Transport
- Lunch (drinks at own expense)
 Please specify dietaries at time
 of booking

Activity Level

Light

Price per person



\$42



\$265



Paracombe Premium Perry Tour (Back by popular demand)



Celebrate the year end with the ACH Group community this December. We're going back to the popular Paracombe Premium Perry for a guided tour and grazing lunch. See their newly acquired 'Pear Intensive Care' machine and see the inner workings. Plus, meet the owner Damian and experience his creative love and passion for the Perry.

When & Where (pick up)

Tue 5 December Hillier & Wynn Vale

Thu 7 & Wed 13 December McLaren Vale, Noarlunga & Woodcroft

Tue 12 December Gilles Plains & Kensington

Thu 14 December West Lakes Shore. Findon & Glengowrie

Included

- Transport
- Tour of Perry
- Lunch (drinks on consumption) Please specify dietaries at time of booking

Activity Level

Light

Price per person





\$265



Barossa Valley Chocolate Company - Masterclass



This one is for the chocolate lovers! Make your own chocolate at the Barossa Valley Chocolate Company. Hosted by a Chocolatier, craft your own custom 100g chocolate block using their house-made ingredients like peanut brittle and honeycomb to create unique flavour combinations. Taking home three of your own hand-made blocks to share with your family and friends (or not). Enjoy a light lunch in their café afterwards.

When & Where (pick up)

Wed 17 & Thu 18 January Hillier & Wynn Vale

Wed 24 & Thu 25 January McLaren Vale, Noarlunga & Woodcroft

Wed 31 January Gilles Plains & Kensington

Thu 1 February West Lakes Shore, Findon & Glengowrie

Included

- Transport
- Chocolate Block Masterclass
- Light lunch (drinks on consumption)
 Please specify dietaries at time of booking

Activity Level

Light

Price per person



\$52





\$346.50

High Tea at the Summit



This summer, enjoy a luxurious high tea experience overlooking Adelaide with 180-degree panoramic views. Indulge in bottomless tea and coffee while tasting a selection of decadent treats, including Adelaide's finest scones. Enjoy a stop at the picturesque Mount Lofty Botanical Gardens for a self-quided walk (weather permitting).

When & Where (pick up)

Tue 6 & Thu 8 February Hillier & Wynn Vale

Tue 13 & Thu 15 February McLaren Vale, Noarlunga & Woodcroft

Tue 20 & Thu 22 February Gilles Plains & Kensington

Thu 27 & Thu 29 February West Lakes Shore, Findon & Glengowrie

Included

- Transport
- · High Tea
- · Drinks on consumption Please specify dietaries at time of booking

Activity Level

Light

Price per person



\$42





Hahndorf Farm Barn



We're heading to the hills for an up close and personal experience with some of nature's most cuddly and friendly animals at the Hahndorf Farm Barn. Enjoy time inside the barn with the baby animals or choose to wander through the farm to feed and interact with some of the others. A light-lunch to follow in Hahndorf.

When & Where (pick up)

Tue 5 & Thu 7 March Hillier & Wynn Vale

Tue 12 March, Wed 13 & Thu 14 March McLaren Vale, Noarlunga & Woodcroft

Tue 19 & Thu 21 March Gilles Plains & Kensington

Tue 26 & Thu 28 March West Lakes Shore, Findon & Glengowrie

Included

- Transport
- Entry to Hahndorf Farm Barn
- Lunch (drinks on consumption) Please specify dietaries at time of booking

Activity Level

Medium - High

Wear enclosed comfortable footwear as there are some uneven surfaces at the Farm Barn. Please advise of mobility aids.

Price per person



\$42



\$265





Embark on one of Adelaide's most spectacular boat rides on the Torrens River. Aboard the unique self-driven donut shaped boats, graze on local produce and fine cheese whilst cruising and relaxing in the spring sun. Enjoy a stop at the picturesque Japanese Himeji Garden for a calming self-guided walk before returning home.

When & Where (pick up)

Wed 4 October Hillier, Wynn Vale, Gilles Plains & Kensington

Wed 11 October McLaren Vale, Woodcroft

Wed 25 October Findon & Glengowrie

Included

- Transport
- BBQ Buoy Experience
- Grazing platter and one drink Please specify dietaries at time of booking

Activity Level

Medium – Slight step to board vessel

Price per person



\$52



\$315



\$346.50

PREMIUM

TOUR

Introduction to Aboriginal Art



Led by a First Nations artist, enjoy a truly unique and immersive experience with an introduction to Aboriginal culture and art. Throughout the day enjoy a traditional bush tucker lunch, made using native ingredients whilst learning about Aboriginal cooking and techniques.

When & Where (pick up)

Wed 7 February Hillier, Wynn Vale, Gilles Plains & Kensington

Wed 14 February McLaren Vale, Woodcroft

Wed 21 February Findon & Glengowrie

Included

- Transport
- Immersive art experience including take home canvas
- Lunch (traditional bush tucker lunch) Please specify dietaries at time of booking

Activity Level

Light

Price per person



\$52



\$315



\$346.50

Ladies Day

Government House



Enjoy a private guided tour through the public rooms of Government House. Learn about the Governor's role and priorities, offering a unique insight into the constitutional, ceremonial and community engagement duties of the Governor. Following the tour, head to the Cathedral Hotel in North Adelaide for lunch.

Subject to change on Government House availability

When & Where (pick up)

Wed 6 March Hillier, Wynn Vale, Gilles Plains & Kensington

Wed 20 March McLaren Vale, Woodcroft, Findon & Glengowrie

Included

- Transport
- Tour of Government House
- Lunch (drinks on consumption)
 Please specify dietaries at time
 of booking

Activity Level

Light

Price per person



\$42



\$265



Notes

Getaways

In partnership with AAT Kings we offer a range of guided getaways across South Australia.

Discover the very best of our state and Victoria with getaways spanning across picturesque wine regions, charming seaside townships and outback country landscapes. All while making new friends who you'll share lasting memories with.



Scan Me



Top picks



Hahndorf Christmas Getaway

Put your Santa hats on as we enjoy Lobethal Lights and Hahndorf's Christkindlmarkt.



Adelaide Fringe Festival

Embrace the festivities of Adelaide Fringe as our beautiful city comes to life.



Barossa Highlights

Experience the Barossa Valley like never before with a line-up to treat your taste buds.



Great Ocean Road

Cross the border with us into Victoria as we explore the famous Great Ocean Road.



Proud Mary Riverboat



Relax in an instant as you glide along the Murray River aboard the Proud Mary. Abundant wildlife and magnificent scenery will be seen throughout your entire stay. Take in the towering cliffs and beautiful sandy beaches. At night, the Proud Mary's powerful floodlights provide a rare glimpse of nocturnal wildlife, such as night herons and owls.

Highlights

Magnificent scenery and wildlife, lagoon cruises, Reedy Creek, Australian themed bush BBQ, live entertainment

When

Fri 1 – Sun 3 December 2023 Fri 12 – Sun 14 April 2024

Included

- Door to door transport
- Luxury air-conditioned coach transport
- · Cruise director and boat crew
- River boat luxury accommodation
- Breakfast, lunch and dinner daily
- All entry and tour fees

Price per person



\$400 (twin share) \$700 (single)



\$1968 (twin) \$2560 (single)



\$2165 (twin) \$2186 (single)

Limestone Coast



Sightseeing is a plenty on this trip through the Limestone Coast. Your driver guide will take you through popular townships of Meningie, Kingston, and Robe. Driving from Robe via Millicent, you will be taken to the southernmost point of South Australia at Cape Northumberland. We then arrive at Mount Gambier, where you will be guided through its main attractions.

Highlights

Mount Gambier sinkholes, Mount Gambier sunken gardens, Mary Mackillop Interpretive Centre, Wonambi Fossil Centre, Coonalpyn silo art

When

Wed 8 – Sat 11 November 2023 Wed 24 – Sat 27 April 2024

Included

- Door to door transport
- Luxury, air-conditioned coach transport
- Driver guide and wellbeing director
- Accommodation
- Breakfast and dinner daily
- All entry and tour fees

Price per person



\$600 (twin share) \$900 (single)



\$2952 (twin) \$3056 (single)



\$3247 (twin) \$3362 (single)

Kangaroo Island



Experience the very best of Kangaroo Island. Staying at the Aurora Ozone Hotel in Kingscote your trip starts with a scenic ferry ride. Upon reaching your destination, explore the famous Seal Bay, visit Raptor Domain for the 'Birds of Prey' show, and have time at the famous Eucalyptus Distillery, Clifford's Honey Farm, and a winery. Head to Flinders Chase National Park, where you will visit Remarkable Rocks, Cape Du Couedic Lighthouse, and Admirals Arch.

Highlights

Seal Bay, Raptor Domain, Emu Ridge Eucalyptus Distillery, Flinders Chase National Park, Clifford's Honey Farm, Emu Bay Lavender Farm

When

Tue 21 – Fri 24 November 2023 Wed 17 – Sat 20 January 2024

Included

- Door to door transport
- Luxury air-conditioned coach transport
- Driver guide and wellbeing director
- Accommodation
- Dinner and full breakfast daily, three lunches
- All entry and tour fees

Price per person



\$650 (twin share) \$1000 (single)



\$4610 (twin) \$5535 (single)



\$5071 (twin) \$6088.50 (single)

NEW

GETAWAY

Hahndorf Christmas Getaway



Put your Santa hats on and join us for our new Christmas getaway in Hahndorf and Lobethal. Enjoy a visit to famous Australian watercolourists Hans Heysen's cottage for a studio tour. Later, we travel to Lobethal for the popular Lobethal Lights display. On day two, we're in Hahndorf for a festive lunch and German Brews before exploring the European style Christkindlmarkt. We'll have dinner at a local hotel, with the option to go to Carols by Candlelight.

Highlights

Hans Heysen Cottage, Lobethal Lights, Hahndorf Christkindlmarkt, Carols by Candlelight, Beerenberg Farm, Adelaide Hills Wineries

When

Fri 15 - Sun 17 December 2023

Included

- Door to door transport
- · Luxury air-conditioned coach transport
- Accommodation
- · Breakfast and dinner daily, two lunches
- · All entry and tour fees

Price per person



\$450 (twin share) \$600 (single)



\$2503 (twin) \$3176 (single)



\$2754 (twin) \$3494 (single)

Yorke Peninsula Copper Coast



Travel to the Copper Coast, where you'll find a wealth of local and South Australian history, including a variety of museums to explore. Staying in Moonta for the duration of your trip, we venture to Moonta Mines, Wallaroo Heritage and Nautical Museum and marvel the famous Wallaroo Silo Light Show.

Highlights

Coopers Alehouse, Moonta Mines Tourist Railways, Old Mines Cottage and Heritage Centre, Knappstein Wines

When

Tue 30 Jan – Thu 1 February 2024 Thu 23 – Sat 25 May 2024

Included

- Door to door transport
- Luxury, air-conditioned coach transport
- Accommodation
- Two breakfasts, lunches, and dinners
- All entry and tour fees

Price per person



\$550 (twin share) \$850 (single)



\$2556 (twin) \$2859 (single)



\$2811 (twin) \$3145 (single)

Proud Mary Indulgence Cruise





Mary. Abundant wildlife and magnificent scenery will be seen throughout your entire stay. Take in the towering cliffs and beautiful sandy beaches. At night, the Proud Mary's powerful floodlights provide a rare glimpse of nocturnal wildlife, such as night herons and owls. Cruising from Murray Bridge to Blanchetown, including Mypolonga, Mannum, Walkers Flat and Swan Reach.

Highlights

Magnificent scenery and wildlife, lagoon cruises, Reedy Creek, Australian bush BBQ, night cruises, ecological walks, almond farm, captain's dinner

When

Sun 4 – Fri 9 February 2024 Sun 12 – Fri 17 May 2024

Included

- Door to door transport
- Luxury air-conditioned coach transport
- Cruise director and boat crew
- River boat luxury accommodation
- Breakfast, lunch, and dinner daily
- All entry and tour fees

Price per person



\$600 (twin share) \$1100 (single)



\$4404 (twin) \$5581 (single)



\$4844.40 (twin) \$6139.10 (single)

Adelaide Fringe Festival



The Adelaide Fringe Festival is the largest festival in the Southern Hemisphere; the array of electric and vibrant events brings Adelaide alive! Be a tourist in your own state as you explore the city, indulge at the Adelaide Central Market and are wowed in the evening by two spectacular Fringe shows.

Highlights

Adelaide Fringe, Central Markets, National Wine Centre, Popeye River Cruise, accommodation at Stamford Plaza Adelaide.

When

Fri 23 – Sun 25 February 2024

Included

- Door to door transport
- Luxury, air-conditioned coach transport
- Accommodation
- Two breakfasts, lunches, and dinners
- All entry and tour fees

Price per person



\$500 (twin share) \$800(single)



\$2634 (twin) \$3067 (single)



\$2897 (twin) \$3374 (single)

Clare Valley & Burra



Travel north to the beautiful Clare Valley, one of Australia's oldest wine regions, home to world-class Rieslings. Indulge in a wine tasting and lunch at a local winery before checking in at your accommodation in Burra. Learn about its rich mining and settlement history with visits to historical sites such as Redruth Goal, Bon Accord Mine Museum and Burra Town Hall.

Highlights

Wine tastings at Clare Valley wineries, Cobb and Co House, Bon Accord Mine Museum, Farrell Flat Silo Art

When

Tue 27 - Thu 29 February 2024

Included

- Door to door transport
- Luxury, air-conditioned coach transport
- · Driver guide and wellbeing director
- Accommodation
- · Breakfast daily, two lunches and dinners
- All entry and tour fees

Price per person



\$450 (twin share) \$600 (single)



\$2699 (twin) \$3081 (single)



\$2969 (twin) \$3389 (single)



Experience the Barossa Valley like never before! First stopping at the Barossa Chocolate Factory for an indulgent chocolate tasting, followed by lunch at a local winery. On day two, be treated to an incredible private cooking demonstration and tasting experience at the famous Maggie Beer Farm Shop. Before heading home, we'll enjoy a unique tasting experience at Seppeltsfield and a stop in the iconic Hahndorf town.

Highlights

Barossa Valley Chocolate Factory, Artisans of the Barossa, Lamberts Estate, Maggie Beer's Farm Shop, Seppeltsfield Winery

When

Wed 13 - Fri 15 March 2024

Included

- Door to door transport
- Luxury, air-conditioned coach transport
- Driver guide and wellbeing director
- Accommodation
- Breakfast, lunch, and dinner daily
- All entry and tour fees

Price per person



\$450 (twin share) \$700 (single)



\$2562 (twin) \$2718 (single)



\$2818 (twin) \$2990 (single)

Great Ocean Road



Heading towards the Great Ocean Road, we stop in well-known towns Strathalbyn, Langhorne Creek, Murray Bridge, Naracoorte, and Mt Gambier. As we enter Victora, our first stop is Portland, riding the Portland Cable Tram before staying in Warnambool for the evening. Day four we travel east along the Great Ocean Road for a big day of sightseeing including the 12 Apostles, Loch Ard Gorge, and London Bridge. On return to Adelaide we visit Penola, Naracoorte and Bordertown.

Highlights

Umperston Sink Hole, Naracoorte Caves, Sheeps Back Museum, Portland Cable Tram, Great Ocean Road - 12 Apostles, Loch Ard Gorge, London Bridge

When

Mon 4 - Sat 9 March 2024

Activity level

High. Not suitable for customers reliant on mobility aids. Interstate getaway waiver required to travel.

Included

- Door to door transport
- · Luxury air-conditioned coach transport
- Accommodation
- Dinner and breafast daily, five lunches
- All entry & tour fees

Price per person



\$950 (twin share) \$1700 (single)



\$5178 (twin) \$6158 (single)



\$5696 (twin) \$6774 (single)

Port Lincoln



This trip is filled with scenic views and iconic locations. Begin the journey by visiting Whyalla for sightseeing and to stay the night. Drive south through Arno and Tumby bays, before reaching Port Lincoln. Explore more of the Eyre Peninsula, visiting the iconic Coffin Bay for an unmissable experience. Finish with a ferry ride across the Spencer Gulf from Wallaroo to Lucky Bay, before returning home.

Highlights

Maritime Museum, Mount Lara Homestead, Coffin Bay National Park, Boston Bay Wines, scenic ferry ride

When

Mon 25 - Thu 28 March 2024

Included

- Door to door transport
- Luxury, air-conditioned coach transport
- Driver guide and wellbeing director
- Accommodation
- Breakfast and dinner daily, two lunches
- All entry, tour and tasting fees

Price per person



\$600 (twin share) \$900 (single)



\$3311(twin) \$3701 (single)



\$3642 (twin) \$4072 (single)

Coober Pedy



It's an early start as we depart for Port Augusta, visiting the Yarta Purtili Gallery before settling in for the night. For the remainder of the trip be treated to unique underground accommodation in Coober Pedy, as well as a selection of experiences, including the Sunset Breakaways Tour in Kanku National Park, Salt & Pepper Quest Mine, Coober Pedy town centre, and underground golf.

Highlights

Sunset Breakaways Tour, Umoona Mine, Woomera Musuem, Missile Park, Dog Fence, Salt & Pepper Quest Mine

When

Thu 4 - Mon 8 April 2024

Activity level

High. Please note, all Coober Pedy accommodation is underground with no lift access. Not suitable for customers reliant on mobility aids. Mobility waiver required to travel.

Included

- Door to door transport
- Luxury air-conditioned coach transport
- Accommodation
- Dinner and breakfast daily, three lunches
- All entry & tour fees

Price per person



\$750 (twin share) \$1650 (single)



\$4599 (twin) \$5341 (single)



\$5059 (twin) \$5873 (single)

Murray River Skygazing and Coorong



Drive through the scenic Adelaide Hills to reach the Murraylands, where you will be staying in Waikerie and Murray Bridge. Look up in wonder and experience the night sky at the internationally recognised 'Dark Sky Reserve'. Continue your adventure with a guided tour through Monarto Safari Park where you can spot a rhino or two. Finish with a discovery cruise along the Coorong.

Highlights

Twilight bush tucker riverbank dinner, Big Bend Skygazing tour, Monarto Safari Park tour, Coorong cruise

When

Wed 17 – Fri 19 April 2024

Included

- Door to door transport
- Luxury, air-conditioned coach transport
- Driver guide and wellbeing director
- Accommodation
- Breakfast daily, two lunches and dinners
- All entry and tour fees

Price per person



\$550 (twin share) \$850 (single)

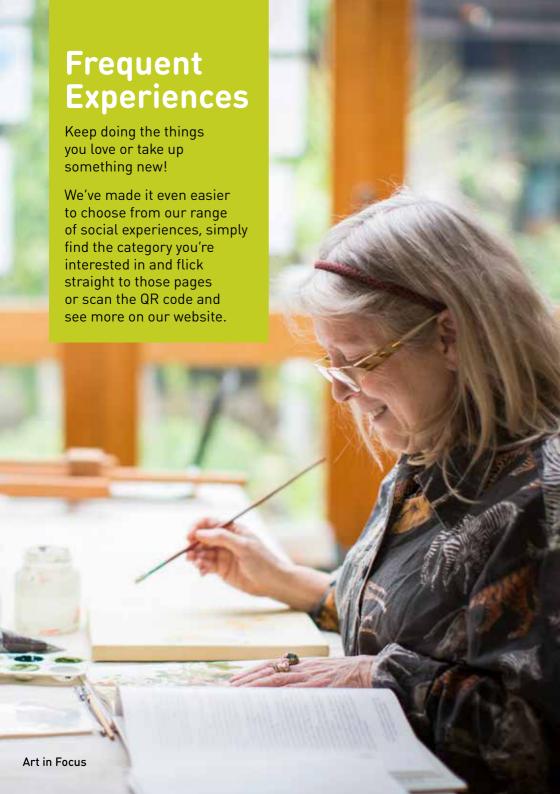


\$2557 (twin) \$3361 (single)



\$2813 (twin) \$3697 (single)

Notes	
	_
	_
	_
	_
	_
	-
	_
	_
	_
	_
	_
	-
	-
	-
	_
	_





Arts & Culture

Pages 34 - 36



Sport & Recreation

Pages 37 - 40





Entertainment

Pages 42 - 52





Technology

Pages 53 - 57





Cambodian Community

Pages 58 - 59





Carer Support

Pages 60 - 61



Arts & Culture

Art in Focus



Enjoy the benefits creativity can bring and learn how to use a variety of artistic mediums. No experience is necessary, you will be guided by an experienced art teacher who will help you learn different techniques to create stunning pieces to keep and cherish.

"Through the Art in Focus group I have found a creativity I didn't know I had and made new friends," Josie said.

Weekly 2 hour classes:

Location	Day	Time
Wynn Vale	Monday	9.45am
Glenelg	Tuesday	9.30am
Coromandel Valley	Tuesday	1pm
Gilles Plains	Wednesday	10am
Gilles Plains	Wednesday	12.30pm
Port Noarlunga	Friday	10am
McLaren Vale	Friday	1pm

Price per class



Sing for Joy Choir



Experience the fun and enjoy the health benefits that belonging to a choir can bring. Sing for Joy Choirs are led by experienced, professional choir directors who lead you through weekly rehearsals. No experience is necessary, you will learn new songs and singing techniques in a fun and social environment.

Weekly 2 hour rehearsals:

Location	Day	Time
Glandore	Tuesday	10am
Findon	Tuesday	1pm
Glenelg	Wednesday	10am
Port Noarlunga	Wednesday	1pm
Tea Tree Gully	Friday	10am
Campbelltown	Friday	1pm

Price per rehearsal



\$55



Arts & Culture

Pottery Class



Looking to learn the timeless art of pottery? Discover the joy of making your own vessel, mug, and sculptures. Suitable for beginners; learn all the basic techniques with classes led by a qualified artist. It's recommended you attend multiple classes as it takes more than one class to complete your masterpiece.

Location	Day	Time
WEA City	Tuesday	1pm – 3pm
WEA City	Thursday	10am – 12pm

Price per class



Lawn Bowls



Perfect for beginners or those with experience. Learn the tips and tricks to lawn bowls while enjoying the social aspect of the game. Each term will feature an ACH Group Championship where one region will visit another for a meet-up and friendly competition. All equipment is supplied, and morning tea provided after each session.

Location	Day	Time
Para Hills Bowling Club	Tuesday	9.30am – 11.30am
Holdfast Bay Bowling Club	Tuesday	9.30am – 11.30am
Christies Beach Bowling Club	Friday	9.30am – 11.30am

Recommencing October 2023

Price per session





Sport & Recreation

On Par Social Golf



Claim your hole in one status with a hit of social golf. Suitable for beginners who want to learn or experienced golfers looking to improve their game and enjoy the social aspect of the sport. Includes nine holes of golf followed by a social catch-up.

West/South	Day	Time
Regency Park Golf Course	Monday	9.30am
Thaxted Park Golf Club	Monday	9.30am

Price per 3 hour session







Golf Plus



Golf Plus is designed to support all levels of ability and is supportive of people who live with neurological conditions or memory loss. The sessions are held in smaller groups where you will learn the basics of the game in a social and supported environment. Each session consists of golf practice for one hour followed by a coffee and chat. Monthly coaching sessions are included.

Location		Day	Time
Regency Park Golf Course	Mens Golf	Tuesday	9.30am
Westward Ho Golf Club	Ladies Golf	Thursday	9.30am
Westward Ho Golf Club	Mens Golf	Friday	9.30am

Price per 2 hour session







Sport & Recreation

Walking Football



Our walking football (soccer) program is perfect for those wanting to keep active and involved in sport. The low impact modified version of the game is suitable for all levels of ability and is supportive of people who live with neurological conditions or memory loss. Facilitated by an experienced coach, participants learn how to play the sport, receive tips and techniques on passing, shooting, dribbling, and match play.

When & Where

Weekly 1.5 hour sessions Wednesday 10am – 11.30am Location Glenelg Football Club

Price per session

(CHSP) \$12

нср \$70

CF \$77



ACH Group can help you get back to your optimal health and wellbeing and doing the things you love to do.

You may benefit from Short-Term Restorative Care (STRC), an 8-week early intervention program designed to slow or reverse difficulties you may be having with everyday tasks.

ACH Group is a provider of STRC and once approved for the program, our health professional will work with you on a personalised plan which may include Allied Health services such as occupational therapy, exercise physiology, physiotherapy and dietetics, or assessment of technologies to help with day-to-day activities.



Scan the QR code to learn more about the program, your eligibility and how to apply for the assessment.



Showtime Movies



In a small, supported group, enjoy a new release movie each month at your local cinema. Movie and time will be confirmed upon booking, limited refreshments included.

Price per person

(CHSP) \$18

нср) \$65

(cf)\$70

Day	Date	Suburb	Location
Octobe	r		
Thu	5	Elizabeth	Reading cinemas
Fri	6	Glenelg	GU Filmhouse
Wed	25	Kensington	Regal Theatre
Wed	25	Noarlunga	Wallis Noarlunga
Novem	ber		
Thu	2	Elizabeth	Reading cinemas
Fri	3	Glenelg	GU Filmhouse
Wed	29	Kensington	Regal Theatre
Wed	29	Noarlunga	Wallis Noarlunga
Decem	ber		
Fri	1	Glenelg	GU Filmhouse
Thu	7	Elizabeth	Reading cinemas
Januar	у		
Wed	31	Kensington	Regal Theatre
Wed	31	Noarlunga	Wallis Noarlunga
Februa	ry		
Thu	1	Elizabeth	Reading cinemas
Fri	2	Glenelg	GU Filmhouse
Wed	28	Kensington	Regal Theatre
Wed	28	Noarlunga	Wallis Noarlunga
March			
Fri	1	Glenelg	GU Filmhouse
Thu	7	Elizabeth	Reading cinemas
Wed	27	Kensington	Regal Theatre
Wed	27	Noarlunga	Wallis Noarlunga

Concert Series



In a small group, escape through the magic of musical performances with the 'Out of the Square' Mantinee Program. Concert will be confirmed upon booking.

Price per person







Day	Date	Time	Suburb	Location	
Octob	er - Wo	omen With	Big Hits		
Tue	10	10.30am	Marion	Marion Cultural Centre	
Wed	11	10.30am	Port Noarlunga	Port Noarlunga Arts Centre	
Thu	12	1.00pm	Golden Grove	Golden Grove Arts Centre	
	November - Glamour & Song - The Songs of Pat Carroll & Olivia Newton-John				
Tue	14	10.30am	Marion	Marion Cultural Centre	
Wed	15	10.30am	Port Noarlunga	Port Noarlunga Arts Centre	
Thu	16	1.00pm	Golden Grove	Golden Grove Arts Centre	
Decer	mber -	A Magical (Christmas with Pi	na & Co	
Tue	5	10.30am	Marion	Marion Cultural Centre	
Wed	6	10.30am	Port Noarlunga	Port Noarlunga Arts Centre	
Thu	7	1.00pm	Golden Grove	Golden Grove Arts Centre	
Febru	iary - M	lotown Mag	gic		
Tue	13	10.30am	Marion	Marion Cultural Centre	
Wed	14	10.30am	Port Noarlunga	Port Noarlunga Arts Centre	
Thu	15	1.00pm	Golden Grove	Golden Grove Arts Centre	
Marcl	n – All S	Shook Up			
Tue	12	10.30am	Marion	Marion Cultural Centre	
Wed	13	10.30am	Port Noarlunga	Port Noarlunga Arts Centre	
Thu	14	1.00pm	Golden Grove	Golden Grove Arts Centre	

Friday Night Dinners



In a small group, socialise over dinner at a local pub or restaurant. Enjoy great food and conversations. We cover your meal up to \$35.

Bookings required. Venue/times are subject to change.

Price per person



(нср) \$110



Date	Time	Suburb	Location
Octobe	er		
6	6pm	Clearview	Enfield Hotel
20	6pm	Findon	Findon Hotel
20	6pm	Port Noarlunga	Port Noarlunga Hotel
27	6pm	Newton	Rezz Hotel
Novem	ber		
3	6pm	Gilles Plains	Nor East Hotel
10	6pm	Clarence Gardens	Avoca Hotel
17	6pm	OʻHalloran Hill	Victoria Hotel
24	6pm	Walkerville	Walkers Arms
Decem	ber		
1	6pm	Fairview Park	Bluegums Hotel
8	6pm	Old Noarlunga	Old Noarlunga Hotel
15	6pm	Lockleys	Lockleys Hotel
Januar	-у		
12	6pm	Gilles Plains	Nor East Hotel
19	6pm	Old Reynella	Crown Inn
Februa	ary		
2	6pm	Payneham	Payneham Tavern
9	6pm	Semaphore	Semaphore Hotel
16	6pm	Gilles Plains	Highlander Hotel
16	6pm	Seaford	San Marino Café Ristorante
March			
1	6pm	Newton	Rezz Hotel
8	6pm	West Lakes	West Lakes Hotel
15	6pm	Reynella	Yum Sing Banquet
22	6pm	Para Hills	Para Hills Community Club

Long Lunches



Enjoy lunch at cafés and restaurants around Adelaide in a social and relaxed atmosphere. We cover your meal up to \$28.

Time: 12.30pm - 3pm

Bookings required. Venues are subject to change.

Keep an eye out for Just Blokes Long Lunches coming soon!

Price per person



\$95 HCP



Day	Date	Suburb	Location
Octobe	er		
Thu	5	Mitchell Park	Marion Hotel
Fri	6	Newton	Fine Food Cucina
Mon	9	Elizabeth	Grand Central
Mon	9	Croydon	Challa Gardens Hotel
Thu	12	Seaford	San Marino Café Ristorante
Fri	13	Wynn Vale	Milk + Honey
Thu	19	Edwardstown	Maid of Auckland
Fri	20	Munno Para	Café Primo
Mon	23	Gilles Plains	Nor East Hotel
Mon	23	Birkenhead	Birkenhead Tavern
Thu	26	Reynella	Yum Sing Banquet
Fri	27	Maylands	Café Saha
Mon	30	Old Noarlunga	Old Noarlunga Hotel
Novem	ber		
Thu	2	Mitchell Park	Marion Hotel
Fri	3	Virginia	Virgina Nursery Cafe
Mon	6	Fairview Park	Bluegums Hotel
Mon	6	Croydon	Challa Gardens Hotel
Thu	9	OʻHalloran Hill	Caffe Buongiorno
Fri	10	Norwood	The Alma
Mon	13	Kensington	Kensi Hotel
Mon	13	Coromandel Valley	The Duck Inn
Thu	16	Birkenhead	Birkenhead Tavern
Fri	17	Golden Grove	Green Ginger
Mon	20	Para Hills	Para Hills Community Club
Mon	20	Glenelg	Holdfast Bay Hotel

Long	Lunc l	hes cont.	
Day	Date	Suburb	Location
Novem	nber		
Thu	23	Willunga	Alma Hotel
Fri	24	St Kilda	St Kilda Hotel
Mon	27	Christies Beach	Christies Beach Hotel
Decem	nber		
Fri	1	Burnside	Ballaboosta
Mon	4	Para Hills	Somerset Hotel
Mon	4	Old Reynella	St Francis Winery
Thu	7	Mitchell Park	Marion Hotel
Fri	8	Gilles Plains	Lone Star Rib House
Mon	11	Payneham	Payneham Tavern
Mon	11	Mansfield Park	Mansfield Park Hotel
Thu	14	Old Reynella	St Francis Winery
Fri	15	Parkside	East Borough Eatery
Janua	ry		
Mon	15	Davoren Park	Playford Tavern
Mon	15	Seaford	Beach Hotel
Thu	18	Ovingham	Bombay Bicycle Club
Fri	19	Burnside	Ballaboosta Burnside
Mon	22	Birkenhead	Birkenhead Tavern
Mon	22	Modbury	Modbury Hotel
Thu	25	Seaford	San Marino Café Ristorante
Mon	29	Parafield	Roulettes Tavern
Mon	29	Hackham	The Aussie Inn
Februa	ary		
Thu	1	Warradale	Warradale Hotel
Fri	2	Holden Hill	Oreintai
Mon	5	Norwood	Robin Hood Hotel
Mon	5	Mansfield Park	Mansfield Park Hotel

Long	Lunc	hes cont.	
Day	Date	Suburb	Location
Febru	ary		
Thu	8	Willunga	Alma Hotel
Fri	9	Mawson Lakes	Boat Deck Cafe
Mon	12	Gilles Plains	The Nor East
Mon	12	Lonsdale	Lonsdale Hotel
Thu	15	Ovingham	Bombay Bicycle Club
Fri	16	Parkside	East Borough Eatery
Mon	19	Elizabeth	Grand Central
Mon	19	Port Adelaide	Lighthouse Wharf Hotel
Thu	22	Aldinga	Kick Back Brewing
Fri	23	St Kilda	St Kilda Hotel
Mon	26	Kensington	Kensi Hotel
Mon	26	Christies Beach	Christies Beach Hotel
Thu	29	Edwardstown	Maid of Auckland
March	ı		
Fri	1	Angle Vale	Angle Vale Tavern
Mon	4	Modbury	Clovercrest Hotel
Mon	4	Warradale	Warradale Hotel
Thu	7	Old Reynella	Crown Inn
Fri	8	Prospect	Mekko Market & Cafe
Thu	14	Ovingham	Bombay Bicycle Club
Fri	15	Gilles Plains	Lone Star Rib House
Mon	18	Golden Grove	Green Ginger
Mon	18	Glenelg	Holdfast Bay Hotel
Thu	21	Woodcroft	The Woodcroft Hotel
Fri	22	Paradise	Paradise Hotel
Mon	25	Parkside	Earl of Leicester
Mon	25	Port Noarlunga	Port Noarlunga Hotel
Thu	28	Port Adelaide	Lighthouse Wharf Hotel

One-on-One



Our One-on-One experience is all about you, customised to suit your individual interests. These experiences are available in your home or within your local area. From strolling around your favourite location, to having a cuppa and chat in your dining room, an ACH Group support worker will be there to accompany you.

Price per session





\$80

Expert Tech Coaching



Access expert technology coaching aimed at assisting you to get the most out of your device/s. Advanced IT assistance can include setting up devices such as tablets, mobile phones, computers, and smart home technology. If you're looking to upskill your technology skills, our IT gurus can show you how to upgrade software, online shop and bank, access MyGov and other health record sites, use audio apps such as Spotify and more.

When & Where

5 hours required, split over multiple in-home sessions. Additional hours available on request.

Price per 5 hours



\$75



\$600 + travel quoted upon booking

Technology

Together we Connect



Our trained ACH Group support workers will bring an iPad into your home or assist you in using your own device to keep you connected with family and friends. When face-to-face isn't possible applications such as FaceTime and Skype are great alternatives to keep in touch virtually.

Price per hour





\$75

Let's Chat



Want to simply have a chat? Be part of an organised social group or have a one-on-one chat with one of ACH Group's friendly support workers. Hosted over the phone, we'll keep you connected.

Format	Day	Time
One on one	Anytime	Anytime
Social Group	Monday	10am
Social Group	Thursday	10am

Price per hour (one-on-one)



Price per hour (social group)



Technology

Personalised Photobooks



Do you have a drawer full of collected photos or a digital device full of your captured memories? Learn how to create your own treasured album of photos with narrations and custom backgrounds. Finishing with a beautiful memento for you or a loved one.

When & Where

5 hours required, split over multiple in-home sessions. Additional hours available on request.

Price per 5 hours





\$600 + travel quoted upon booking

Record Your Life Story



Share your life with your loved ones, giving them a gift they'll treasure forever. Record your life story with our help, from getting you started on a device you're familiar with to exploring significant chapters of your life and giving you time to tell your story.

When & Where

5 hours required, split over multiple in-home sessions. Additional hours available on request.

Price per 5 hours





\$600 + travel quoted upon booking

Cambodian Community

Weekly Social Groups



At ACH Group we are experienced in working with the Cambodian Community in a way that respects spiritual beliefs, customs, and preferences. The weekly social group is an opportunity to connect with like-minded people, make new friends and participate in activities such as exercise and dance. In addition, a qualified interpreter is available if you need assistance with translating documents. Culturally appropriate food is provided, and our friendly staff speak Khmer.

Location	Day	Time
Salisbury Villa Soccer Club	Tuesday	10am – 2pm

Price per session



нср)\$60



Temple Visits



Temple visits offer a unique spiritual experience for attendees. Pray, meditate, and chant with Monks, as you learn about spirituality and wellbeing to find calmness and peace. Please bring food to share with the Monks.

Location	Day	Time
Salisbury Highway Temple (Wat Khmer Adelaide)	Monday	10am – 2pm
Paralowie Temple (Wat Khmer Santipheap)	Thursday	10am – 2pm
McDonald Park (Wat Preah Puthmeanchey) Temple or Paralowie Temple	Friday	10am – 2pm

Price per visit







Carer Support

Out & About



A specialised group created to support people who are feeling socially isolated due to health conditions including memory loss. The group provides short-term respite for carers, and enjoys lunch together at various locations. Additional social activities such as walks in local parks can be included. Door-to-door transport is available on request at an additional cost.

Weekly 2 hour sessions:

Location	Day	Time
North/East	Wednesday	12pm
South/West	Wednesday	12pm
South/West	Thursday	12pm
North/East	Thursday	12pm

Price per session



нср \$130



McLaren Vale Respite



Offers long day, high care respite for people living with memory loss or dementia to socialise, engage in experiences they enjoy, and access early intervention to maximise their independence.

The program is Occupational Therapy-led and includes Montessori principles that offer fun, social, and evidence-based cognitive stimulation. McLaren Vale Respite provides an opportunity to connect with others experiencing a similar life experience and maintain and where possible improve skills and capabilities. Daily exercise is led by a qualified fitness instructor and themes vary day to day, including singing and drama, mosaics, and art class with qualified teachers.

A nutritious lunch designed in consultation with a dietitian is provided, as well as a light morning and afternoon tea. The program is supported by highly trained specialist facilitators and reviewed every 10 weeks to ensure it continues to provide the best support and experience.

When & Where

Monday to Thursday 9am - 4.30pm 177 Main Road, McLaren Vale

Price per day



\$240 HCP



Cancellation Policy and Conditions

Group and individual social experiences

The notice period for customer cancellations for social experiences is 24 hours. A cancellation fee at 50% of the experience will be billed if the service is cancelled with less than 24 hours' notice.

Getaways

The notice period for customer cancellations for getaways is 4 weeks prior to departure.

A cancellation fee of 50% of the cost of the getaway will be billed if the getaway is cancelled with less than 4 weeks' notice from departure.

ACH Group recommends that customers organise travel insurance, as a way of cover for yourself, for unexpected events that could happen when travelling and cancellations.

Conditions

It is the customer's responsibility to:

- Book into each experience they wish to attend.
- Notify ACH Group of the use of mobility aids at the time of booking each experience.
- Inform ACH Group of any dietary requirements at the time of booking each experience. Dietary requirements that are not informed, or provided late may not be able to be accommodated.

All information is correct at time of print. Venues, dates, times and pricing are subject to change.



Become a volunteer with ACH Group

When you volunteer with ACH Group you can make a positive difference to the lives of older people, as well as enriching your own life. We aim to link you to a role that suits your interests, allowing you the opportunity to share your personal skills and talents.

Ready to start something new? call 1300 22 44 77 visit achgroup.org.au/volunteering or email Cate CBalfour-Ogilvy@ach.org.au





Your best health starts with your best self

Whether you are preparing for your next getaway, looking to increase your strength, or recovering from injury, Health Studio 50+ has all you need in one place to reach your optimal state of health.

Our health professionals will work with you to build a program that's right for you.

Our services include:

Allied Health – one on one clinic services including physiotherapy, exercise physiology, podiatry, occupational therapy, dietetics and remedial massage

Wellness Programs – focus on mobility, balance and healthy memory Group Exercise – interactive group classes that focus on balance, strength and flexibility or incorporate exercise equipment.

Christie Downs | Gilles Plains | Glenelg

Let's get active 1300 22 44 77 Visit achgroup.org.au/studio







I am interested in	
	_
	_
	_
	_
	_
	_
	_
	_
	_
Name	
Contact Number	
Email Address	

Notes		

Unsure if you're eligible for government subsidy, or want to find out more?

Contact us on 1300 22 44 77 and we can help!

Payment Options

CHSP Commonwealth Home Support Program

нср Ноте Care Package

CF Customer Funded (Private Payment)

Want to book your experience?

Call 1300 22 44 77 and press 3 Email enquiries@ach.org.au



Need transport?

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



Keep up-to-date and find newly launched experiences and added dates at achgroup.org.au/discover-and-explore

ACH GROUP

Being yourself never gets old

Home Care | Social | Allied Health | Retirement Living | Residential Care

achgroup.org.au