



Good Lives for
Older People

Discover & Explore

SOCIAL EXPERIENCES GUIDE

April – September 2024



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 ACH Group 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.

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Payment Options

-  Commonwealth Home Support Program
-  Home Care Package
-  Customer Funded (Private Payment)

Keep updated



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

Day Tours

Be a tourist in your own state with activities galore right at your doorstep. Within the city limits visit iconic locations, whilst mere kilometres away, historic attractions and scenic landscapes await.

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



Scan Me



Top picks



Studio Vino 'Paint & Snack'

Unlock your creative mind with our take on the well-known 'Paint & Sip' experience.



Lavender Tea Party

Compare varieties of lavender as you wander through the landscape.



Adelaide Hills Taste Trail

An experience for your tastebuds, visiting Choco Vino at Hahndorf Hill and the Stanely Bridge Tavern.



Tina Turner the Musical

Join us for a night at the Festival Theatre, as you experience the inspiring life story of Tina Turner.

Kokomo West Cruise



Ahoy! This month we welcome you onboard the Kokomo West (previously West Lakes Princess) in West Lakes. Cruise the protected waters of West Lakes and around Delfin Island. As you take in the scenery, enjoy a delicious two-course lunch.

When & Where (pick up)

Tue 2 & Thu 4 April
Hillier & Wynn Vale

Tue 9 & Thu 11 April
McLaren Vale, Noarlunga
& Woodcroft

Tue 16 & Thu 18 April
Gilles Plains & Kensington

Tue 23 April
West Lakes Shore,
Findon & Glengowrie

Included

- Transport
- Two-course lunch
(drinks on consumption)

Please specify dietaries
at time of booking

Activity Level

Light

Price per person

CHSP \$42

HCP \$265

CF \$291

Studio Vino 'Paint & Snack'



Photo: Studio Vino

Unlock your creative mind with our take on the well-known 'Paint & Sip' experience. Enjoy a selection of curated platters whilst you re-create a feature painting. Learn from an experienced artist as they guide you step-by-step in creating your masterpiece. No prior experience is needed, and all supplies are included.

When & Where (pick up)

Tue 7 & Thu 9 May

Hillier & Wynn Vale

Tue 14, Wed 15 & Thu 16 May

McLaren Vale, Noarlunga
& Woodcroft

Tue 21 & Thu 23 May

Gilles Plains & Kensington

Tue 28 & Thu 30 May

West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- 'Paint & Snack' experience, take home canvas
- Light lunch and refreshments

Please specify dietaries at time of booking

Activity Level

Light

Price per person

CHSP \$42

HCP \$265

CF \$291

d'Arenberg Cube & McLaren Vale



Visit one of South Australia's icons, d'Arenberg Cube. Enjoy a guided tour of the Salvador Dali Exhibition, a collection of monumental sculptures that have been displayed in some of the most influential cities in the world. After the tour, we venture into the heart of McLaren Vale to share lunch and soak in the atmosphere of the bustling wine region.

When & Where (pick up)

Tue 4 & Thu 6 June
Hillier & Wynn Vale

Tue 11, Wed 12 & Thu 13 June
McLaren Vale, Noarlunga
& Woodcroft

Tue 18 & Thu 20 June
Gilles Plains & Kensington

Tue 25 & Thu 27 June
West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Entry and tour at d'Arenberg Cube
- Lunch (drinks on consumption)

Please specify dietaries
at time of booking

Activity Level

Light

Price per person

CHSP \$42

HCP \$265

CF \$291

Lyndoch Lavender Farm Tea Party



Set amongst the undulating vineyards of the lower Barossa Ranges, enjoy the spectacular views and peaceful surrounds at Lyndoch Lavender Farm. Compare varieties of lavender as you wander through the landscape. Afterwards, indulge in a Lavender Tea Party of savoury bites, lavender cheese pomodoro, handmade cakes, scones, and sandwiches. Before you leave, be sure to visit the gift shop.

When & Where (pick up)

Tue 2 & Thu 4 July
Hillier & Wynn Vale

Tue 9, Wed 10 & Thu 11 July
McLaren Vale, Noarlunga
& Woodcroft

Tue 16 & Thu 18 July
Gilles Plains & Kensington

Tue 23 & Thu 25 July
West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Entry and tour (weather permitting)
- Lavender Tea Party

Please specify dietaries
at time of booking

Activity Level

Light

Price per person

CHSP \$42

HCP \$265

CF \$291

Adelaide Hills Taste Trail

PREMIUM
TOUR



This is one for the tastebuds! Our first stop is a unique Choco Vino experience at Hahndorf Hill, this exclusive experience takes your tastebuds on a journey of discovery, while learning about gourmet chocolate and fine wine. Indulge in chocolate from top chocolatiers in Australia and France, while enjoying the view from their enclosed balcony. Afterwards, we venture to the Stanley Bridge Tavern for a classic pub lunch amongst warming fireplaces.

When & Where (pick up)

Tue 6 & Thu 8 August
Hillier & Wynn Vale

Tue 13, Wed 14 & Thu 15 August
McLaren Vale, Noarlunga &
Woodcroft

Tue 20 & Thu 22 August
Gilles Plains & Kensington

Tue 27 & Thu 29 August
West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Choco Vino Experience
- Lunch (drinks on consumption)

Please specify dietaries
at time of booking

Activity Level

Light
(Note, 18-step staircase at
Hahndorf Hill – walkers, and
sticks welcome but must be
able to manage stairs)

Price per person

CHSP \$52 **HCP** \$315 **CF** \$346.50

The wild is calling at Monarto Zoo



Our always popular Monarto Zoo experience is back! Explore the park on a private guided tour, venture through the African and Asian grassland exhibits, with a pitstop at the new waterhole viewing platforms. After the tour, enjoy a private, catered hot lunch.

When & Where (pick up)

Tue 3 & Thu 5 September
Hillier & Wynn Vale

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

Tue 17 & Thu 19 September
Gilles Plains & Kensington

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

Included

- Transport
- Entry and tour
- Lunch (drinks on consumption)

Please specify dietaries
at time of booking

Activity Level

Light

Price per person

CHSP \$42

HCP \$265

CF \$291

Elvis – A Musical Revolution

DELUXE
TOUR



Photo: Elvis – A Musical Revolution

Calling all Elvis fans, you don't want to miss this! A brand new bio-musical, featuring over 40 hit songs, celebrating the life and music of award-winning, cultural icon and rock 'n' roll superstar, Elvis Presley.

Limited tickets are available for this matinee experience at Her Majesty's Theatre. Show starts at 1pm.

When & Where (pick up)

Wed 3 April
Hillier, Wynn Vale & Gilles Plains

Wed 10 April
McLaren Vale, Noarlunga
& Woodcroft

Wed 17 April
West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Theatre ticket

Light refreshments are available at Her Majesty's Theatre before, and during intermission at your own expense.

Activity Level

Light

Price per person

CHSP

\$72

HCP

\$315

CF

\$346.50

Tina Turner the Musical

DELUXE
TOUR



Photo: Tina Turner the Musical

Join us for a night at the Festival Theatre, as you experience the inspiring life story of Tina Turner, the Queen of rock 'n' roll. Enjoy over 20 iconic songs, including 'Simply the Best', 'River Deep – Mountain High' and of course 'Proud Mary'.

Limited tickets are available, the show starts at 7:30pm.

When & Where (pick up)

Fri 26 April
Hillier, Wynn Vale & Gilles Plains

Fri 3 May
McLaren Vale, Noarlunga,
Woodcroft & Glengowrie

Included

- Transport (no additional transport available other than the bus pick-up points)
- Theatre ticket

Light refreshments are available at Festival Theatre before, and during intermission at your own expense.

Activity Level

Light

Price per person

CHSP \$72

HCP \$315

CF \$346.50

Popeye River Cruise & Lunch



Photo: The Popeye

This month we're cruising along the River Torrens on one of our state's heritage icons, the Popeye. Enjoy your own boxed scones, with fresh cream, tea and coffee, as you admire the ever-changing landscapes that line the waterways. Plus, hear from the captain on the history of the area. Afterwards, we have lunch at the Cathedral Hotel.

When & Where (pick up)

Wed 5 June

Hillier, Wynn Vale,
Gilles Plains & Kensington

Wed 26 June

McLaren Vale, Woodcroft,
Findon & Glengowrie

Included

- Transport
- Popeye Devonshire Tea
- Lunch (drinks on consumption)

Please specify dietaries
at time of booking

Activity Level

Light

Price per person

CHSP \$42

HCP \$265

CF \$291

Candle Mixology Experience



Photo: Red Rosie Scent Design Studio

Get ready to craft your very own signature scented candle with this hands-on experience at Red Rosie Scent Design Studio. Be guided through a diverse scent library to craft your very own personalised, and unique scented candle and label to take home. Light refreshments and snacks are included.

When & Where (pick up)

Wed 3 July & Wed 7 August
 Hillier, Wynn Vale,
 Gilles Plains & Kensington

Wed 24 July & Wed 21 August
 McLaren Vale, Woodcroft, Findon
 & Glengowrie

Included

- Transport
- Candle mixology experience
- Take home candle
- Light lunch (drinks on consumption)

Please specify dietaries
 at time of booking

Activity Level

Light

Price per person

CHSP \$42

HCP \$265

CF \$291

Capri Theatre & Lunch



Photo: South Australian Tourism Commission

Take in the old-world charm and atmosphere of the iconic Capri Theatre in Goodwood. Built in 1941, this heritage listed theatre houses the Theatre Organ Society's unique, world class pipe organ. Enjoy a private tour and morning tea before lunch at the Unley Hotel.

When & Where (pick up)

Wed 4 September
Hillier, Wynn Vale & Gilles Plains

Wed 11 September
McLaren Vale & Woodcroft

Wed 18 September
Findon & Glengowrie

Included

- Transport
- Tour and morning tea
- Lunch (drinks on consumption)

Please specify dietaries
at time of booking

Activity Level

Light

Price per person

CHSP \$42 **HCP** \$265 **CF** \$291

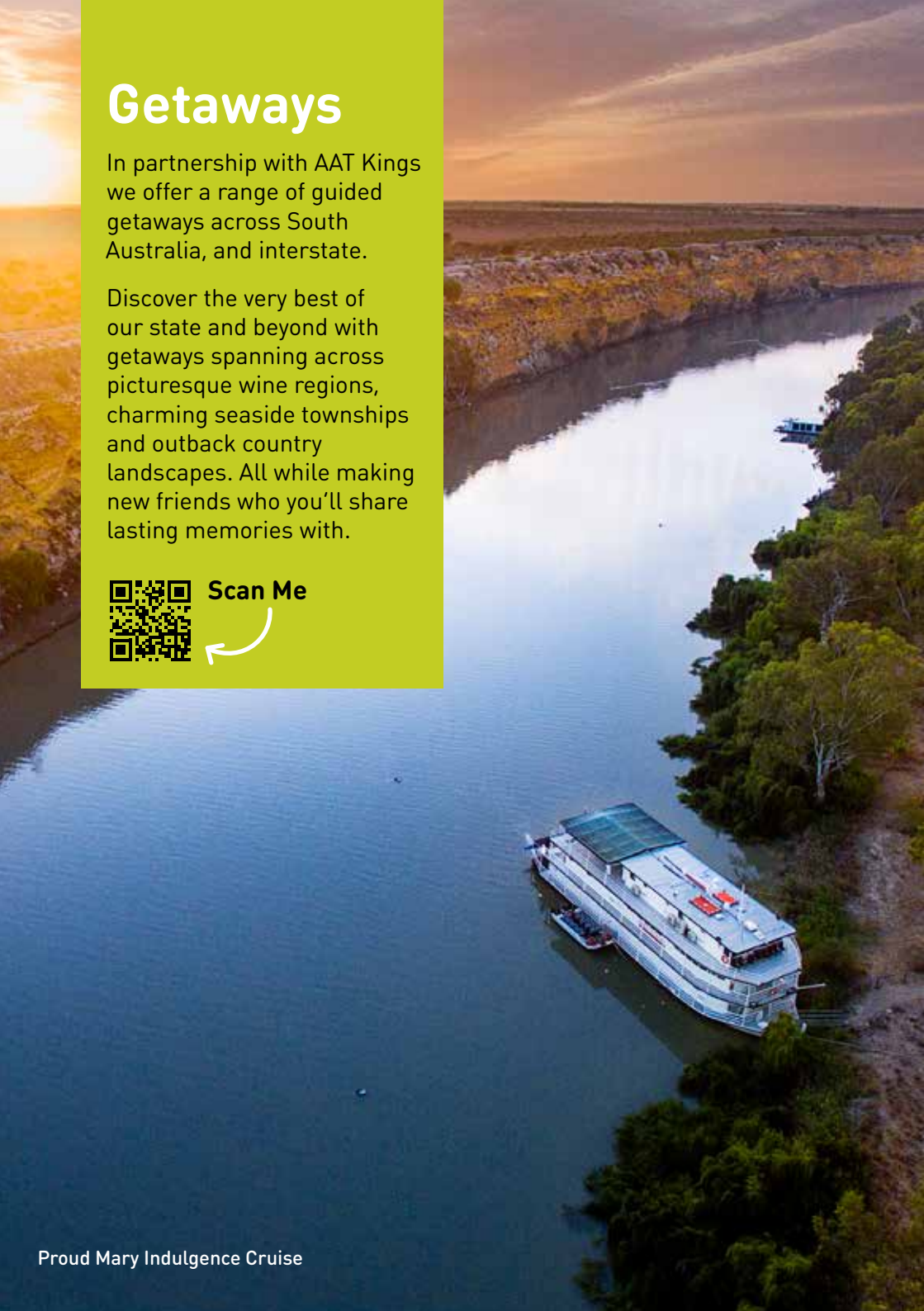
Getaways

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

Discover the very best of our state and beyond 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



McLaren Vale

Travelling through the scenic Adelaide Hills we arrive in McLaren Vale for a getaway in one of South Australia's premier wine regions.



Journey to Uluru

Journey to the heart of Australia stopping in Port Augusta, Coober Pedy, and Yulara before arriving in Uluru-Kata Tjuta National Park.



Proud Mary Christmas in July

Have a holly, jolly Christmas in July aboard the Proud Mary. Cruise along the Murray River from Murray Bridge to Morgan.



Trail to Broken Hill

Throughout the getaway be immersed in the unique history of towns, with visits to an array of museums and icons.

Hahndorf Getaway



Back by popular demand, join us as we getaway to picturesque Hahndorf, in the Adelaide Hills . Enjoy a visit to famous Australian watercolourists Hans Heysen’s cottage for a studio tour. For the remainder, experience icons details such as, Beerenberg Farm, Wolf Blass Gallery and Wine Museum and d’Arenberg Cube.

Highlights

Hans Heysen Cottage, Beerenberg Farm, German Arms Beirhaus, wine making at Wolf Blass, d’Arenberg Cube

When

Fri 3 – Sun 5 May 2024

Included

- Door-to-door transport
- Luxury, air-conditioned coach transport
- Accommodation at Manna by Haus
- Breakfast and dinner daily, one lunch
- 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 Winery

When

Thu 23 – Sat 25 May 2024

Included

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

Price per person

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

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

CF \$4845 (twin)
\$6139 (single)

Book now **1300 22 44 77** 21

Riverland Getaway



Photo: South Australian Tourism Commission

It's off to the Riverland, home to stunning conservation parks and our thriving fruit industry. Journey north through to Waikerie, visiting Banrock Station and its famous wetlands, before heading to Loxton and your accommodation at the Loxton Hotel. Experience an array of local attractions in Loxton, Renmark and lastly Murray Bridge, where you will enjoy a Paddle Steamer river cruise.

Highlights

Banrock Station, Lock 5, Olivewood Historic Homestead and Museum, High Tea at The Pines Historic House & Gardens, Paddle Steamer cruise

When

Thu 30 May – Sat 1 June 2024

Included

- Door-to-door transport
- Luxury, air-conditioned coach transport
- Accommodation at Loxton Hotel (subject to change)
- Breakfast, lunch, and dinner daily
- All entry and tour fees

Price per person



\$800 (twin share)
\$1200 (single)



\$2185 (twin)
\$2435 (single)



\$2403.40 (twin)
\$2678.50 (single)

Flinders Rangers

BACK BY
POPULAR
DEMAND

3 Days/
2 Nights



Photo: South Australian Tourism Commission

Drive through the rolling hills of the Clare Valley, stopping for morning tea before continuing to Wilpena Pound, Flinders Rangers. During your stay, enjoy a mix of free time to enjoy the panoramic views, as well as guided tours through the Southern Flinders Rangers. Take in stunning sunsets, restored homesteads, breathtaking lookouts, galleries, and the famous Pichi Richi Railway.

Highlights

Wilpena Pound 4x4 Tour, Wilpena Pound Sunset Tour, Jeff Morgan Gallery, Wadlata Outback Centre Time Walk, Harry's Homemade Fine Foods, Pichi Richi Railway

When

Thu 6 – Sat 8 June 2024

Included

- Door-to-door transport
- Luxury, air-conditioned coach transport
- Accommodation at Wilpena Pound (subject to change)
- Breakfast and dinner daily, one lunch
- All entry and tour fees

Price per person

CHSP \$800 (twin share)
\$1300 (single)

HCP \$2650 (twin)
\$3085 (single)

CF \$2915 (twin)
\$3393.50 (single)

Book now **1300 22 44 77** **23**

Proud Mary Riverboat



Relax in an instant as you cruise 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 14 – Sun 16 June 2024
Fri 25 – Sun 27 October 2024
Fri 22 – Sun 24 November 2024
Departs in the afternoon.

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



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



\$1710 (twin)
\$2185 (single)



\$1881 (twin)
\$2403.50 (single)

McLaren Vale

NEW
GETAWAY

3 Days/
2 Nights



Travelling through the scenic Adelaide Hills we arrive in McLaren Vale for a getaway in one of South Australia's premier wine regions. Throughout your stay enjoy views of picturesque landscapes and rolling vineyards while treating your tastebuds to a range of culinary experiences. From 5-star lunch at d'Arrys Verandah to cheese making under the guidance of a local Cheese Artisan this getaway encompasses the very best of McLaren Vale.

Highlights

McLaren Vale township, Fleurieu Arthouse, Almond Train, d'Arenberg Cube & d'Arrys Verandah, cheese making

When

Thu 20 – Sat 22 June 2024

Included

- Door-to-door transport
- Luxury, air-conditioned coach transport
- Accommodation at McLaren Vale Motel
- Breakfast, lunch and dinner daily
- All entry and tour fees

Price per person

CHSP \$800 (twin share)
\$1300 (single)

HCP \$2275 (twin)
\$2465 (single)

CF \$2502 (twin)
\$2711.50 (single)

Book now **1300 22 44 77** 25

Journey to Uluru

NEW
GETAWAY

7 Days/
6 Nights



Journey to the heart of Australia stopping in Port Augusta, Coober Pedy, and Yulara before arriving in Uluru-Kata Tjuta National Park for your first look at the magnificent Uluru. This is a true bucket list itinerary filled with unique experiences, including canapés and sunsets over Uluru, dinner under the stars and an early morning at Bruce Munroe's art installation 'Field of Lights'.

Highlights

Coober Pedy Town tour, Umoona Opal Mine, North Territory border crossing, Maruku Arts Dot Painting, Uluru-Kata Tjuta Cultural Centre, Yarta Purtli Gallery, Australian Arid Lands Botanic Gardens

When

Mon 1 – Sun 7 July 2024

Mon 23 – Sun 29 September 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 in Port Augusta, Coober Pedy, and Yulara
- Breakfast and dinner daily, two lunches
- All entry and tour fees

Price per person

CHSP	\$1200 (twin share) \$1500 (single)	HCP	\$4250 (twin) \$5315 (single)	CF	\$4675 (twin) \$5846.50 (single)
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Proud Mary Christmas in July Indulgence Cruise



Photo: South Australian Tourism Commission

Have a holly, jolly Christmas in July aboard the Proud Mary. Cruise along the Murray River from Murray Bridge to Morgan on this once-a-year getaway. Abundant wildlife and magnificent scenery will be seen throughout your entire stay. This breathtaking escape is made extra grand with a special Christmas lunch and festive décor.

Highlights

Magnificent scenery and wildlife, night cruises, live entertainment, Banrock Station Wetlands and Winery, Christmas lunch

When

Fri 12 – Fri 19 July 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



\$1200 (twin share)
\$1500 (single)



\$4250 (twin)
\$5315 (single)



\$4675 (twin)
\$5846.50 (single)

Book now **1300 22 44 77** 27

Proud Mary Indulgence Cruise



Relax in an instant as you cruise 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. Cruising from Murray Bridge to Blanchetown, including Myponga, 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 August 2024

Sun 25 – Fri 30 August 2024

Departs in the afternoon.

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

CHSP \$800 (twin share)
\$1300 (single)

HCP \$3600 (twin)
\$5420 (single)

CF \$3960 (twin)
\$5962 (single)

Trail to Broken Hill

NEW
GETAWAY

6 Days/
5 Nights



Journey through our magnificent Riverlands before crossing the Victorian border to Mildura, and further to Broken Hill, New South Wales. Throughout the getaway be immersed in the unique history of towns, with visits to an array of museums and icons. Enjoy dinners at the Palace Hotel made famous by Priscilla Queen of the Desert and Silverton Hotel known for the Slim Dusty Movie and Razorback.

Highlights

Banrock Station, Mildura Paddle Steamer Cruise, Holden Museum, Royal Flying Doctor Service Tour, Sulphine Street Railway and Historical Museum, Silverton Goal Museum

When

Tue 13 – Sun 18 August 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 in Mildura, Broken Hill, and Loxton
- Breakfast and dinner daily, three lunches
- All entry and tour fees

Price per person

CHSP \$800 (twin share)
\$1100 (single)

HCP \$3310 (twin)
\$4015 (single)

CF \$3641 (twin)
\$4416.50 (single)

Book now **1300 22 44 77** **29**

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 Victoria, our first stop is Portland, riding the Portland Cable Tram before staying in Warnambool for the evening. Day four includes a big day of sightseeing, namely the 12 Apostles, Loch Ard Gorge, and London Bridge. On return to Adelaide we visit Penola, Naracoorte and Bordertown.

Highlights

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

When

Mon 23 – Sat 28 September 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
- Breakfast and dinner daily, five lunches
- All entry and tour fees

Price per person



\$1200 (twin share)
\$1800 (single)



\$4070 (twin)
\$4790 (single)



\$4477 (twin)
\$5269 (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

Dark Sky Reserve and dinner, Lake Breeze Wines, Monarto Safari Park, Captains Cottage Museum, The Roundhouse Murray Bridge, Spirit of the Coorong cruise

When

Wed 2 – Sat 5 October 2024

Included

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

Price per person



\$800 (twin share)
\$1100 (single)



\$2630 (twin)
\$3100 (single)



\$2893 (twin)
\$3410 (single)

Port Lincoln



4 Days/
3 Nights

Photo: South Australian
Tourism Commission

This trip is filled with scenic views and iconic locations. As we make our way to Port Lincoln enjoy stops at Wadlata Centre in Port Augusta, and Port Lowly to see the lighthouse and turquoise waters. Arriving in Port Lincoln, visit the Maritime Museum, Hummock Hill Lookout, and the famous circular jetty. Explore more of the Eyre Peninsula with an unmissable oyster experience in Coffin Bay.

Highlights

Wadlata Centre, Port Lowly Lighthouse, Hummock Hill, Mount Lara Homestead, Tumbly Bay Silo Art, Coffin Bay, Boston Bay Winery, ferry to Wallaroo

When

Thu 24 – Sun 27 October 2024

Included

- Door-to-door transport
- Luxury, air-conditioned coach transport
- Accommodation in Port Lincoln
- Breakfast daily, two lunches and dinners
- All entry and tour fees

Price per person



\$800 (twin share)
\$1200 (single)



\$2185 (twin)
\$2435 (single)



\$2403.40 (twin)
\$2678.50 (single)

Getaway



Tasmanian Wonders

NEW
GETAWAY
FOR
ANYONE



Take yourself on your next adventure with AAT Kings 10 Day Tasmanian Wonders Tour.

If Tasmania is on your must-do list, this journey offers the ideal introduction to the island state. Combining spectacular landscapes with exposure to rich convict history and gourmet artisan produce, it takes you to unforgettable locations and ensures memorable encounters. Step back in time at Port Arthur, and visit the wild Gordon River, Cradle Mountain, and the pristine Tarkine Wilderness.

Highlights

Bridestowe Lavender Estate,
Cradle Mountain National Park,
Freycinet National Park Guided
Walk, Gordon River Cruise,
Mt Field National Park,
Port Arthur Historic Site,
Tarkine Wilderness Region

When

Wed 16 – Fri 25 October 2024

Travel Insurance

ACH Group recommends travel insurance as a way to cover yourself for unexpected events and cancellations. Please seek independent advice for what would best suit your individual requirements.

Included

- AAT Kings Tasmanian Wonders Tour
- Return airfares Adelaide to Hobart (Virgin Australia)
- Centrally located premium hotels
- All National Park entrance fees
- Breakfast daily, two lunches, five dinners, one farewell dinner

Price per person

\$4736 (twin share)
\$5986 (single)

Booking note:

\$200 deposit required upon booking, the balance due 1 July 2024.

Save over
\$700 when
booking with
ACH Group

Together with our partner AAT Kings, we're excited to bring you an experience like no other. Unlike our supported getaways, this unique departure is a stand-alone experience with AAT Kings, but booked through ACH Group. There will be no ACH Group staff or representatives on the getaway. The Tasmanian Wonders Tour is open to anyone 18+ and is not eligible to be subsidised through government funding. Please contact our Social Team for any questions.

Frequent Experiences

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

We've made it even easier to choose from our range of social experiences, simply find the category you're interested in and flick straight to those pages or scan the QR code and see more on our website.



Arts & Culture

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Sport & Recreation

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Entertainment

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Technology

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Cambodian Community

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Carer Support

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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	9.30am
McLaren Vale	Friday	1pm

Price per class

CHSP \$12

HCP \$55

CF \$60

Sing for Joy Choir

Book a
FREE Come
& Try



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

CHSP \$12

HCP \$55

CF \$60

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

Price per class

CHSP \$20

HCP \$70

CF \$77

Lawn Bowls

Book a
FREE Come
& Try



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

Due to weather, lawn bowls may pause over winter. Please contact the Social Team to confirm as they differ for each location.

Price per session

CHSP \$12

HCP \$55

CF \$60

On Par Social Golf



Book a
FREE Come
& Try

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

CHSP \$18

HCP \$80

CF \$88

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

CHSP \$12

HCP \$75

CF \$77

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

HCP \$70

CF \$77



Are you experiencing difficulties with everyday tasks?

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.

**ACH
GROUP**

Good Lives for
Older People

Concert Series



In a small group, escape through the magic of musical performances with the 'Out of the Square' Matinee Program.

Please contact the Social Team for shows in July, August & September. Due to release schedules these dates weren't available at time of print.

Price per person

CHSP \$12

HCP \$55

CF \$60

Day	Date	Time	Suburb	Location
April – Golden Days of Bandstand				
Tue	9	10.30am	Oaklands Park	Marion Cultural Centre
Wed	10	10.30am	Port Noarlunga	Port Noarlunga Arts Centre
Thu	11	1.00pm	Golden Grove	Golden Grove Arts Centre
May – Elton John and the Piano Men				
Mon	13	10.30am	Elizabeth	Shedley Theatre
Tue	14	10.30am	Oaklands Park	Marion Cultural Centre
Wed	15	10.30am	Port Noarlunga	Port Noarlunga Arts Centre
Thu	16	1.00pm	Golden Grove	Golden Grove Arts Centre
Fri	17	10.30am	Angle Park	The Parks Theatre
June – Pure McCartney				
Tue	11	10.30am	Oaklands Park	Marion Cultural Centre
Wed	12	10.30am	Port Noarlunga	Port Noarlunga Arts Centre
Thu	13	1.00pm	Golden Grove	Golden Grove Arts Centre
Fri	14	10.30am	Angle Park	The Parks Theatre
Mon	17	10.30am	Elizabeth	Shedley Theatre

Please contact the Social Team for July, August & September dates

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.

Time: 6pm - 9pm

Price per person

CHSP \$18

HCP \$110

CF \$115

Date	Time	Suburb	Location
April			
5	6pm	Payneham	Payneham Tavern
12	6pm	Seaton	Seaton Hotel
19	6pm	Old Reynella	Crown Inn
26	6pm	Fairview Park	Bluegums Hotel
May			
3	6pm	Newton	Rezz Hotel
10	6pm	Henley Beach	Henley Beach Hotel
17	6pm	Hackham	Aussie Inn
24	6pm	Modbury	Modbury Hotel
June			
7	6pm	Gilles Plains	Highlander Hotel
14	6pm	Marleston	Rex Hotel
21	6pm	Reynella	Yum Sing
28	6pm	Elizabeth	Grand Central
July			
5	6pm	Payneham	Payneham Tavern
12	6pm	Largs Bay	Largs Pier Hotel
19	6pm	Old Reynella	St Francis Winery
26	6pm	Fairview Park	Bluegums Hotel
August			
2	6pm	Newton	Rezz Hotel
9	6pm	Clarence Gardens	Avoca Hotel
16	6pm	Christies Beach	Christies Beach Hotel
23	6pm	Modbury	Modbury Hotel
September			
6	6pm	Gilles Plains	Highlander Hotel
13	6pm	Findon	Findon Hotel
20	6pm	Old Noarlunga	Old Noarlunga Hotel
27	6pm	Elizabeth	Grand Central

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.

Price per person

CHSP \$15

HCP \$95

CF \$99

Day	Date	Suburb	Location
April			
Thu	4	Aldinga	Aldinga Hotel
Fri	5	St Kilda	St Kilda Hotel
Mon	8	Modbury	Modbury Hotel
Mon	8	Seaford	Seaford Beach Hotel
Thu	11	Plympton	Highway Hotel
Fri	12	Parkside	East Borough Eatery
Mon	15	Kensington	Kensi Hotel
Mon	15	Mile End	Mile End Hotel
Thu	18	Woodcroft	Woodcroft Hotel
Fri	19	Golden Grove	Green Ginger
Mon	22	Elizabeth	Grand Central
Mon	22	O'Halloran Hill	Caffe Buongiorno
Fri	26	Burnside	Ballaboosta Burnside
Mon	29	Prospect	Reepham Hotel
Mon	29	Glenelg	The Holdy
May			
Thu	2	Hackham	Mick O'Shea's Hotel
Fri	3	Munno Para	Lone Star Rib House & Brews
Mon	6	Para Hills	Para Hills Community Club
Mon	6	Hackham	Aussie Inn
Thu	9	Beverley	Halfway Hotel
Fri	10	Newton	Fine Food Cucina
Mon	13	Collinswood	Hampstead Hotel
Mon	13	Mile End	Mile End Hotel
Thu	16	Aldinga	Aldinga Hotel
Fri	17	Wynn Vale	Milk + Honey
Mon	20	Pooraka	Bridgeway Hotel

Long Lunches cont.

Day	Date	Suburb	Location
Mon	20	Old Reynella	St Francis Winery
Thu	23	Plympton	Highway Hotel
Fri	24	Walkerville	Sussex Hotel
Mon	27	Payneham	Payneham Tavern
Mon	27	Birkenhead	Birkenhead Tavern

June

Mon	3	Gilles Plains	The Nor East Hotel
Mon	3	Old Reynella	Yum Sing
Thu	6	Mitchell Park	Marion Hotel
Fri	7	Campbelltown	Café Va Bene
Fri	14	Inglewood	Inglewood Inn
Mon	17	Tea Tree Gully	Gully Public House & Garden
Mon	17	Mile End	Mile End Hotel
Thu	20	Aldinga	Aldinga Hotel
Fri	21	Dulwich	GG's Café
Mon	24	Glynde	Glynde Hotel
Mon	24	Old Reynella	Yum Sing
Thu	27	Mitchell Park	Marion Hotel
Fri	28	Mawson Lakes	Boat Deck Cafe

July

Mon	1	Gepps Cross	Coopers Alehouse
Mon	1	Brompton	Excelsior Hotel
Thu	4	Old Reynella	Crown Inn
Fri	5	Magill	Hibernia Cafe
Mon	8	Norwood	Robin Hood Hotel
Mon	8	Willunga	Willunga Hotel

Long Lunches cont.

Day	Date	Suburb	Location
Thu	11	Edwardstown	Castle Tavern Castle Plaza
Fri	12	Holden Hill	Orientai
Mon	15	Fairview Park	Bluegums Hotel
Mon	15	Birkenhead	Birkenhead Tavern
Thu	18	Willunga	Willunga Hotel
Fri	19	Campbelltown	Bar Mercato
Mon	22	Campbelltown	Café Sette Bello
Mon	22	Seaford	Seaford Beach Hotel
Thu	25	Glenelg North	Watermark Hotel
Fri	26	Parafield	Kwik Stix

August

Thu	1	Hackham	Aussie Inn
Fri	2	Burnside	Lockwood General
Mon	5	Magill	Tower Hotel
Mon	5	Aberfoyle Park	The Hub Tavern
Thu	8	Mitchell Park	Marion Hotel
Fri	9	Oakden	Lakeside Cafe
Mon	12	Windsor Gardens	Windsor Hotel
Mon	12	Birkenhead	Birkenhead Tavern
Thu	15	Old Reynella	Yum Sing
Fri	16	Burnside	Feathers Hotel
Mon	19	Norwood	The Alma
Mon	19	Seaford	San Marino Café Ristorante
Thu	22	Glenelg North	Watermark Hotel
Fri	23	Fairview Park	Café Verde Pizzeria
Mon	26	Elizabeth	Grand Central

Long Lunches cont.

Day	Date	Suburb	Location
Mon	26	Mitchell Park	Marion Hotel
Thu	29	Port Noarlunga	Port Noarlunga Hotel
Fri	30	Maylands	Café Saha
September			
Mon	2	Highbury	Highbury Hotel
Mon	2	Aldinga	Aldinga Hotel
Thu	5	Plympton	Highway Hotel
Fri	6	Gilles Plains	Highlander Hotel
Mon	9	Northfield	Grand North
Mon	9	Edwardstown	Maid of Auckland Hotel
Thu	12	O'Halloran Hill	Caffe Buongiorno
Fri	13	Kent Town	Kent Town Hotel
Mon	16	Stepney	The Maid
Mon	16	Old Reynella	St Francis Winery
Thu	19	Glenelg North	Watermark Hotel
Fri	20	Gawler	Golden Fleece Hotel
Mon	23	Modbury North	Clovercrest Hotel
Mon	23	Mile End	Mile End Hotel
Thu	26	Woodcroft	Woodcroft Hotel
Fri	27	Norwood	The Bath Hotel

Just Blokes Monthly Lunches



This one is just for the blokes! Enjoy lunch at cafés and restaurants around Adelaide in a social and relaxed atmosphere. We cover your meal up to \$28.

Day	Date	Region
April		
Thu	18	North/East
Fri	26	South/West
May		
Thu	30	North/East
Fri	31	South/West
June		
Thu	27	North/East
Fri	28	South/West

Day	Date	Region
July		
Thu	25	North/East
Fri	26	South/West
August		
Thu	29	North/East
Fri	30	South/West
September		
Thu	26	North/East
Fri	27	South/West

Price per person

CHSP	\$15	HCP	\$95	CF	\$99
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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

CHSP \$18

HCP \$75

CF \$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

CHSP \$75

HCP \$600 + travel quoted upon booking

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

CHSP \$15

HCP \$70

CF \$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)

CHSP \$15 HCP \$70 CF \$75

Price per hour (social group)

CHSP \$10 HCP \$35 CF \$40

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

CHSP \$80

HCP \$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



\$80



\$600 + travel quoted upon booking

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

CHSP \$0

HCP \$60

CF \$66

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

CHSP \$0

HCP \$60

CF \$66

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 quoted when booking.

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

CHSP \$33 HCP \$130 CF \$143

McLaren Vale Respite



Offers long day, medium-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, 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 regularly 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

CHSP \$45 HCP \$240 CF \$264

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

**Health
Studio**

50+





I am interested in...

Name _____

Contact Number _____

Email Address _____

Notes

Want to book your experience?

Call 1300 22 44 77 and press 3




Email enquiries@ach.org.au

Keep updated

Find newly launched experiences and added dates at achgroup.org.au/discover-and-explore



Payment Options

-  Commonwealth Home Support Program
-  Home Care Package
-  Customer Funded (Private Payment)

Need transport?

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



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!

A photograph of a middle-aged man with a mustache, wearing a dark green tank top, flexing his right arm. He is smiling and looking towards the camera. The background is a bright, slightly blurred indoor setting with light-colored curtains.

ACH
GROUP

Being
yourself
never
gets old

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

achgroup.org.au