



**ACH
GROUP**

Discover & Explore

Social Experience Guide

October 2024 – March 2025

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 and beyond.

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 is trained in supporting people who are living with neurological conditions. Practical assistance is provided as required from qualified facilitators.

Contents

Day Tours	4
Ladies Day Tours	13
Getaways	16
Frequent Experiences	30
Arts & Culture	32
Sport & Recreation	35
Entertainment	38
Technology	49
Cambodian Community	51
Carer Support	52

Payment Options

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

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



Photo: South Australian
Tourism Commission

Day Tours

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

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



Scan Me



Top Picks



p6

Grease The Musical

Join us for a night at the magnificent Her Majesty's Theatre for Grease the Musical. The hair will be slick and the songs will be unforgettable.



p8

Long Lunch on the Block

Relax and unwind in the rustic cellar door of the iconic, family-owned Adelaide Hills winery - Barristers Block. Good food, good wine and great times.



p10

Strike Bowling

Strike Bowling is one of Adelaide's newest hotspots with old fashioned ten-pin bowling mixed with a few modern twists.



p12

Classic Carriages

Take in the spectacular scenery of the Montacute Valley in a horse drawn carriage. One of our most popular trips!

Grease The Musical at Her Majesty's Theatre



**Special
one-off
experience**

It's the one that you want. Grease is back in an all-new production that promises to be slicker, sexier and more electrifying than ever before. Travel back to Rydell High with Danny, Sandy, Kenickie, Rizzo and the gang. Tickets are very limited.

When & Where (pick up)

Wed 2 Oct 2024

Hillier, Wynn Vale & Rostrevor

Wed 9 Oct 2024

Noarlunga, Woodcroft,
West Lakes Shore & Findon

Included

- Transport
- Theatre Ticket
- Note: Show starts at 7pm, snacks and drinks available at the venue at own expense

Activity Level

Light

Price per person

Book now **1300 22 44 77**

CHSP \$77

HCP \$340

CF \$374

Popeye Cruise and The Kentish

Back by
popular
demand



One of our most requested experiences is back. Enjoy a morning cruise along the River Torrens with Adelaide's iconic Popeye Cruise. Sit back and relax as you are taken along Adelaide's waterfront. Enjoy jam and scones before disembarking at the Elder Park Landing. We then head to an Adelaide favorite - the Kentish - for lunch with all the pub classics.

When & Where (pick up)

Tue 1 & Thu 3 Oct 2024

Hiller & Wynn Vale

Tue 8 & Thu 10 Oct 2024

McLaren Vale, Noarlunga
& Woodcroft

Tue 15 & Thu 17 Oct 2024

Rostrevor & Kensington

Tue 22 & Thur 24 Oct 2024

West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Popeye Devonshire Tea Cruise
- Lunch at The Kentish
(to \$30 value)

Please advise of any dietary requirements at time of booking

Activity Level

Light

Price per person

Book now **1300 22 44 77**

CHSP \$42

HCP \$280

CF \$308

Barristers Block Long Lunch and Chocolate Fix



Relax and unwind in the rustic cellar door of the iconic, family-owned Adelaide Hills winery - Barristers Block. Indulge in a three-course set menu, including grazing boards, home made dips, cured meats, cheeses and fresh seasonal produce. Wander through the winery before heading home via a pitstop at Melba's Chocolate Factory.

When & Where (pick up)

Tue 5 & Thu 7 Nov 2024
Hillier & Wynn Vale

Tue 12 & Thu 14 Nov 2024
McLaren Vale, Noarlunga
& Woodcroft

Tue 19 & Thu 21 Nov 2024
Rostrevor & Kensington

Tue 26 & Thu 28 Nov 2024
West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Three course meal
(drinks on consumption)

Please advise of any dietary requirements at time of booking

Activity Level

Light

Price per person

Book now **1300 22 44 77**

CHSP \$42 HCP \$280 CF \$308

Christmas at the Summit



Join the festive spirit with a Christmas lunch with views of Adelaide. All the Christmas lunch staples are here: roast turkey or ham with all the trimmings including roast vegetables and Christmas pudding. Round out the year with ACH Group friends by looking back on 2024 and forward to 2025.

When & Where (pick up)

Tue 3 Dec 2024
Hillier & Wynn Vale

Wed 4 Dec 2024
Hillier, Wynn Vale & Rostrevor

Thu 5 Dec 2024
McLaren Vale, Noarlunga
& Woodcroft

Tue 10 Dec 2024
McLaren Vale, Noarlunga
& Woodcroft

Wed 11 Dec 2024
Rostrevor & Kensington

Thur 12 Dec 2024
West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Lunch (drinks on consumption)

Please advise of any dietary requirements at time of booking

Activity Level

Light

Price per person

Book now **1300 22 44 77**

CHSP \$42

HCP \$280

CF \$308

Strike Bowling



A childhood favorite for many, ten-pin bowling is back with all the nostalgia you remember but with a few modern twists. Strike Bowling is one of Adelaide's new hotpots. Enjoy two games with some pizza and fries.

When & Where (pick up)

Tues 14 & Thu 16 Jan 2025
Hillier & Wynn Vale

Tue 21 & Thu 23 Jan 2025
McLaren Vale, Noarlunga
& Woodcroft

Tue 28 Jan 2025
Rostrevor & Kensington

Thu 30 Jan 2025
West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Entry and two games (bowling shoes available or bring your own supportive and enclosed shoes)
- Lunch of pizza and fries

Please advise of any dietary requirements at time of booking

Activity Level

Light

Price per person

Book now **1300 22 44 77**

CHSP \$42 HCP \$280 CF \$308

A Day Under the Stars



Sit underneath an eight-metre projection of our starry sky at the Adelaide Planetarium. Enjoy the majesty of the Milky Way, before a short film under the dome and a pub lunch.

When & Where (pick up)

Tue 4 Feb & Thu 6 Feb 2025
Hillier & Wynn Vale

Tue 11 Feb, Wed 12 Feb &
Thur 13 Feb 2025
McLaren Vale, Noarlunga
& Woodcroft

Tues 18 Feb & Thur 20 Feb 2025
Rostrevor & Kensington

Tue 25 Feb & Thur 27 Feb 2025
West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Entry and Planetarium experience
- Pub lunch

Please advise of any dietary requirements at time of booking

Activity Level

Light

Price per person

Book now **1300 22 44 77**

CHSP \$42

HCP \$280

CF \$308

Classics in Montacute Valley

Back by
popular
demand



One of our most popular tours is back! We start in the scenic Montacute Valley with Libby and her classic carriages. A vintage Devonshire Tea is followed by a horse and carriage ride through the valley. Heading back towards Adelaide we stop for a lunch at an Adelaide Hills pub.

When & Where (pick up)

Tue 4 Mar & Thu 6 Mar 2025

Hillier & Wynn Vale

Tue 11 Mar & Thu 13 Mar 2025

McLaren Vale, Noarlunga
& Woodcroft

Tue 18 Mar & Thu 20 Mar 2025

Rostrevor & Kensington

Tue 25 Mar & Thu 27 Mar 2025

West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Carriage drive and morning tea
- Lunch at The Tower Hotel
(drinks on consumption)

Please advise of any dietary requirements at time of booking

Activity Level

Light

Price per person

Book now 1300 22 44 77

CHSP \$42

HCP \$280

CF \$308

Ladies Day Barossa Chateau - High Tea



An indulgent and relaxing day in the Barossa Valley. Enjoy a high tea fit for royalty at the Barossa Chateau. After a welcome beverage, settle in for a full table service high tea on beautiful bone China. Start with savoury tiers before moving on to sweets with tea and coffee. Enjoy a presentation about the history of the Chateau including its famous rose garden which was opened by Queen Elizabeth.

When & Where (pick up)

Wed 6 Nov 2024

Hillier, Wynn Vale & Rostrevor

Wed 13 Nov 2024

McLaren Vale, Noarlunga
& Woodcroft

Wed 20 Nov 2024

McLaren Vale, Noarlunga
& Woodcroft

27 Nov 2024

West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Entry and High Tea experience

Please advise of any dietary requirements at time of booking

Activity Level

Light

Price per person

Book now **1300 22 44 77**

CHSP \$42

HCP \$280

CF \$308

Ladies Day Port Adelaide Heritage Bus Tour



Be taken on a historical journey through Port Adelaide on a unique heritage bus tour with lively commentary from a local tour guide. A two-hour journey exploring the rich history of many of the old and beautiful sites around the Port, enjoy a coffee stop at the Port Adelaide Historical Society's Museum, before we head to a local establishment for lunch.

When & Where (pick up)

Wed 5 Feb 2025

Hillier, Wynn Vale & Rostrevor

Wed 12 & 19 Feb 2025

McLaren Vale, Noarlunga
& Woodcroft

Wed 26 Feb 2025

West Lakes Shore,
Findon & Glengowrie

Included

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

Please advise of any dietary requirements at time of booking

Activity Level

Light

Price per person

Book now **1300 22 44 77**

CHSP

\$42

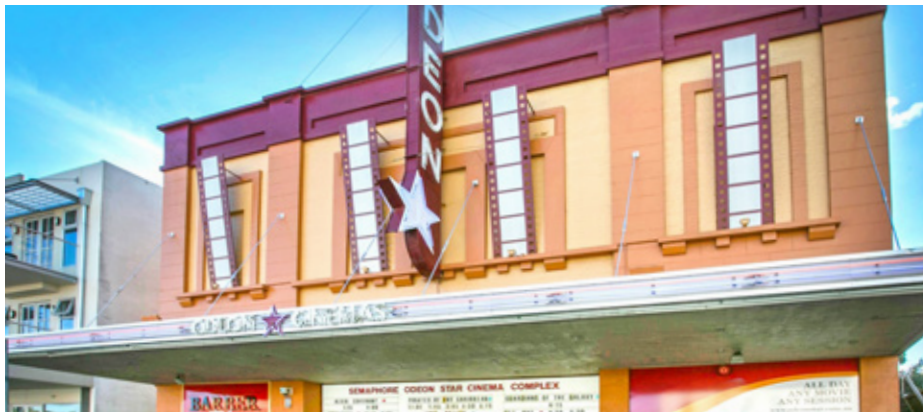
HCP

\$280

CF

\$308

Ladies Day Classic Films, Classic Cinema



A private screening of the classics in South Australia's oldest movie theatre. Odeon Cinema in Semaphore is the oldest family run cinema and is the perfect venue to return to cinematic classics with a choc top and popcorn. Afterwards, discuss the movie at a seaside lunch.

When & Where (pick up)

Wed 5 Mar 2025

Hillier, Wynn Vale & Rostrevor

Wed 12 Mar 2025

McLaren Vale, Noarlunga
& Woodcroft

Wed 19 Mar 2025

McLaren Vale, Noarlunga
& Woodcroft

Wed 26 Mar 2025

West Lakes Shore, Findon
& Glengowrie

Included

- Transport
- Tickets, private screening, popcorn or choc top
- Lunch at a seaside eatery (drinks on consumption)

Please advise of any dietary requirements at time of booking

Activity Level

Light

Price per person

Book now **1300 22 44 77**

CHSP \$42

HCP \$280

CF \$308



Coffin Bay

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



Murray River Stargazing/Coorong

Dark skies coupled with beautiful beaches. Doesn't get much better.



Trail to Broken Hill

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



Ballarat and Sovereign Hill

Travel back in time to relive the 'Gold Rush' while indulging in the luxuries of modern day Ballarat and Daylesford.



Gather Round in the Barossa

The Barossa Valley will come alive ahead of being part of the AFL's Gather Round for the first time.

Murray River Skygazing and Coorong

**4 days/
3 nights**

Photo: South Australian
Tourism Commission

Drive through the scenic Adelaide Hills to the Murraylands with a stop at Strathalbyn for morning tea. From there, we are off to Langhorne Creek Wine region for a tasting and lunch at Lake Breeze. After checking in at Murray Bridge, we depart of the spectacular dinner experience under the Greater Big Bend International Dark Sky Reserve. After a sleep in on Day 2, we head to Monarto Safari Park for a private 2-hour tour including a visit to the white rhino enclosure. On the final day we venture to Goolwa, exploring the town before a cruise and lunch on the Spirit of the Coorong.

Highlights

Dark Sky Reserve and dinner experience, Lake Breeze lunch and tasting, Monarto Safari Park, Captains Cottage and The Roundhouse at Murray Bridge Spirit of the Coorong Cruise

When

Wed 2 Oct – Sat 5 Oct 2024

Included

- Door-to-door transport
- Luxury coach
- Accommodation at Murray Bridge
- Breakfast and dinner daily, three lunches
- All entry and tour fees

Price per person

Book now **1300 22 44 77**



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



\$3100 (twin share)
\$3630 (single)

Proud Mary Riverboat

**3 days/
2 nights**



Cruise along the River Murray 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 22 Nov – Sun 24 Nov 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

Book now **1300 22 44 77**

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

HCP \$1710 (twin share)
\$2390 (single)

Port Lincoln

4 days/
3 nights



Departing Adelaide, we slowly wind our way to Port Lincoln stopping at Wadlata Centre in Port Augusta and Port Lowly to see the lighthouse and take in the turquoise waters. Upon arrival in Port Lincoln, we visit the Maritime Museum, Hummock Hill lookout and the unique circular jetty. On day 2, we venture out to Mount Laura Homestead and Tumby Bay. Day 3 is all about the oysters with a full day Coffin Bay and Port Lincoln tour. No tour would be complete without a fresh seafood lunch at Oyster HQ. Our final day we have a leisurely morning before departing for Lucky Bay and the ferry to Wallaroo before heading home.

Highlights

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

When

Sun 20 Oct – Wed 23 Oct 2024

Thu 6 Feb – Sun 9 Feb 2025

Included

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

Price per person

Book now **1300 22 44 77**



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



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

Trail to Broken Hill

New
Getaway

6 days/
5 nights



Our getaway starts with a journey through the 'Riverlands' stopping at Banrock Station Wine and Wetlands Centre before crossing into Victoria. Starting in Mildura, enjoy the paddle steamer along the River Murray where we will travel into New South Wales to visit the Holden Museum. On our third day we travel from Mildura to Broken Hill before visiting the Royal Flying Doctor's Service tourist park. Day 4 takes us outside Broken Hill to neighbouring Silverton to stop at the Sulphide Railway and Historical Museum before dinner at the Palace Hotel - made famous by cult movie Priscilla Queen of the Desert. On our final day we wind our way back to Adelaide stopping at Loxton for the evening before a relaxed drive through the riverland back to Adelaide.

Highlights

Banrock Station Wine and Wetlands Centre, Mildura paddle steamer cruise, Sulphide Street Railway and Museum, Silverton Gaol Museum, Palace Hotel, Olivewood Historical Homestead

When

Tue 5 Nov – Sun 10 Nov 2024
Thu 20 Mar – Tue 25 Mar 2025

Included

- Accommodation in Mildura, Broken Hill and Loxton
- Breakfast and dinner daily, three lunches
- All entry and tour fees

Price per person

Book now **1300 22 44 77**

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

HCP \$3600 (twin share)
\$4200 (single)

Clare Valley and Burra

3 days/
2 nights



Travel north to the beautiful Clare Valley, home to one of Australia's oldest wine regions and famous for world-class rieslings. Indulge in a wine tasting and lunch at a local winery before checking into your accommodation at Burra. Learn of Burra's rich mining and settlement history with visits to historic sites including Redruth Gaol, Bon Accord Mine Museum and Burra Town Hall.

Highlights

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

When

Thu 14 Nov – Sat 16 Nov 2024

Included

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

Price per person

Book now **1300 22 44 77**



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



\$1935 (twin share)
\$2075 (single)

Proud Mary Indulgence Cruise

Back by
popular
demand

6 days/
5 nights



Photo: South Australian
Tourism Commission

Relax as you glide along the River Murray aboard the Proud Mary. Abundant wildlife and magnificent scenery will be seen throughout your adventure. Take in the towering cliffs and beautiful sandy beaches. At night, the Proud Mary's powerful floodlights provide a glimpse of nocturnal wildlife such as night herons and owls. The cruise goes from Murray Bridge to Blanchetown and winds through Mypolonga, Mannum, Walkers Flat and Swan Reach.

Highlights

Magnificent scenery and wildlife, lagoon cruises, Reedy Creek, Australian bush BBQ, Captain's dinner, ecological walks

When

Sun 1 Dec – Fri 6 Dec 2024,
departs on Sun 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

Book now **1300 22 44 77**

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

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

Kangaroo Island

New
Itinerary

6 days/
5 nights



We are proud to announce some exciting new twists to one of our most popular getaways. After travelling to Kangaroo Island on the ferry you will enjoy a tasting and lunch at False Cape wines before a relaxing afternoon in Kingscote getting settled in your accommodation. This new itinerary moves at a slower pace while hitting all the Kangaroo Island highlights.

Highlights

Raptors Domain and Birds of Prey show, Clifford's Honey Farm, Emu Ridge Eucalyptus Distillery, Flinders Chase National Park, Remarkable Rocks, Seal Bay, Cape Willoughby, Emu Bay Lavender, Oyster Farm Shop

When

Thur 5 Dec – Tue 10 Dec 2024

Fri 31 Jan – Wed 5 Feb 2025

Included

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

Price per person

Book now **1300 22 44 77**



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



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

Hahndorf Christmas Getaway

Back by
popular
demand

3 days/
2 nights



Put your Santa hat on and enjoy Christmas in the Adelaide Hills at the picturesque Lobethal and Hahndorf. Enjoy a visit to famous Australian watercolourist Hans Heysen Cottage for a studio tour before a tranquil afternoon travelling to Lobethal to take in the flashing Lobethal lights. On day two we'll enjoy a hearty festive lunch with some local German brews before meandering through an European style Christkindlmarkt - a fancy way of saying Christmas market. Enjoy dinner at the hotel before heading back out and enjoying Carols by Candlelight.

Highlights

Christmas lights, Hans Heysen Cottage & Studios, Beerenberg Farm, Hahndorf Christkindlmarkt, Carols by Candlelight, Adelaide Hills wineries

When

Fri 13 Dec – Sun 15 Dec 2024

Included

- Door-to-door transport
- Luxury, air-conditioned coach transport
- Daily breakfast, two lunches, two dinners
- All entries and tour fees
- Accommodation

Price per person

Book now **1300 22 44 77**

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

HCP \$2600 (twin share)
\$3000 (single)

Adelaide Fringe

**3 days/
2 nights**



Enjoy the atmosphere and quiriness of the largest festival in the Southern Hemisphere, the Adelaide Fringe. The festival brings Adelaide alive every year with an eclectic line-up of the weird, wacky and awe inspiring. Be the ultimate tourist in your own backyard as you explore the beating heart of Adelaide at its most frenzied. This getaway includes indulging at the central markets and two spectacular and unique fringe shows.

Highlights

Adelaide Fringe tickets, Central Markets, National Wine Centre, Popeye River Cruise, stay in the heart of Adelaide

When

Fri 28 Feb – Sun 2 Mar 2025

Included

- Two Adelaide Fringe shows
- All entry and tour fees,
- CBD accommodation

Price per person

Book now **1300 22 44 77**



\$600 (twin share)
\$1200 (single)



\$2250 (twin share)
\$2490 (single)

Ballarat, Sovereign Hill & Daylesford

New
Getaway

6 days/
5 nights



Travel back in time to relive the 'Gold Rush' while indulging in the luxuries of modern day Ballarat and Daylesford. Travel through Halls Gap as we make our way to Ballarat. Our first day will be exploring our home-away-from-home. We will spend a day at Sovereign Hill which provides a remarkable recreation of Ballarat during the Gold Rush. Try your luck at gold panning and optional add-ons like dressing up in old time costumes and having your photo taken. We then travel to Daylesford where you can ease your aches and pains with a swim in the Hepburn Natural Bathhouse.

Highlights

Halls Gap, Sovereign Hill, Daylesford, Naracoorte

When

Mon 3 Mar – Sat 8 Mar 2025

Included

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

Price per person

Book now **1300 22 44 77**

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

HCP \$4200 (twin share)
\$4800 (single)

Gather Round in the Barossa Valley

New
Getaway

4 days/
3 nights



Footy fans unite for a historic round of football in the iconic Barossa Valley. This is a once in a lifetime moment for footy fans to experience the first AFL game to be held in the Barossa Valley. The winemaking region is set to come alive like never before as a host of the 2025 AFL Gather Round. Stay in the heart of the action and experience all the history culture, food and wine that the Barossa Valley has to offer.

Highlights

AFL Gather Round tickets (pending availability), Barossa Valley Chocolate Factory, Harvest Kitchen, Maggie Beer's Farmhouse, Seppeltsfield Winery, Sunrise Bakery

When

Thu 10 Apr – Sun 13 Apr 2025

Included

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

Price per person

Book now **1300 22 44 77**



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



\$3100 (twin share)
\$3660 (single)



Frequent Experiences

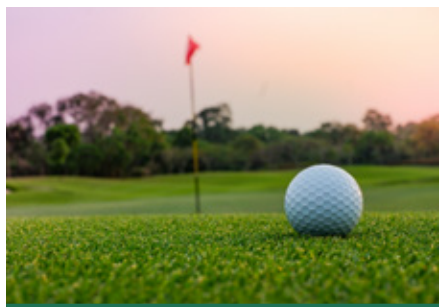
Keep doing the things you love or take up something new!

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 see more on our website.



Arts & Culture

Pages 32 - 34



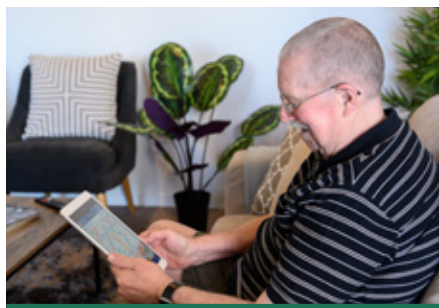
Sport & Recreation

Pages 35 - 37



Entertainment

Pages 38 - 48



Technology

Pages 49 - 50



Cambodian Community

Page 51



Carer Support

Pages 52 - 53



Art in Focus

Book a
free come
and try



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.

The McLaren Vale art classes are now being held at the Old Noarlunga Institute.

Weekly 2 hour classes:

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

Price per person

Book now **1300 22 44 77**

CHSP \$12

HCP \$65

CF \$71.50

Sing for Joy Choir

Book a
free come
and 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

Book now **1300 22 44 77**

CHSP \$12

HCP \$65

CF \$71.50

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 person

Book now **1300 22 44 77**



\$20



\$70



\$77

Lawn Bowls

Book a
free come
and 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 person

Book now **1300 22 44 77**

CHSP \$12

HCP \$65

CF \$71.50

On Par Social Golf

Book a
free come
and 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

Book now **1300 22 44 77**

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. Coaching sessions are included during the year.

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

Book now **1300 22 44 77**

CHSP \$12

HCP \$75

CF \$82.50

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 January, February and March 2025. Due to release schedules these dates weren't available at time of print.

Bookings essential.

Price per person

Book now **1300 22 44 77**

CHSP \$12

HCP \$65

CF \$71.50

Day	Date	Suburb	Location
October – SA Police Band			
Tue	8	Oaklands Park	Marion Cultural Centre
Wed	9	Port Noarlunga	Port Noarlunga Arts Centre
Thu	10	Golden Grove	Golden Grove Arts Centre
Fri	11	Angle Park	The Parks Theatre
Mon	14	Elizabeth	Shedley Theatre
November – Mixtape Australia			
Mon	11	Elizabeth	Shedley Theatre
Tue	12	Oaklands Park	Marion Cultural Centre
Wed	13	Port Noarlunga	Port Noarlunga Arts Centre
Thu	14	Golden Grove	Golden Grove Arts Centre
Fri	15	Angle Park	The Parks Theatre
December – The Beatles Experience, Christmas Edition			
Mon	2	Elizabeth	Shedley Theatre
Tue	3	Oaklands Park	Marion Cultural Centre
Wed	4	Port Noarlunga	Port Noarlunga Arts Centre
Thu	5	Golden Grove	Golden Grove Arts Centre
Fri	6	Angle Park	The Parks Theatre

Please contact the Social Team for January, February and March 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

Book now [1300 22 44 77](tel:1300224477)

CHSP \$18

HCP \$120

CF \$132

Date	Suburb	Location
October		
4	Newton	Rezz Hotel
11	Old Reynella	St Francis Winery
18	West Lakes	Mosaic Hotel
26	Fairview Park	Bluegums Hotel
November		
1	Gilles Plains	Highlander Hotel
8	Reynella	The Vines Golf Club
15	Henley Beach	Henley Beach Hotel
22	Modbury	Modbury Hotel
December		
6	Para Hills	Para Hills Community Club
6	Old Noarlunga	Old Noarlunga Hotel
13	Mitchell Park	Marion Hotel
January		
10	Gilles Plains	Highlander Hotel
17	Reynella	Yum Sing Restaurant
24	Semaphore	Semaphore Hotel
31	Elizabeth	Grand Central
February		
7	Newton	Rezz Hotel
14	Port Noarlunga	Mamma Carmela Cafe
21	Largs Bay	Largs Pier Hotel
28	Modbury	Modbury Hotel
March		
7	Walkerville	Sussex Hotel
14	Christies Beach	Christies Beach Hotel
21	Findon	Findon Hotel
28	Fairview Park	Bluegums Hotel

Long Lunches



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

Bookings required. Venues are subject to change.

Time

12.30pm – 3pm

Price per person

Book now **1300 22 44 77**

CHSP \$15

HCP \$100

CF \$110

Day	Date	Suburb	Location
October			
Thu	3	Glenelg	The Holdy Hotel
Fri	4	St Kilda	St Kilda Hotel
Thu	10	Old Noarlunga	Old Noarlunga Hotel
Fri	11	Salisbury	Saints Kitchen
Mon	14	Prospect	Reepham Hotel
Mon	14	Old Noarlunga	Old Noarlunga Hotel
Thu	17	Marion	Cafe Finniss
Fri	18	Burnside	Ballaboosta Burnside
Mon	21	Port Adelaide	Lighthouse Wharf Hotel
Mon	21	Pooraka	Bridgeway Hotel
Thu	24	Seaford	Beach Hotel
Fri	25	Wynn Vale	Milk + Honey
Mon	28	Kensington	Kensi Hotel
Mon	28	Seaford	Beach Hotel
Thu	31	Ovingham	Bombay Bicycle Club
November			
Fri	1	Campbelltown	Cafe Va Bene
Mon	4	Warradale	Warradale Hotel
Mon	4	Modbury North	Clovercrest Hotel
Thu	7	Port Noarlunga	Port Noarlunga Hotel
Fri	8	St Agnes	Nev's Cafe
Mon	11	Gilles Plains	Nor East Hotel
Mon	11	Port Noarlunga	Port Noarlunga Hotel
Thu	14	Brighton	Charlie's Diner (Brighton Metro)
Fri	15	Newton	Fine Food Cucina
Mon	18	Birkenhead	Birkenhead Tavern
Mon	18	Salisbury Heights	Old Spot Hotel

Long Lunches cont.

Day	Date	Suburb	Location
Thu	21	Lonsdale	Lonsdale Hotel
Fri	22	Northfield	Grand North
Mon	25	Norwood	The Alma
Mon	25	Lonsdale	Lonsdale Hotel
Thu	28	Edwardstown	Maid of Auckland Hotel
Fri	29	Parkside	East Borough Eatery

December

Mon	2	Mile End	Mile End Hotel
Mon	2	Ingle Farm	Settlers Tavern
Thu	5	McLaren Vale	McLaren Vale Hotel
Fri	6	Golden Grove	Green Ginger
Mon	9	Windsor Gardens	The Windsor Hotel
Mon	9	McLaren Vale	McLaren Vale Hotel
Thu	12	Glenelg	Watermark Hotel
Fri	13	Glynde	Glynde Hotel
Mon	16	Salisbury	Salisbury Hotel
Mon	16	Ovingham	Bombay Bicycle Club
Thu	19	McLaren Vale	McLaren Vale Hotel
Fri	20	Parafield	Kwik Stix

January

Thu	9	Hackham	Aussie Inn
Fri	10	Collinswood	Hampstead Hotel
Mon	13	Surrey Downs	The Grove
Mon	13	Hackham	Aussie Inn
Thu	16	Taperoo	Peninsula Hotel
Fri	17	St Kilda	St Kilda Hotel

Long Lunches cont.

Day	Date	Suburb	Location
Mon	20	Norwood	Robin Hood Hotel
Mon	20	Mitchell Park	Marion Hotel
Thu	23	Christie's Beach	Christie's Beach Hotel
Fri	24	Magill	Hibernia Cafe
Thu	30	Glenelg	The Holdy Hotel
Fri	31	Para Hills	Somerset Hotel

February

Mon	3	Dernancourt	Cafe Primo
Mon	3	Hallett Cove	The Cove Tavern
Thu	6	Birkenhead	Birkenhead Tavern
Fri	7	Norwood	The Bath Hotel
Mon	10	Beverley	Halfway Hotel
Mon	10	Golden Grove	Village Tavern
Thu	13	Hallett Cove	The Cove Tavern
Fri	14	Highbury	Highbury Hotel
Mon	17	Kensington	Kensi Hotel
Mon	17	Hallet Cove	The Cove Tavern
Thu	20	Ovingham	Bombay Bicycle Club
Fri	21	Campbelltown	Cafe Sette Bello
Mon	24	Glenelg	Watermark Hotel
Mon	24	Fairview Park	Bluegums Hotel
Thu	27	Aldinga	Kick Back Brewing
Fri	28	Golden Grove	Green Ginger

March

Mon	3	Prospect	Reephram Hotel
Mon	3	Port Noarlunga	Mamma Carmela Cafe

Long Lunches cont.

Thu	6	Port Adelaide	Lighthouse Wharf Hotel
Fri	7	Newton	Fine Food Cucina
Thu	13	Reynella	The Vines Golf Club
Fri	14	Tea Tree Gully	The Gully Hotel
Mon	17	Northfield	Grand North
Mon	17	Port Noarlunga	Mamma Carmela Cafe
Thur	20	Brighton	The Holdy Hotel
Fri	21	Salisbury Heights	Old Spot Hotel
Mon	24	Plympton	Highway Hotel
Mon	24	Collinswood	Hampstead Hotel
Thu	27	Reynella	The Vines Golf Club
Fri	28	Maylands	Cafe Saha

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
October		
Wed	30	South/West
Thu	31	North/East
November		
Thu	28	North/East
Fri	29	South/West
December		
Wed	18	South/West
Thu	19	North/East

Day	Date	Region
January		
Thu	30	North/East
Fri	31	South/West
February		
Wed	26	South/West
Thu	27	North/East
March		
Thu	27	North/East
Fri	28	South/West

Price per person

Book now [1300 22 44 77](tel:1300224477)

CHSP \$15

HCP \$100

CF \$110

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 person

Book now **1300 22 44 77**

CHSP \$18

HCP \$80

CF \$88

Expert Tech Coaching



Technology coaching to assist you to get the most out of your device(s). Assistance can include setting up devices such as tablets, mobile phones, computers, and 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

Book now **1300 22 44 77**

CHSP \$88
HCP \$720 + 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

Book now **1300 22 44 77**

CHSP \$18
HCP \$80
CF \$88

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

Price per hour (one-on-one)

CHSP \$18
HCP \$70
CF \$77

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, split over multiple in-home sessions.

Price per 5 hours

Book now **1300 22 44 77**

CHSP \$88
HCP \$720 + 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.

Price per 5 hours

Book now **1300 22 44 77**

CHSP \$88
HCP \$720 + travel quoted upon booking

Weekly Social Groups

At ACH Group we work 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 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

Book now **1300 22 44 77**

CHSP \$0	HCP \$80	CF \$88
----------	----------	---------

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 Temple (Wat Preah Puthmeanchey) Temple or Paralowie Temple	Friday	10am - 2pm

Price per visit

Book now **1300 22 44 77**

CHSP \$0	HCP \$80	CF \$88
----------	----------	---------

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

Book now **1300 22 44 77**

CHSP \$33

HCP \$130

CF \$143

Perry Park (Port Noarlunga) Respite



Offers long day respite for people to socialise and engage in experiences they enjoy. Perry Park Respite offers the opportunity to connect with others experiencing a similar life experience and where possible improve skills and capabilities. Experiences vary day to day and include singing in a choir with a professional choir director, exploring a variety of art techniques in an art class with qualified teachers and completing projects in a shed outdoors. A nutritious lunch designed in consultation with a dietitian is provided as well as light morning and afternoon tea.

The program is supported by specialist facilitators and reviewed regularly to ensure it continues to provide the best support and experience.

When & Where

Tuesday to Thursday

9am – 4pm

28 River Rd, Port Noarlunga SA

Price per day

Book now **1300 22 44 77**

CHSP \$45

HCP \$190

CF \$209

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. CHSP and HCP prices are not inclusive of GST. Customer funded prices are inclusive of GST.



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 at 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 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. ACH Group is excited to have opened a new health studio at Rostrevor which replaces our old studio at Gilles Plains.

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 | Glenelg | Rostrevor
Let's get active | 1300 22 44 77

achgroup.org.au/studio



I am interested in...

Name

Contact No.

Email Address



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.



Want to book your experience?

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

Payment Options

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

Keep updated



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

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!

Need transport?

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



The logo for ACH Group, featuring the text "ACH GROUP" in white, uppercase letters on a green square background with a white corner cutout.

ACH
GROUP

A close-up photograph of an older woman with long, straight white hair, smiling warmly. She is wearing a dark green sleeveless top and has a white and yellow striped towel draped over her left shoulder. The background is a blurred outdoor setting with a red structure.

Being
yourself
never
gets old

Home Care | Social | Allied Health | Retirement Living | Residential Care
achgroup.org.au