



Social and Wellbeing Guide

Residential Care

March – May 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 500 retirement living units and seven residential care homes located across metropolitan Adelaide and the Fleurieu Peninsula, ACH Group provides a wide range of services including help at home, health, wellbeing, respite and social experiences.

About ACH Group Social and Wellbeing Experiences

Our Social and Wellbeing Experiences Guide presents some of the best experiences on offer at ACH Group residential care homes over the next three months. The experiences provide residents with the opportunity to meet new people in a fun and welcoming environment, learn new skills or revitalise past ones, and to live full and active lives.

The experiences include social, health and wellness, and celebratory food occasions. All social experiences are open to family and friends, to join in, connect and feel part of the community.

From Movin' Melvin Brown who's come all the way from the US to perform in the Adelaide Fringe and for ACH Group, to St Patrick's Day celebrations with green cupcakes, our Sing for Joy Choir led by an experienced professional choir director, art classes taught by experienced art teachers, Friday Happy Hours, bus trips, access to the gym and tailored exercise classes, there's something for everyone.

We hope you enjoy reading about the experiences on offer and look forward to welcoming you to this community. For specific information about dates, times, and additional experiences on offer, look out for promotional posters at the home or speak to a member of the ACH Group Team.

Contents

About ACH Group Social and Wellbeing Experiences	2
Entertainment	4
Movin' Melvin Brown	4
The Great American Songbook with Deborah Caddy	5
Three Little Sisters - The British Invasion	6
Events	7
Shrove Tuesday	7
St. Patrick's Day	8
Autumn Easter Festival	9
Mother's Day High Tea	10
Weekly Social Experiences	11
Sing for Joy	11
Art Classes	12
Friday Happy Hour	13
Armchair Travel - Ireland, New Zealand, England	14-16
Bus Trips	17
Virtual Reality	18
Culture Experiences	19
Religious Services	19
Food Experiences	20
Food Experiences - Calendar	20-21
Health and Wellness	22
Gym	22
Strength and Balance	23
Move to Improve	24

Movin' Melvin Brown

March

Join world-class entertainer, Movin' Melvin Brown for an extravaganza of singing, dancing and tap-dancing.

"A singing, tapping, tail-feather-shaking entertainment machine."

Time Out ★★★★★

"Exceptional, sheer brilliance."

The Scotsman ★★★★★



The Great American Songbook with Deborah Caddy

April

The Great American Songbook is defined as a collection of influential and popular American songs from the early 20th century.

Join Deborah Caddy, an Adelaide-based soprano as she performs classics including Moon River, Somewhere over the Rainbow, Blue Moon and many more favourites.



Three Little Sisters – The British Invasion

May

Celebrate the most famous hits to come out of the UK in the 1960s.

The Three Little Sisters travel back in time to perform tunes made famous by Dusty Springfield, Cilla Black, The Beatles, Petula Clark, Shirley Bassey and more!



Shrove Tuesday



March

Celebrate Shrove Tuesday with delicious pancake flipping and sweet toppings. This tasty celebration is sure to bring everyone together.

St. Patrick's Day

March

Embrace Irish traditions this St Patrick's Day with lively music, laughter and themed activities.

Enjoy the festive spirit, make joyful memories and share fun moments together on this special day.



Autumn Easter Festival



April

As the colours of autumn arrive, we're celebrating Easter with joy and connection!

Festive activities include crafting Easter bonnets, savouring hot cross buns, easter egg hunts and seasonal fun. An opportunity to come together, share laughter, treats and cherished moments.

Mother's Day High Tea

May

Celebrate Mother's Day with a delightful High Tea.

Together, we'll honour the mothers, grandmothers, aunties, godmothers and mother figures in our community.



Sing for Joy Choir



March – May

Discover the joy and health benefits of being part of a choir. Sing for Joy choirs are led by experienced professional choir directors who guide you through weekly rehearsals.

Learn new songs and singing techniques in a fun and social environment.

No experience required and everyone is welcome.

Art Classes



March – May

Express your creativity in a welcoming, supportive environment. Explore and learn a variety of techniques, experiment with different mediums and develop your skills.

No experience is necessary, and you will be guided by an experienced art teacher to create art for you to cherish and keep.

Friday Happy Hour



March – May

Connect with others and celebrate the end of the week in a friendly social setting.

Enjoy a nice glass of wine or bubbles, a beer, soft drink, or even a cup of tea, matched with a platter of nibbles and a few games, quizzes and musical mayhem.

Armchair Travel – Ireland

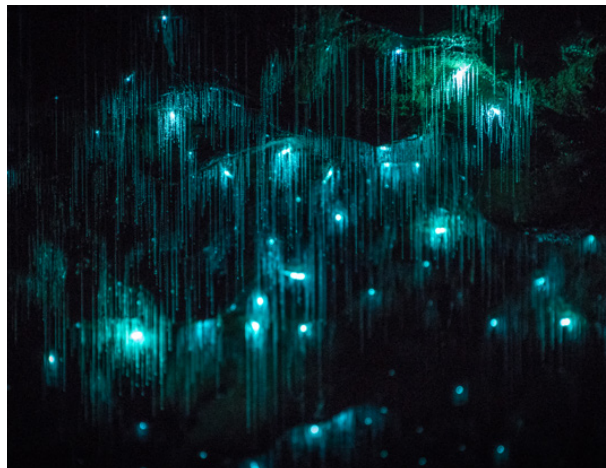


March

In celebration of St. Patrick's Day, join us for virtual journeys through Ireland's stunning landscapes, rich history, and vibrant culture.

Explore green hills, ancient castles, and listen to Irish music and folklore. Participate in quizzes and trivia, perhaps write a limerick or share your best Irish joke for fun!

Armchair Travel – New Zealand



April

This month, in recognition of ANZAC Day, we're off to beautiful New Zealand. We've got web cams from several gorgeous locations, online tours and a Kiwiana crossword.

Watch the Albatrosses crash land on Pukekura / Taiaroa Head, about 45 minutes from Dunedin. Take a virtual tour of the Waitomo Caves with a clever time-lapsed video created over a number of days. Tour the Auckland Art Gallery from the comfort of your home.

Armchair Travel – England



May

We visit England, the home of High Tea, in May. Take in the must-see sights including the Tower of London, Windsor Castle, The British Museum and other historic sites.

There will be historic tours of Anne Hathaway's Cottage in Warwickshire, Buckingham Palace and Abbey Road, London, made famous by The Beatles.

Bus Trips



March – May

Our bus trips are the perfect opportunity for people to explore, socialise, and enjoy the great outdoors!

Whether it's a scenic drive, a visit to a local attraction, or a relaxing outing to a favourite spot; these adventures bring joy, fresh air, and new experiences. Come along to create wonderful memories and embrace the fun of the journey!

Virtual Reality

Two virtual reality sets, alternating monthly.



March

- Kapara
- Perry Park

April

- Colton Court
- Highercombe

May

- Milpara
- ViTA

Step into a world of adventure with our virtual reality social experiences! Travel to stunning destinations, relive cherished memories, or explore new hobbies—all from the comfort of your chair.

Perfect for sparking conversations and sharing laughter, these immersive experiences bring connection, joy, and excitement. Discover the magic of virtual reality and let your imagination soar!

Religious Services



March – May

Religious services and pastoral care visits bring warmth, comfort, and a deep connection. For many, faith provides strength and peace, while pastoral visits offer a friendly, compassionate presence.

By respecting each person's unique beliefs, we create a welcoming space. Services vary by home—please contact your Community Connector Lead to find out what's available locally.

Food Experiences

March – May

We know that food is an integral part of celebrations and events.

We provide traditional dishes served on significant calendar days and festive feasts that encourage sharing, togetherness and connection. We also host bi-monthly cooking experiences, demonstrating different cooking and baking techniques or special drink creations, for residents to try and taste.



Weekly Happy Hour

Indulge in a rotating menu of treats, including cheese platters, fresh fruit, savory hot dishes, and a variety of sweets.

Armchair Travel

Embark on a culinary journey with dishes inspired by different countries to match this fun event.

Dine with a Chef

Enjoy a meal with an ACH Group Chef. Share your food and dining experience with the people who make your meals. We always welcome feedback.

Food Experiences – Calendar

4 March – Shrove Tuesday

Enjoy delicious piklets served for morning tea.

17 March – St. Patrick's Day

Celebrate with green cupcakes prepared by hospitality services.

18 April – Good Friday

Start the day with freshly served hot cross buns for morning tea.
For lunch, enjoy a traditional fish menu.

20 April – Easter Sunday

Hot cross buns will be provided for morning or afternoon tea.
For lunch, a traditional roast lunch will be served to mark the occasion.

25 April – Anzac Day

Freshly baked ANZAC biscuits will be available for morning or afternoon tea to honour the day, ahead of ANZAC Day on 26 April.

11 May – Mother's Day

Celebrate with a delightful High Tea, featuring pink cupcakes that will be served to all residents for morning tea.

Gym



March – May

Each home has a purpose-built space with specialised equipment designed to support residents to engage in meaningful physical exercise.

You will have a tailored program developed for your individual needs, with an opportunity to focus on resistance, balance and cardiovascular training. The gym is supported by experienced health professionals who will support your health and fitness goals. All residents are encouraged to participate. Come and experience the benefit of an active lifestyle.

Strength and Balance



March – May

This class focus' on exercises that target upper limb and lower limb strength as well as balance.

These exercises will support you to maintain independence so you can undertake the activities you want to do and live the life you want.

The Health Services team will provide you with exercises to help improve confidence with your mobility and reduce the risk of falls.

Move to Improve



March – July

This seated exercise class is available to residents of any ability. Come and join the personal trainer-led class which focuses on your range of motion and flexibility.

As the name suggests, Move to Improve will help to keep you active through gentle movement and in a fun environment.

Your Feedback Matters

We are committed to providing the best possible service and strive for continuous improvement at every opportunity.

Feedback is always welcome as it is a means of understanding the experiences of those receiving our services as well as their representatives.

We celebrate what we do well and we are always eager to receive comments and compliments about positive experiences that individuals may have had.

There may also come a time when an individual wishes to make a comment or complaint about something that did not go as well as expected. It is important that we hear about these experiences as well.

Feedback can be provided to us in a number of ways:



Complete the reply-paid 'Your Feedback Matters' form located at all ACH Group locations and submit by placing it in one of the feedback form boxes on-site or post it back to us at no cost.



Complete a digital feedback form online at achgroup.org.au/contact/feedback



Speak with a staff member in person.



Telephone 1300 22 44 77 and speak to one of our staff members.



Send a letter to PO BOX 646 Torrensville Plaza,
Torrensville SA 5031.

