

A wide-angle landscape photograph showing a dense forest in the foreground, rolling green hills in the middle ground, and distant mountains under a bright, hazy sky at sunrise or sunset. The sun is low on the horizon, creating a strong golden glow across the entire scene.

# Discover & Explore

Social Experience Guide

## About ACH Group

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

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

In addition to a wide variety of accommodation offerings, with more than 550 retirement living units and seven 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.

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## Payment Options



Commonwealth  
Home Support Program



Customer Funded

## Keep updated



Find newly launched  
experiences and added  
dates at [achgroup.org.au/  
discover-and-explore](https://achgroup.org.au/discover-and-explore)

## Want to book your experience?

Call 08 8159 3222  
Email [enquiries@ach.org.au](mailto:enquiries@ach.org.au)



## Day Tours

Be a tourist in your own state with activities galore right at your doorstep. 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.

Day Tours can be offered as part of Community Respite.



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\*All day tours include transport and any entry fees. Where food is included, please advise of any dietary requirements at the time of booking.

## Top Picks



### Sister Act the Musical

Sister Act is set to light up the theatre and lift your spirits with irresistible energy and joy.



### An Icon of the South

Enjoy a scenic drive south, stopping at the iconic Victory Hotel in Sellicks Hill for lunch.



### The Elephants are Calling

Pay a visit to the new elephants, Burma, Permai and Putra Mas at Monarto Zoo.



### Ladies Who Lunch

Indulge in a seasonal four-course lunch at Gingko Restaurant, Golding Wines.



## Dunluce Castle Historical Tour and Charlies Diner



Experience Dunluce Castle in your own private tour, directed by the Castle owners. Learn the historic background of Brighton, the Macully Family and the legends of the Brighton Smugglers Tunnels. After our morning of history, enjoy the famous buffet lunch at the iconic Charlie's Diner Brighton.

### When & Where (pick up)

Tue 1 & Thu 3 April 2025  
 Hillier & Wynn Vale

Tue 8 & Thu 10 April 2025  
 McLaren Vale, Noarlunga & Woodcroft

Tue 15 & Thu 17 April 2025  
 Rostrevor & Kensington

Tue 22 & Thu 24 April 2025  
 West Lakes Shore,  
 Glengowrie & Findon

### Included

- Bus Tour Transport
- Entry & Castle Tour
- Lunch (drinks on consumption)

### Activity Level

Light

### Price per person

Book now 08 8159 3222

CHSP \$50    CF \$324.50

## Sister Act the Musical at The Festival Theatre



Rumored to be the 'must see' new musical of the year. Based on the iconic film, Sister Act is set to light up the theatre and lift your spirits with irresistible energy and joy. Tickets are limited for these performances so get in quick. No individual transport available for the evening show.

### When & Where (pick up)

Wed 2 April 2025  
 (Matinee 1pm Showtime)  
 Hillier, Wynn Vale & Rostrevor

Fri 4 April 2025  
 (Evening Performance  
 7:30pm Showtime)  
 Noarlunga, Woodcroft  
 & Glengowrie

### Included

- Bus Tour Transport
- Theatre Ticket (Light snacks and drinks available at own expense at Festival Theatre)

### Activity Level

Light

### Price per person

Book now 08 8159 3222

CHSP \$79    CF \$385

## An Icon of the South



Enjoy a scenic drive south, stopping at the iconic Victory Hotel in Sellicks Hill, overlooking Sellick’s Beach and Aldinga Bay. Relax and enjoy the stunning views from the restored heritage hotel and a menu of locally sourced produce from the nearby coastal and country area, before stopping off at some local lookouts on our way home.

**When & Where (pick up)**

Tue 6 & Thu 8 May 2025  
Hillier & Wynn Vale

Tue 13 & Thu 15 May 2025  
McLaren Vale, Noarlunga & Woodcroft

Tue 20 & Thu 22 May 2025  
Rostrevor & Kensington

Tue 27 & Thu 29 May 2025  
West Lakes Shore, Glengowrie & Findon

**Included**

- Bus Tour Transport
- Lunch (drinks on consumption)

**Activity Level**  
Light

**Price per person**

CHSP \$50    CF \$324.50

Book now 08 8159 3222

## Beauty and the Beast at the Festival Theatre



‘Be our Guest’ Disney’s enchanting new musical playing at the Festival Theatre. This timeless tale has been brought to life on stage like never before in a breathtaking reimagined production. Matinee 1pm show time.

**When & Where (pick up)**

Wed 14 May 2025  
Hillier, Wynn Vale & Rostrevor

Wed 28 May 2025  
Noarlunga, Woodcroft & Glengowrie

**Included**

- Bus Tour Transport
  - Theatre Ticket
- (Light snacks and drinks available at own expense at Festival Theatre)*

**Activity Level**  
Light

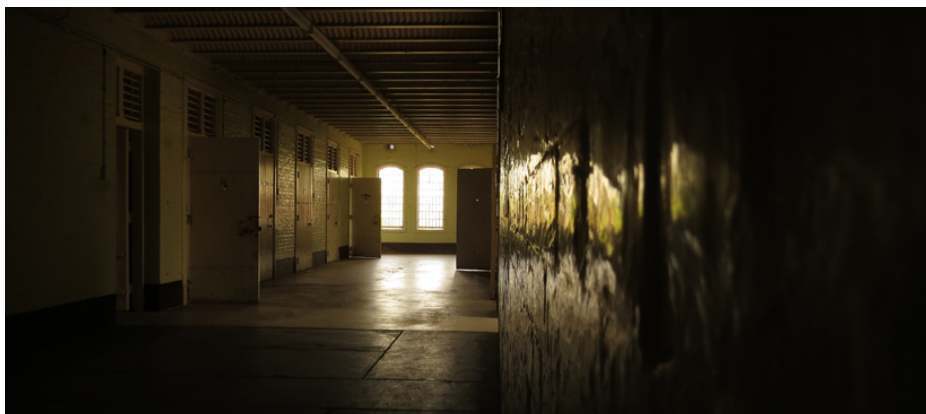
**Price per person**

CHSP \$50    CF \$385

Book now 08 8159 3222



## Adelaide Haunted Horizons – Dark History Tour



A spooky turn this month as we visit the Z Ward Asylum Murder and Madness tour in Parkside. Learn about several infamous murderers that were incarcerated in the Parkside Asylum. Uncover forgotten crimes of Adelaide's darker past. After your tour, unwind and relax for lunch at a close by pub. **Please note:** Bookings for Adelaide Haunted Horizons are subject to change due to National Trust.

### When & Where (pick up)

Tue 3 & Thu 5 June 2025  
Hillier & Wynn Vale

Tue 10 & Thu 12 June 2025  
McLaren Vale, Noarlunga & Woodcroft

Tue 17 & Thu 19 June 2025  
Rostrevor & Kensington

Tue 24 & Thu 26 June 2025  
West Lakes Shore, Findon & Glengowrie

### Included

- Bus Tour Transport
- Entry & Tour
- Lunch (drinks at own expense)

### Activity Level

Light/Moderate

### Price per person

Book now 08 8159 3222

CHSP \$50 CF \$324.50

## State Library 'Make yourself at home' Tour

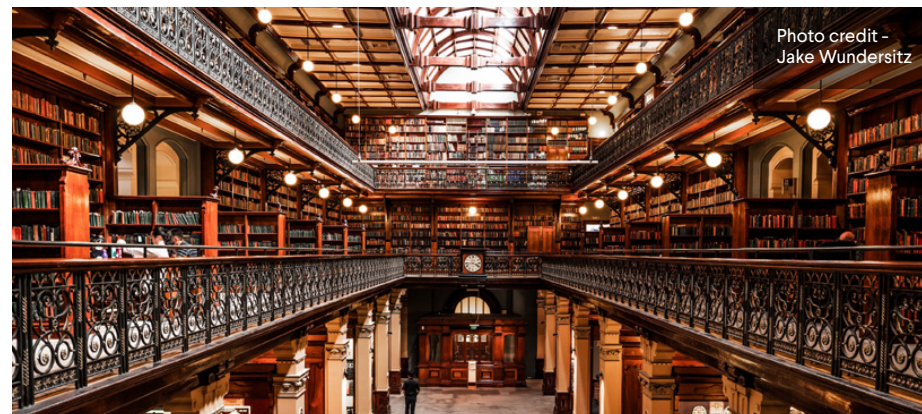


Photo credit -  
Jake Wundersitz

Immerse yourself in Adelaide's heritage this month with a personalised tour of the State Library and its buildings, including the Mortlock Library. Learn about the services provided at the library, as well as listening to stories of people and events that have helped shape life in South Australia. Enjoy lunch in the city before heading home.

### When & Where (pick up)

Tue 1 & Thu 3 July 2025  
Hillier & Wynn Vale

Tue 8 & Thu 9 July 2025  
McLaren Vale, Noarlunga & Woodcroft

Tue 15 & Thu 17 July 2025  
Rostrevor & Kensington

Tue 22 & Thu 24 July 2025  
West Lakes Shore, Findon & Glengowrie

### Included

- Bus Tour Transport
- Entry & Tour
- Lunch (drinks on consumption)

### Activity Level

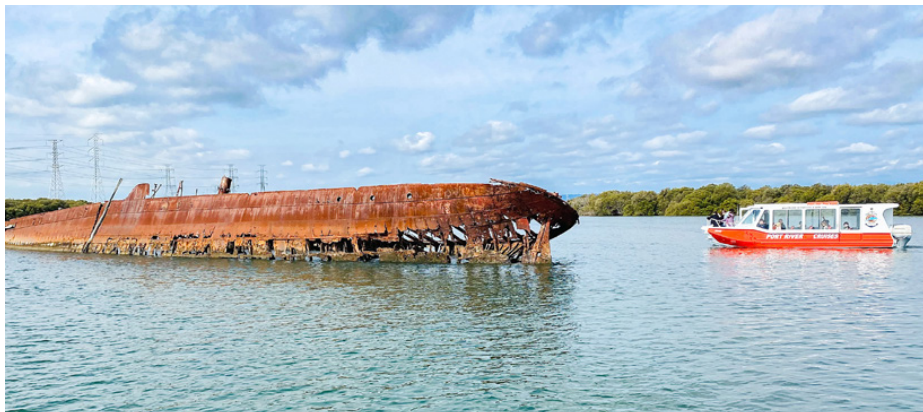
Light

### Price per person

Book now 08 8159 3222

CHSP \$50 CF \$324.50

## Port River Cruise



Cruise the Port River learning about its rich maritime and cultural history. Admire the local dolphin pods within the Adelaide Dolphin Sanctuary. Visit the Ships Graveyard and learn about the ships' history. An abundance of birdlife living within the Port River and the International Bird Sanctuary provides bird lovers with plenty of photo opportunities, before enjoying a lunch in Port Adelaide.

### When & Where (pick up)

Tue 5 & Thu 7 Aug 2025  
Hillier & Wynn Vale

Tue 12 & Thu 14 Aug 2025  
McLaren Vale, Noarlunga  
& Woodcroft

Tue 19 & Thu 21 Aug 2025  
Rostrevor & Kensington

Tue 26 & Thu 28 Aug 2025  
West Lakes Shore, Findon  
& Glengowrie

### Included

- Bus Tour Transport
- Port River Cruise
- Lunch (drinks at own expense)

### Activity Level

Light

### Price per person

Book now 08 8159 3222

CHSP \$50 CF \$324.50

## The Elephants are Calling – Monarto Safari Park



With the arrival of Asian Elephant Burma in 2024, and Permai and Putra Mas arriving mid 2025 we are heading back to Monarto Safari Park to experience the wonder of seeing these gentle giants up close and personal. Enjoy a peaceful lunch at the Visitor Centre before heading back to Adelaide.

### When & Where (pick up)

Tue 2 & Thu 4 Sep 2025  
Hillier & Wynn Vale

Tue 9 & Thu 11 Sep 2025  
McLaren Vale, Noarlunga  
& Woodcroft

Tue 16 & Thu 18 Sep 2025  
Rostrevor & Kensington

Tue 23 & Thu 25 Sep 2025  
West Lakes Shore, Findon  
& Glengowrie

### Included

- Bus Tour Transport
- Monarto Safari Park entry
- Lunch (drinks on consumption)

### Activity Level

Light

### Price per person

Book now 08 8159 3222

CHSP \$60 CF \$335.50



## Goldie & Earth – Pottery Experience



Enjoy a beautiful day in the Barossa, experiencing the mind – body interconnectedness that clay facilitates at the boutique pottery studio Goldie and Earth. Enjoy a unique clay paint workshop, choose your own piece from a selection of plates, mugs, trinket boxes and vases to sculpt and paint whilst enjoying fresh platters of local Barossa produce whilst you create.

### When & Where (pick up)

Wed 4 Jun 2025  
Hillier & Wynn Vale

Wed 11 Jun 2025  
McLaren Vale, Noarlunga  
& Woodcroft

Wed 18 Jun 2025  
Rostrevor & Kensington

Wed 25 Jun 2025  
West Lakes Shore,  
Glengowrie & Findon

### Included

- Bus Tour Transport
- Goldie and Earth Clay Experience
- Grazing Board Lunch

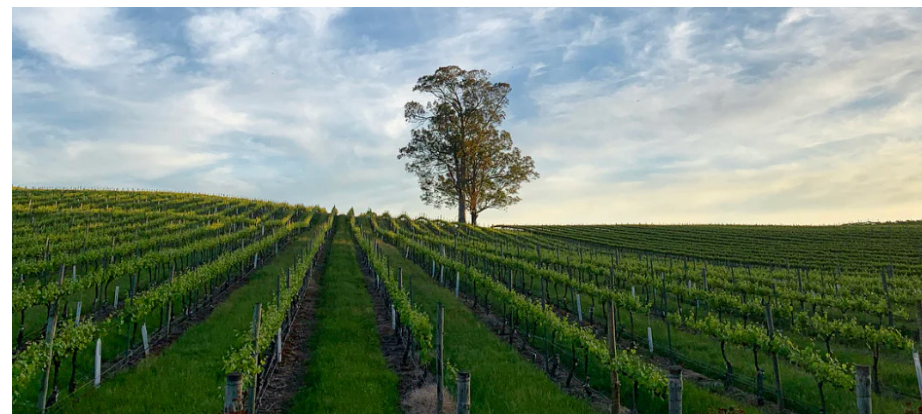
**Activity Level**  
Light

### Price per person

Book now 08 8159 3222

CHSP \$50 CF \$324.50

## Ladies Who Lunch – Golding Wines



This month, sit back and relax at the stunning Golding Wines whilst indulging a four-course lunch at Gingko. A restaurant named after the beautiful Biloba Trees that grow within the Golding gardens. You will be enjoying their seasonal plates menu, taking you on journey of the senses and showcasing the very best South Australia has to offer.

### When & Where (pick up)

Wed 2 Jul 2025  
Hillier & Wynn Vale

Wed 9 Jul 2025  
McLaren Vale, Noarlunga  
& Woodcroft

Wed 16 Jul 2025  
Rostrevor & Kensington

Wed 23 Jul 2025  
West Lakes Shore, Findon  
& Glengowrie

### Included

- Bus Tour Transport
- Four-Course Lunch (drinks on consumption)

Please note: Wine tasting is available, please advise when booking.

**Activity Level**  
Light

### Price per person

Book now 08 8159 3222

CHSP \$50 CF \$324.50



## Mayfair Signature Grand High Tea



Escape to the luxury Mayfair Hotel in the heart of the CBD this month for a Grand High Tea Experience. Savour an exquisite selection of handcrafted sweet and savoury treats as you indulge in the grand signature high tea, served alongside the finest Wedgwood tea and freshly brewed espresso.

### When & Where (pick up)

Wed 6 Aug 2025  
Hillier & Wynn Vale

**Wed 13 Aug 2025**  
**McLaren Vale, Noarlunga**  
**& Woodcroft**

Wed 20 Aug 2025  
Rostrevor & Kensington

**Wed 27 Aug 2025**  
**West Lakes Shore,**  
**Glengowrie & Findon**

### Included

- Bus Tour Transport
- Mayfair Hotel Grand High Tea

### Activity Level

Light

## Price per person

Book now **08 8159 3222**

(CHSP) \$50      (CF) \$324.50

CF \$324.50

## Notes

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## Getaways

ACH Group offers a variety of guided getaways in partnership with AAT Kings and Proud Mary Riverboat.

Discover the very best of South Australia 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.



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## Getaway Booking Process

In response to customer feedback, ACH Group will be trialling a new booking process for getaways. You now have two options for how you can book:

### Option 1:

Book online via Humanitix. Payment for the getaway is required two weeks after booking, or at the time of the booking if the getaway is less than four weeks away. Please note:

- The information you enter is being shared with a third-party platform (Humanitix) for the purpose of booking.
- Only ACH Group customers can book.
- You must book with the correct funding (CHSP or Customer Funded (CF)) or you risk losing your booking.
- Failure to pay within two weeks will result in a loss of booking.
- Getaways require you to be able to get on and off bus steps independently, walk over uneven surfaces, wear supportive shoes, use walking sticks or walking frames independently (where relevant), and manage your own personal care.

### Option 2:

Express your interest in booking by calling ACH Group on 08 8159 3222. A member of the social team will confirm your booking. Priority for booking will be given to:

- ACH Group customers,
- Customers who have the correct CHSP codes (where relevant)
- Customers who have not previously attended a getaway or who have not attended recent getaways,
- Where possible, our ability to support connection with established friendship groups

Each getaway will have 50% of bookings accessible by calling ACH Group, and the remainder accessible through Humanitix. ACH Group reserves the right to change the number of bookings based on demand and reserves the right to cancel your booking if you do not have the correct CHSP codes (where relevant), or where we believe we cannot safely support your physical or cognitive needs.

# Flinders Ranges via Melrose & Quorn

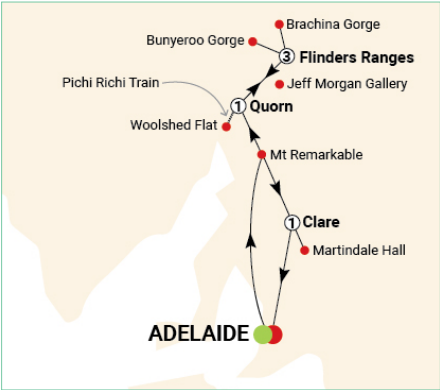


6 days/  
5 nights

Photo: Tourism Australia /  
South Australian Tourism  
Commission

Discover a fresh take on the Flinders Ranges with our new itinerary. Begin your adventure with stops in the charming towns of Melrose and Quorn, followed by a scenic trip to Mt Remarkable. Enjoy a unique experience aboard the Pichi Richi Train from Quorn to Woolshed Flat and back, disembarking for lunch. Experience the Brachina and Bunyerroo Gorges, and relish a few relaxing days at Rawnsley Park Station.

**When**  
Mon 02 Jun – Sat 7 Jun 2025



- Included**
- Door-to-door transport
  - Luxury air-conditioned coaches
  - Accommodation
  - Breakfast and dinner daily, five lunches
  - All entry and tour fees



**Price per person** Book now 08 8159 3222

CHSP \$2100 (twin share)  
\$3000 (single)

# Proud Mary Christmas in July



8 days/  
7 nights

Have a holly, jolly Christmas in July aboard the Proud Mary. Cruise along with 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 festive décor, a delicious Christmas lunch with all the trimmings, and a cheeky competitive trivia night.

**When**  
Fri 4 Jul – Fri 11 Jul 2025



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

**Price per person** Book now 08 8159 3222

CHSP \$2200 (twin share)  
\$3500 (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.

Frequent Experiences can be offered as part of Community Respite.



### Arts & Culture

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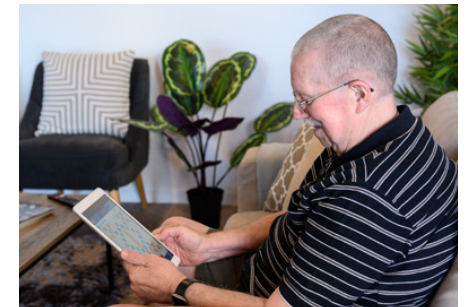
### Sport & Recreation

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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



Book a  
free come  
and try

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

Artists have the opportunity to participate in SALA, the South Australian Living Artists Festival held annually in August. If you're interested in being involved please speak with your Art Lead.

### 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 08 8159 3222

CHSP \$15 CF \$83

## 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
Dernancourt	Friday	10am
Campbelltown	Friday	1pm

### Price per rehearsal

Book now 08 8159 3222

CHSP \$15 CF \$83



## 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.

Weekly 2 hour classes:

Location	Day	Time
The Potters Shed Royal Park	Tuesday	1pm

Price per person

Book now 08 8159 3222

CHSP \$20    CF \$77

## Lawn Bowls



Perfect for beginners or those with experience. Learn the tips and tricks to lawn bowls while enjoying the social aspect of the game. 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 the 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 08 8159 3222

CHSP \$15    CF \$77



## 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 person

Book now 08 8159 3222

CHSP \$20    CF \$96.80

## 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 person

Book now 08 8159 3222

CHSP \$15    CF \$96.80

## 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 and September 2025. Due to the release schedules, these dates weren't available at the time of print.

Bookings essential.

### Price per person

CHSP \$15    CF \$82.50

Book now 08 8159 3222

Day	Date	Suburb	Location
April - John Denver Tribute			
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
May - Aussie Anthems Songbook			
Mon	12	Elizabeth	Shedley Theatre
Tue	13	Oaklands Park	Marion Cultural Centre
Wed	14	Port Noarlunga	Port Noarlunga Arts Centre
Thu	15	Golden Grove	Golden Grove Arts Centre
Fri	16	Angle Park	The Parks Theatre
June - John Wood & Dave Allen in our Rock & Roll Journey			
Tue	10	Oaklands Park	Marion Cultural Centre
Wed	11	Port Noarlunga	Port Noarlunga Arts Centre
Thu	12	Golden Grove	Golden Grove Arts Centre
Fri	13	Angle Park	The Parks Theatre
Mon	16	Elizabeth	Shedley Theatre

## 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. Venue/dates are subject to change. Bookings essential.

**Time**  
6pm - 9pm

**Price per person**

CHSP \$20   CF \$143

Book now 08 8159 3222

Date	Suburb	Location
April		
4	Newton	Rezz Hotel
4	Lonsdale	Lonsdale Hotel
11	Semaphore	Semaphore Hotel
May		
2	Gilles Plains	Highlander Hotel
9	Hackham	The Aussie Inn
23	Modbury	Modbury Hotel
30	Mitchell Park	Marion Hotel
June		
6	Payneham	Payneham Hotel
13	Old Reynella	Crown Inn Hotel
20	Para Hills	Para Hills Community Club
27	Mile End	Mile End Hotel
July		
4	Payneham	Payneham Tavern
11	Hallet Cove	The Cove Tavern
18	Elizabeth	Grand Central
25	Plympton	Highway Hotel
August		
1	Newton	Rezz Hotel
8	Seaford	The Beach Hotel
15	Henley Beach	Henley Beach Hotel
22	Modbury	Modbury Hotel
September		
5	Gilles Plains	Highlander Hotel
12	Pt Noarlunga	Pt Noarlunga Hotel
19	Para Hills	Para Hills Community Club
26	Findon	Findon Hotel



## Long Lunches



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

Venue/dates are subject to change.

Bookings essential.

**Time**

12.30pm – 3pm

**Price per person**

CHSP \$17      CF \$121

Book now 08 8159 3222

Day	Date	Suburb	Location
April			
Thu	3	Glengowrie	Morphett Arms Hotel
Fri	4	Wynn Vale	Milk + Honey
Mon	7	Ovingham	Bombay Bicycle Club
Mon	7	Kensington	Kensi Hotel
Thu	10	Seaford	Beach Hotel
Fri	11	Campbelltown	Bar Mercato
Mon	14	Modbury North	Clovercrest Hotel
Mon	14	Seaford	Beach Hotel
Thu	17	Port Adelaide	Lighthouse Wharf Hotel
Thu	24	Christies Beach	Christies Beach Hotel
Mon	28	Payneham	Payneham Hotel
Mon	28	Christies Beach	Christies Beach Hotel
May			
Thu	1	Woodville	NNQ
Fri	2	Norwood	Alma Hotel
Mon	5	Glenelg North	Watermark Hotel
Mon	5	Elizabeth	Grand Central
Thu	8	Lonsdale	Lonsdale Hotel
Fri	9	Northfield	Grand North
Mon	12	Norwood	Colonist Hotel
Mon	12	Lonsdale	Lonsdale Hotel
Thu	15	West Lakes	Sportivo Pizzeria & Cafe
Fri	16	Fairview Park	Bluegums Hotel
Mon	19	West Lakes Shore	Bartley Hotel
Mon	19	Firle	Cafe Primo
Thu	22	Pt Noarlunga	Pt Noarlunga Hotel
Fri	23	Newton	Fine Food Cucina
Mon	26	Golden Grove	Village Tavern

## Long Lunches cont.

Day	Date	Suburb	Location
Mon	26	Pt Noarlunga	Pt Noarlunga Hotel
Thu	29	Birkenhead	Birkenhead Tavern
Fri	30	Parkside	East Borough Eatery
Thu	29	Birkenhead	Birkenhead Tavern
Fri	30	Parkside	East Borough Eatery
<b>June</b>			
Mon	2	Warradale	Warradale Hotel
Mon	2	Salisbury	Salisbury Hotel
Thu	5	Hackham	The Aussie Inn
Fri	6	Gawler	Golden Fleece Hotel
Thu	12	Port Adelaide	Carlisle Tavern
Fri	13	Golden Grove	Green Ginger
Mon	16	Edwardstown	Maid Of Auckland Hotel
Mon	16	Norwood	Robin Hood Hotel
Thu	19	Hackham	The Aussie Inn
Fri	20	Walkerville	Sussex Hotel
Mon	23	Salisbury Heights	Old Spot Hotel
Mon	23	Pt Noarlunga	Mamma Carmela Cafe Pizzeria
Thu	26	Brighton	Charlie's Diner (Brighton Metro)
Fri	27	Walkerville	Walkers Arms Hotel
Mon	30	Glenelg	The Holdy Hotel
Mon	30	Angle Vale	Angle Vale Tavern
<b>July</b>			
Thu	3	Pt Noarlunga	Mamma Carmela Cafe Pizzeria
Fri	4	St Kilda	St Kilda Hotel
Mon	7	Magill	Tower Hotel

## Long Lunches cont.

Day	Date	Suburb	Location
Mon	7	Darlington	Flagstaff Hotel
Thu	10	Hindmarsh	The Lady Daly Hotel
Fri	11	Gilles Plains	Nor East
Mon	14	One Tree Hill	Blacksmiths Inn
Mon	14	Glenelg	Mamma Carmela Cafe Pizzeria
Thu	17	Darlington	Flagstaff Hotel
Fri	18	Northfield	Grand North
Mon	21	Paradise	Paradise Hotel
Mon	21	Hallet Cove	The Cove Tavern
Thu	24	Semaphore	Semaphore Hotel
Fri	25	Newton	Fine Food Cucina
Mon	28	Angle Park	McQueens Tavern
Mon	28	Modbury North	Clovercrest Hotel
Thu	31	Hallet Cove	The Cove Tavern
<b>August</b>			
Fri	1	Salisbury Plain	Saints Kitchen
Mon	4	Klemzig	OG Hotel
Mon	4	McLaren Vale	McLaren Vale Hotel
Thu	7	Marion	Café Finniss
Fri	8	Mawson Lakes	Mawson Lakes Hotel
Mon	11	Allenby Gardens	Tavern 540
Mon	11	Glynde	Glynde Hotel
Thu	14	Old Reynella	The Crown Inn
Fri	15	Marryatville	Marryatville Hotel
Mon	18	Surrey Downs	The Grove
Mon	18	Old Reynella	The Crown Inn

Long Lunches cont.

Day	Date	Suburb	Location
Thu	21	Findon	Cucina By Liquid
Fri	22	Parafield Gardens	Slug & Lettuce
Mon	25	Glenelg North	Watermark Hotel
Mon	25	Tea Tree Gully	Tea Tree Gully Hotel
Thu	28	Seaford	San Marino Cafe Ristorante
Fri	29	Payneham	Payneham Hotel
September			
Mon	1	Klemzig	OG Hotel
Mon	1	Seaford	San Marino Cafe Ristorante
Thu	4	Largs Bay	Largs Pier Hotel
Fri	5	Ingle Farm	Settlers Tavern
Mon	8	Ovingham	Bombay Bicycle Club
Mon	8	Norwood	Alma Hotel
Thu	11	Woodcroft	Woodcroft Hotel
Fri	12	Walkerville	Sussex Hotel
Mon	15	Pooraka	Bridgeway Hotel
Mon	15	Woodcroft	Woodcroft Hotel
Thu	18	Glenelg	Glenelg Surf Lifesaving Club
Fri	19	Angle Vale	Angle Vale Hotel
Mon	22	Port Adelaide	Lighthouse Wharf Hotel
Mon	22	Marryatville	Marryatville Hotel
Thu	25	Hackham	Mick O'Sheas Hotel
Fri	26	Burnside	Ballaboosta Burnside
Mon	29	St Kilda	St Kilda Hotel
Mon	29	Hackham	Mick O'Sheas 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. Book in for any date below and the Social Team will contact you closer to the date with the venue and confirmation.

Day	Date	Region
April		
Thu	24	North/East
Wed	30	South/West
May		
Thu	29	North/East
Fri	30	South/West
June		
Thu	26	North/East
Wed	25	South/West

Day	Date	Region
July		
Thu	31	North/East
Fri	25	South/West
August		
Thu	28	North/East
Wed	27	South/West
September		
Thu	25	North/East
Fri	26	South/West

Price per person

Book now 08 8159 3222

CHSP

\$17

CF

\$121



## 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 **08 8159 3222**

CHSP \$18    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 **08 8159 3222**

CHSP \$105

## 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 **08 8159 3222**

CHSP \$18    CF \$88

## Let’s Chat

Want to simply have a chat? 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	Mon-Fri	6am-8pm

### Price per hour (one-on-one)

CHSP

\$18

CF

\$88

## 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 08 8159 3222

CHSP

\$105

## 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 08 8159 3222

CHSP

\$105

## 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 08 8159 3222

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 - 1.30pm
Paralowie Temple (Wat Khmer Santipheap)	Thursday	10am - 1.30pm
McDonald Park Temple (Watt Preah Puth Mean Chey)	Friday	10am - 1.30pm

Price per visit

Book now 08 8159 3222

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 08 8159 3222

CHSP \$36    CF \$154

## Perry Park (Port Noarlunga) Respite



Offers long day respite for people who are living in the community 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 a specialist facilitator 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 08 8159 3222

CHSP \$45    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 of 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. Payments made in advance will be refunded in full if cancellation is made before the notice period.

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

ACH Group recommends that customers organise their own 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:

- Provide an expression of interest for each experience they wish to attend.
- Notify ACH Group of the use of mobility aids at the time of the expression of interest for each experience and to bring these with them on the getaway.
- Inform ACH Group of any dietary requirements at the time of making the expression of interest for 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 CF prices are not inclusive of GST. Customer funded prices are inclusive of GST.



## I am interested in...

[illegible]

Name

**Contact No.**

## Email Address

