

Award-winning artist,
Michaela Burger

ACH
GROUP

Social and Wellbeing Guide

Residential Care

June – August 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 variety of accommodation offerings, including retirement living units and residential care homes located across metropolitan Adelaide, 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 include social, health and wellness, and celebratory food occasions and provide residents with the opportunity to meet new people in a relaxed and welcoming environment, learn new skills or revitalise past ones. Family and friends are welcome to join in, connect and feel part of the community.

Over the next three months residents have the opportunity to attend a captivating performance by South Australian artist Michaela Burger, who has toured globally with her shows including, Exposing Edith, Simply Brill and A Migrant's Son. They can enjoy special events including 'Guy Tea' in celebration of the King's Birthday, participate in Sing for Joy Choir led by a professional choir director or take part in art classes taught by experienced art teachers. Plus there's Friday Happy Hour and bus trips and access to gym and tailored exercise classes. There's something for everyone.

Discover all the social experiences ACH Group has to offer. We look forward to welcoming you into this community. For detailed information about dates, times, and additional experiences on offer, look for promotional posters at your home or speak to a member of the ACH Group Team.

Contents

About ACH Group Social and Wellbeing Experiences	2
Entertainment	4
Michaela Burger: French chanson and Musical Theatre Delights	4
Adelaide Rock 'n' Roll Club Showcase	5
Sax and the Song	6
Events	7
The King's Birthday Guy Tea	7
ACH Group Masters Golf Classic	8
NAIDOC Week	9
Christmas in July	10
Weekly Social Experiences	11
SALA – South Australian Living Artists Festival	11
Sing for Joy	12
Art Classes	13
Friday Happy Hour	14
Armchair Travel – France, USA, The Netherlands	15-17
Bus Trips	18
Virtual Reality	19
Food Experiences	20
Food Experiences - Calendar	21
Culture Experiences	22
Religious Services	22
Health and Wellness	23
Gym	23
Strength and Balance	24
Move to Improve	25

Michaela Burger: French Chanson and Musical Theatre Delights

June

Enjoy the soaring voice of critically acclaimed chanteuse Michaela Burger.

This award-winning artist will take you on a journey from French chanson to musical theatre classics with a sprinkle of other musical delights in between.

Michaela Burger has been nominated for two Helpmann Awards and is the recipient of **The Frank Ford Award, American Australian Association Scholarship** and winner of **Best Cabaret Adelaide Fringe**. She has shared the stage with other female powerhouse performers including **Caroline O'Connor, Tina Arena and Nancye Hayes**.



Adelaide Rock 'n' Roll Club Dance Showcase

July

Pop on your bobby socks and poodle skirt or your leather jacket and best 'rebel' attitude and let's 'shake, rattle and roll'.

Clap along or join in on the rock 'n' roll dancing showcase with the Adelaide Rock 'n' Roll Club. Discover the history, background and steps of rock 'n' roll dancing in this performance that will bring back memories of the colourful 50's and 60's.



Sax and the Song

August

Experience smooth jazz and soulful hits with April's captivating vocals and Kym's enchanting saxophone.

Enjoy timeless classics including Moon River and Fly Me to the Moon, plus hits from Sade, Stevie Wonder, and more.



The King's Birthday Guy Tea



June

Join us for a right royal celebration! We're honouring His Majesty King Charles III's birthday with a delightful twist — a 'Guy Tea'!

Our hearty spin on High Tea features tasty snacks, which may include ham and cheese croissants, mini pies and pasties, petite pastries, and the King's favourite — cheese and crackers.

ACH Group Masters Golf Classic

21 – 25 July

Tee off in the fun-filled ACH Group Masters Golf Classic!

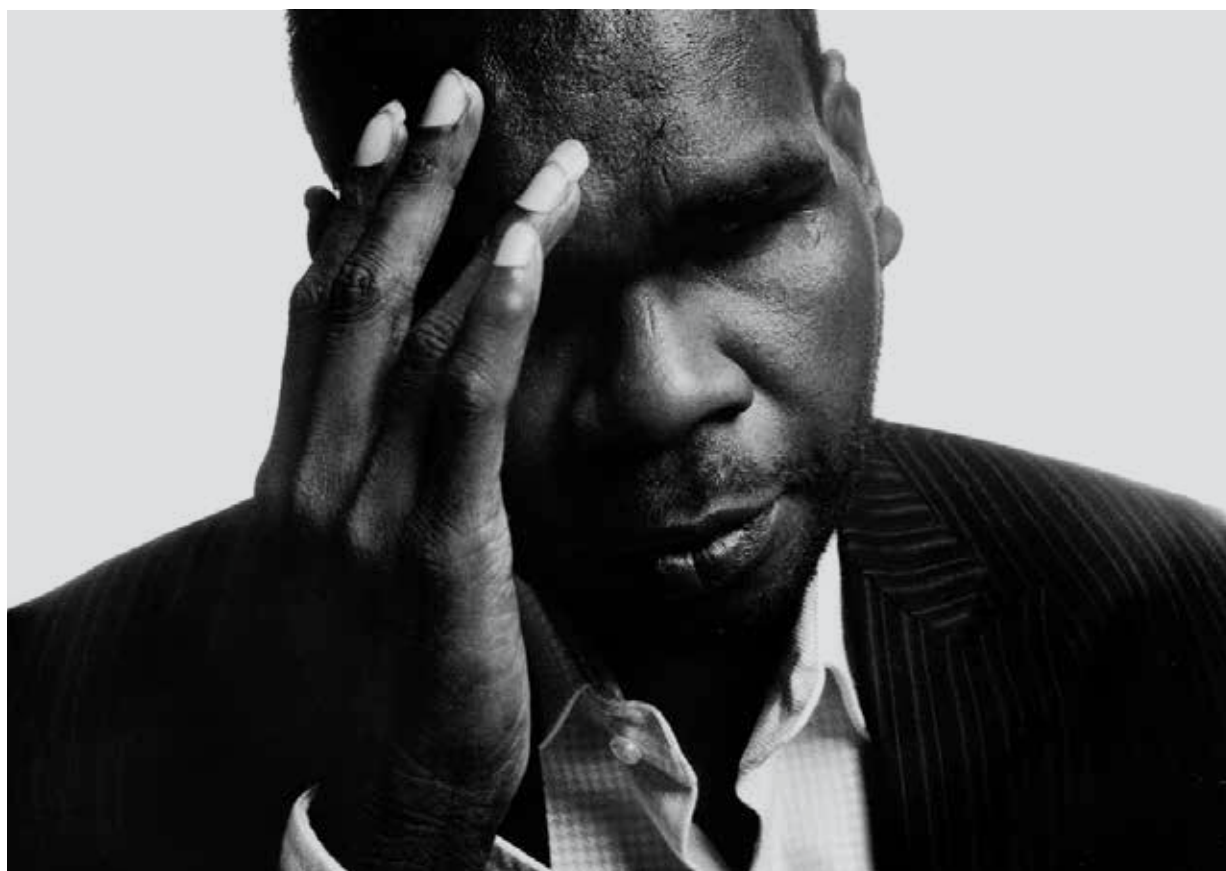
With themed holes, light-hearted challenges, and a healthy dose of rivalry between residents across all ACH Group homes, the coveted Green Jacket is up for grabs. Supported by the Health Services and Social teams, everything you need is supplied — just bring your game face and the will to win!

Opening Ceremony: Happy Hour, Friday 18 July

Closing Ceremony: Happy Hour, Friday 1 August



NAIDOC Week



Dr Gurrumul Yunupingu

6 – 13 July

NAIDOC Week, which stands for National Aborigines and Islanders Day Observance Committee Week, is a time to celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

This NAIDOC Week, we honour and celebrate the life and music of the late Dr Gurrumul Yunupingu, one of Australia's most acclaimed Indigenous musicians.

Join us as we listen to his extraordinary songs and learn more about his life, legacy, and the rich cultural heritage he represented.

You will also have the opportunity to attend local NAIDOC Week events, such as workshops or exhibitions that celebrate Aboriginal and Torres Strait Islander culture.

Christmas in July

10 July

Celebrate the magic of Christmas in July!

Residents are invited to enjoy a traditional Christmas lunch. Delight in the winter festive decorations, twinkling lights, and all the joy of the season.

Let's deck the halls and make it a day to remember!



SALA – South Australia Living Artists Festival



11 – 29 August

SALA is a state-wide showcase and celebration of South Australia's living visual artists.

It culminates in Australia's largest and most inclusive visual arts festival held in August. This vibrant festival takes place in galleries and non-traditional arts spaces across South Australia annually, during the month of August. ACH Group is participating in the SALA Festival, showcasing the creative talents within our community. For 2025 our theme is 'Through my eyes.'

Residents are collaborating on collective art pieces that will be displayed and showcased across two venues:

Campbelltown Library

171 Montacute Road,
Campbelltown

Woodcroft Neighbourhood Centre

175 Bains Road, Morphett Vale

Please refer to your home's social calendar for details on organised bus trips to the exhibitions

Sing for Joy Choir



June - August

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. Song requests are always welcome.

No experience required and everyone is welcome.

Art Classes



June - August

Express your creativity in a welcoming, supportive environment. Explore various 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.



ACH Group is participating in the SALA Festival, showcasing the creative talents of our community. In 2025 our theme is 'Through my eyes.'

Residents are invited to submit artwork to be included in the exhibition. Talk to your Art Lead about getting involved.

Submissions close 27 June.

Friday Happy Hour



June - August

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.

For something extra special, join us on the first Friday of each month for our **Cocktail or Mocktail of the Month**. Each drink is inspired by either a country we're visiting on our armchair travels, a seasonal flavour, or a special celebration happening that month.

Cocktail or Mocktail of the Month

June – Spritzgerald

A playful twist on the classic Fitzgerald cocktail—named after the iconic American author F. Scott Fitzgerald. Our creation pays homage to American flair and spirit.

July – Raspberry Limoncello

As we journey to France for our armchair travels, this drink captures the essence of a French summer with vibrant, sun-kissed flavours in every sip.

August – Caramel Stout

This drink is a nod to the Netherlands, where beer takes centre stage. As winter settles in, there's no better time to enjoy a rich, hearty stout to warm you from the inside out.

Learn more about the cocktails on [page 21](#).

Armchair Travel – France

1.



2.



3.



June

1. Eiffel Tower, Paris

2. Lavendar Fields, Provence

3. Nice, French Riviera (Côte d'Azur)

Let your imagination soar as we transport you to the heart of France! From the charming streets of Paris to the fragrant lavender fields of Provence and the golden shores of the Riviera, this virtual escape offers a taste of French culture, cuisine, music, and iconic landmarks.

Enjoy fascinating facts, a touch of French flair, and plenty of joie de vivre – all from the comfort of home!

Armchair Travel – USA

1.



2.



3.



1. Central Park, New York City

2. Los Angeles, California

3. Washington Monument, Washington D.C.

July

Buckle up from the comfort of your seat as we journey to the United States of America. From the bright lights of New York City to the sun-soaked shores of California, experience the sights, sounds, and stories of America.

Join us for a virtual adventure filled with iconic landmarks, cultural gems, regional flavors, and a taste of American charm. Trivia, and a whole lot of fun await!

Armchair Travel – The Netherlands

1.



2.



3.



1. Traditional homes & houseboats along a canal, Amsterdam

2. Tulip Fields & Dutch windmill houses, Zaanse Schans

3. Bikes across a canal, Amsterdam

August

Join us for a colorful journey through The Netherlands! From the charming canals of Amsterdam to windmills, tulip fields, and cozy cafés, we'll explore the best of Dutch culture, history, and traditions.

Discover why this small but mighty country is full of big surprises—complete with fun facts, scenic stops, and maybe even a taste of the Dutch biscuit, stroopwafel!

Bus Trips



June - August

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.



June

- Milpara
- ViTA

July

- Healthia
- Kapara

August

- Perry Park
- Highercombe

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!

Food Experiences

June – August

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

We create themed culinary experiences on significant calendar days, featuring dishes that celebrate the essence of each occasion and encourage coming together to share the occasion. We also host bi-monthly cooking experiences, demonstrating different cooking and baking techniques or special drink creations, for residents to try and taste.



Armchair Travel

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

Weekly Happy Hour

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

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

27 June – Cocktail and mocktail of the month

Raspberry Limoncello - This drink captures the essence of a French summer with vibrant, sun-kissed flavours in every sip.

Raspberry Syrup, lemon juice, sparkling wine or soda

10 July – Christmas in July

Celebrate Christmas in July with all the heartwarming flavours of a traditional Christmas lunch.

From succulent roast turkey and ham to crispy roast potatoes, seasonal vegetables and delicious Christmas dessert.

25 July – Cocktail and mocktail of the month

Spritzgerald - A playful twist on the classic Fitzgerald cocktail—named after the iconic American author F. Scott Fitzgerald. Our creation pays homage to American flair and spirit.

Sparkling wine or Soda, Elderflower Syrup and Blackberry Concentrate

29 August – Cocktail and mocktail of the month

Caramel Stout - This drink is a nod to the Netherlands, where beer takes centre stage. As winter settles in, there's no better time to enjoy a rich, hearty stout to warm you from the inside out.

Caramel Syrup and Stout

Religious Services



June – August

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.

Gym



June – August

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

Our trained and professional health professionals will discuss and work with you to develop a tailored program that meets your individual needs. This program may focus on resistance, balance, and cardiovascular training. All residents are encouraged to participate.

Strength and Balance



June – August

This class focuses 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



June – August

A fitness session designed to be performed while sitting down. 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.

Social Pages

Here's a snapshot of residents' enjoying a variety of experiences in the past few months as part of ACH Group's social and wellbeing program.



Kapara residents exploring I Do, Stitches through Time at The Bay Discovery Centre



Colton Court and Perry Park residents enjoyed a catch up at Perry Park



Honouring ANZAC Day at Highercombe



Mother's Day celebrations at ViTA



Residents and staff at Milpara created a collaborative artwork for Harmony Day



Residents enjoying Movin' Melvin Brown at Healthia

