

Photo credit - Tourism SA

**ACH
GROUP**

Discover & Explore

Social Experience Guide

*Includes pull-
out pricing list:*

*See middle
section*

October – March 2026

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 440 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.



Contents

Day Tours	4
Ladies Day Tours	11
Getaways	16
Frequent Experiences	22
Arts & Culture	24
Sport & Recreation	27
Entertainment	30
Technology	41
Cambodian Community	43
Carer Support	46

Payment Options

-  Home Care Package
-  Commonwealth Home Support Program
-  Customer Funded
-  Support at Home

Express your interest

-  **Call** 08 8159 3222
-  **Email** enquiries@ach.org.au

Learn More



Find out more about our Social Guide at achgroup.org.au/discover-and-explore

Please note

We now accept expressions of interest for bookings, rather than immediate reservations.

Photo credit -
Claire Charlton



Day Tours

Discover the wonders of your own state with a wealth of activities right on your doorstep. Within the city limits, you can explore iconic locations, historic attractions and scenic landscapes.

Local Adventures Just Around the Corner. Reconnect with the beauty and character of South Australia through experiences waiting right on your doorstep. From the buzzing laneways of Adelaide to the maritime heritage of Port Adelaide, the arts and culture of the East End, or the rolling vineyards of the Barossa. Whether you're soaking up the sun at Glenelg, hiking through the Adelaide Hills, or learning about Kaurna Country at local cultural centres, there is no shortage of iconic spots, rich history, and stunning scenery to enjoy all within easy reach.



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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



p6

Op Shop Tour: You, Us & a Bus

Embark on a delightful adventure to Adelaide's best op shops, with special discounts, a wonderful lunch, and surprises.



p10

Captain Proud Paddleboat Lunch Cruise

Cruise the majestic River Murray aboard the Captain Proud, enjoying a two-course lunch and spotting local wildlife.



p9

Paint & Create with Makery Co.

Reignite your creativity by designing and painting your own ceramic pot in a hands-on workshop, followed by a delicious lunch.



p14

Terrarium Workshop at Botanista

Discover how to create your own miniature garden at a hands-on terrarium workshop with Botanista in Port Noarlunga.

Op Shop Tour: You, Us & a Bus



Embark on a delightful Op Shopping adventure as we explore hidden gems across Adelaide's best Op Shops! We have even arranged special discounts just for you. Enjoy a wonderful lunch and some surprises as you save money while helping the community, one Op Shop at a time!

Purchases at Op Shops at your own expense.

When & Where (pick up)

Tue 7 & Thu 9 Oct 2025

Hillier & Wynn Vale

Tue 14 & Thu 16 Oct 2025

McLaren Vale, Old Noarlunga
& Woodcroft

Tue 21 & Thu 23 Oct 2025

Paradise & Kensington

Tue 28 & Thu 30 Oct 2025

Glengowrie & Findon

Included

- Bus Tour Transport
- Op Shop Tour Guide
- Lunch (drinks on consumption)

Activity Level

High

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Rocky Road Masterclass



Calling all chocolate lovers! Indulge your sweet tooth and create your very own unique chocolate block at the Barossa Valley Chocolate Company nestled in the heart of Tanunda. Guided by a skilled Chocolatier, you will use house-made ingredients to craft your perfect flavour combination. Afterwards, enjoy a delicious light lunch in the café, surrounded by the charm and flavours of the Barossa Valley.

When & Where (pick up)

Tue 4 & Thu 6 Nov 2025

Hillier & Wynn Vale

Tue 11 & Thu 13 Nov 2025

McLaren Vale, Old Noarlunga
& Woodcroft

Tue 18 & Thu 20 Nov 2025

Paradise & Kensington

Tue 25 & Thu 27 Nov 2025

Glengowrie & Findon

Included

- Bus Tour Transport
- Chocolate Making Experience
- Lunch (drinks on consumption)

Activity Level

Light

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Kokomo–West, West Lakes Lunch Cruise



Ahoy! Step aboard the Kokomo West for a relaxing two-hour lunch cruise through the protected waters of West Lakes and around Delfin Island. Enjoy a delicious two-course meal as you take in the tranquil views in good company.

When & Where (pick up)

Tue 2 Dec 2025
Hillier & Wynn Vale

Thu 4 Dec 2025
McLaren Vale, Old Noarlunga
& Woodcroft

Tue 9 Dec 2025
Paradise & Kensington

Thu 11 Dec 2025
Glengowrie & Findon

Included

- Bus Tour Transport
- Scenic Boat Cruise about Kokomo West
- Two-course Lunch (drinks on consumption)

Activity Level

Light

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Paint & Create with Makery Co.



Reignite your creativity in the vibrant Hills art studio of Hahndorf! Join local artist Elspeth Domin at Makery Co. for a hands-on workshop where you will design and paint your own ceramic pot. With Elspeth's expert guidance, you will learn professional techniques and add to your personal flair. Finish your creation with a fresh plant to display in your finished piece. Afterwards, relax and enjoy a delicious lunch in picturesque Hahndorf.

When & Where (pick up)

Tue 3 & Wed 4 Feb 2026
Hillier & Wynn Vale

Tue 10 & Wed 11 Feb 2026
McLaren Vale, Old Noarlunga
& Woodcroft

Tue 17 & Wed 18 Feb 2026
Paradise & Kensington

Tue 24 & Wed 25 Feb 2026
Glengowrie & Findon

Included

- Bus Tour Transport
- Guided Art Workshop
- Lunch (drinks on consumption)

Activity Level

Light

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Captain Proud Paddleboat Lunch Cruise



Explore the vast and captivating natural beauty of the majestic River Murray aboard the Captain Proud. Enjoy a delicious two-course meal while you cruise slowly past the magnificent cliff faces and serene riverbanks whilst spotting local wildlife. Savour a two-course lunch as you soak in the fresh air and natural beauty of this iconic Australian waterway.

When & Where (pick up)

Tue 3 & Thu 5 March 2026

Hillier & Wynn Vale

Tue 10 & Thu 12 March 2026

McLaren Vale, Old Noarlunga
& Woodcroft

Tue 17 & Thu 19 March 2026

Rostrevor & Kensington

Tue 24 & Thu 26 March 2026

Glengowrie & Findon

Included

- Bus Tour Transport
- Paddleboat Cruise
- Two-course Lunch (drinks on consumption)

Activity Level

Light/Moderate

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Maggie Beer's Farm



Experience an intimate cooking demonstration in the iconic 'The Cook and The Chef' studio kitchen at Maggie Beer's Farm Shop, located in Nurioopta, in the heart of the Barossa Valley. Begin with a welcome drink from Maggie's non-alcoholic Sparkling range, followed by a guided demonstration in the studio kitchen, delving into the farm's history and Maggie Beer's culinary journey.

When & Where (pick up)

Wed 8 Oct 2026

Hillier & Wynn Vale

Wed 15 Oct 2025

McLaren Vale, Old Noarlunga
& Woodcroft

Wed 22 Oct 2025

Paradise & Kensington

Wed 29 Oct 2025

Glengowrie & Findon

Included

- Bus Tour Transport
- Cooking Demonstration
& Farm Tour
- Lunch (drinks on consumption)

Activity Level

Light

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Victor Harbor Ocean Adventure Cruise



Embark on an exciting ocean adventure from Victor Harbor! Begin with a relaxing early lunch at a local café, then enjoy a 45-minute ocean cruise through the calmer waters of Victor Harbor and Seal Island. Spot fur seals, Australian sea-lions, seabirds, and playful dolphins in their natural habitat. Learn about the region's rich maritime history from the experienced crew as you take in the fresh sea air and stunning coastal views.

When & Where (pick up)

Wed 5 Nov 2025
Hillier & Wynn Vale

Wed 12 Nov 2025
McLaren Vale, Old Noarlunga
& Woodcroft

Wed 19 Nov 2025
Paradise & Kensington

Wed 26 Nov 2026
Glengowrie & Findon

Included

- Bus Tour Transport
- Seal Island Cruise
- Lunch (drinks at own expense)

Activity Level
Moderate

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

High Tea at Stamford Grand



Spend a glorious afternoon at The Promenade Restaurant, overlooking the stunning Glenelg Beach. Share a delicious High Tea with friends or family, featuring petite finger sandwiches, traditional house-made fluffy scones, delicate sweet treats, and savoury delights—including our signature curry puffs. It is all served with unlimited Dilmah teas for the perfect seaside indulgence.

When & Where (pick up)

Thu 5 Feb 2026
Hillier & Wynn Vale

Thu 12 Feb 2026
McLaren Vale, Old Noarlunga
& Woodcroft

Thu 19 Feb 2026
Paradise & Kensington

Thu 26 Feb 2026
Glengowrie & Findon

Included

- Bus Tour Transport
- High Tea Lunch
(drinks at own expense)

Activity Level
Light

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Terrarium Workshop at Botanista: Port Noarlunga



Get your hands dirty and discover how to make a beautiful indoor terrarium at this hands-on workshop with Botanista! Terrariums are tiny ecosystems – miniature gardens and landscapes encased in glass. With a little know-how, you can create your own coffee-table jungles or rainforests. You will learn all the basics of terrarium making, including the best materials and plants to ensure your miniature garden thrives.

When & Where (pickup)

Wed 4 March 2026
Hillier & Wynn Vale

Wed 11 March 2026
McLaren Vale, Old Noarlunga
& Woodcroft

Wed 18 March 2026
Paradise & Kensington

Wed 25 March 2026
Glengowrie & Findon

Included

- Bus Tour Transport
- Your own 15cm fishbowl terrarium
- Guided Terrarium Workshop
- Lunch (drinks at own expense)

Activity Level

Light

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Notes

[illegible]



Photo credit -
Dandelion Vineyards

Getaways

In partnership with AAT Kings, ACH Group invite you to explore a range of guided getaways across South Australia.

Discover breathtaking wine regions, charming coastal towns and the rugged beauty of the outback landscapes all with expert guides and making new friends.

These unforgettable experiences are designed to help you relax and connect in some of our state's most stunning locations.



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New Booking Process for CHSP Customers

In response to valuable customer feedback, ACH Group is trialing a new booking process for our guided getaways. You now have two convenient ways to book. **Please note:** Support at Home customers are unable to attend these activities due to changes in the government funding policy.

Option 1: Book online via Humanitix

- Pay at the time of booking. Only ACH Group customers can book.
- The information you enter is being shared with a third-party platform (Humanitix) for booking purposes.
- You must have the correct funding type (CHSP). **Note:** Support at Home Customers are no longer eligible to attend due to the changes in Government Funding.
- Failure to pay in full when booking will result in a loss of booking.
- Bookings are made via a third-party platform (Humanitix).
- Getaway participants must be able to:
 - Get on and off bus steps independently
 - Stand for extended periods
 - Walk over uneven surfaces
 - Wear supportive footwear
 - Use walking aids independently (if applicable)
 - Manage your own personal care

Option 2: Express Interest by Phone

Call ACH Group on 08 8159 3222 to express interest. A member of our Social Team will confirm your booking. Priority will be given to:

- ACH Group customers
- Customers with correct CHSP codes (where relevant)
- Customers who have not attended a getaway or a recent getaway
- Where possible, support connection with existing friendship groups

Booking Allocations

1. 50% of getaway bookings will be available via phone, and the remaining 50% via Humanitix.
2. ACH Group reserves the right to adjust this allocation based on demand and to cancel bookings where correct CHSP codes are not provided or where we cannot safely support your physical or cognitive needs.

Adelaide Fringe Festival Escape



3 days/
2 nights

Photo credit - Jenny Kwok

Experience the vibrant atmosphere and energy 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. Explore the city's vibrant streets, enjoy two spectacular Fringe performances, and indulge in local flavours at the Central Market.

When
Fri 27 Feb – Sun 1 Mar 2026

- Included**
- Door-to-door transport
 - Luxury air-conditioned coaches
 - Accommodation
 - Breakfast and lunch daily
 - All entry and tour fees



Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Scenic Rails Getaway



Clare,
Melrose &
Pichi Richi
Train

3 days/
2 nights

Photo credit - Tourism SA

Immerse yourself in South Australia's rich heritage and vibrant flavours. Enjoy award-winning wines at Kilikanoon and tapas at Mr Mick's in Clare Valley. Explore historic Martindale Hall, ride the century-old Pichi Richi Explorer steam train, savour a Native High Tea at Ticklebelly Restaurant, and take in views of Mount Remarkable before ending with a dazzling Silo Light Show.

When
Mon 13 – Wed 15 April 2026

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



Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Wild Beauty & Local Flavours of Kangaroo Island



Prepare for an unforgettable island escape! Travel with Sealink to Kangaroo Island and explore its rich blend of nature, culture, and taste. Witness majestic Birds of Prey, sample gin at Kangaroo Island Spirits, and taste Ligurian honey. Discover Flinders Chase National Park, home to Remarkable Rocks, Admirals Arch, and sun-basking New Zealand fur seals. A truly unique experience awaits!

When

Mon 1 – Thur 4 June 2026

Included

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



Scan Me

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Victor Harbor & Fleurieu Peninsula Discovery



Embark on a scenic Fleurieu Peninsula journey! Cruise Victor Harbor to spot whales, seals, and dolphins. Ride the historic Cockle Train. Explore local art at Fleurieu Arthouse and Willunga Glass Studio. Admire vintage vehicles at Gilberts Motor Museum. Enjoy tastings at Dandelion Vineyards Winery. Conclude your day exploring charming Strathalbyn and its Antique Bazaar.

When

Mon 20 - Wed 22 July 2026

Included

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



Scan Me

Book now

Call 08 8159 3222
Email enquiries@ach.org.au



Frequent Experiences

Keep doing the things you love - or try something new!

We have made it easier than before to explore our wide range of social experiences. Simply find the category you are interested in and turn straight to those pages or discover more on our website.

Frequent experiences can also be offered as part of community respite.



Arts & Culture

Pages 24 - 26



Sport & Recreation

Pages 27 - 29



Entertainment

Pages 30 - 40



Technology

Pages 41 - 42



Cambodian Community

Page 43 - 45



Carer Support

Pages 46 - 47



Art in Focus



Book a
free come
and try

Discover the joy of creativity and learn to use a variety of artistic mediums—no experience needed! Guided by a skilled instructor, you'll explore techniques to create beautiful pieces to keep and enjoy. Artists have the opportunity to participate in South Australian Living Arts Festival (SALA) held each August. It's a great opportunity to exhibit your work and join a statewide celebration of art. Speak to your instructor to get involved!

Weekly 2 hour classes:

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

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Sing for Joy Choir



Book a
free come
and try

Experience the joy and the health benefits that belonging to a choir gives. 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

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Pottery Class



Book a
free come
and try

Ready to explore the timeless craft of pottery? Learn to shape your own unique vessel, mug, or sculpture in hands-on classes led by a qualified artist. Perfect for beginners, you will be guided through essential techniques in a relaxed, creative environment. We recommend you attend multiple classes, as completing your masterpiece takes time and care.

Weekly 2 hour classes:

Location	Day	Time
The Potters Shed Royal Park	Tuesday	1pm

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Lawn Bowls



Book a
free come
and try

Whether you are an experienced player or trying for the first time, lawn bowls are a fun and friendly way to stay active. Learn tips and tricks from experienced players, enjoy the fresh air while enjoying the social aspect of the game. All equipment is provided, and each session wraps up with morning tea.

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

Please note: Due to weather, some regions take a break over winter. Please contact the Social Team to confirm locations.

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

On Par Social Golf



Book a
free come
and try

Enjoy a round of social golf. Aim for a hole-in-one with a relaxing game of social golf! Perfect for beginners wanting to learn or seasoned players looking to refine their game. Play nine scenic holes, share a few laughs, and connect with others over a friendly catch-up afterwards. It is golf with a social twist, where fun and friendship are always on course.

West/South	Day	Time
Regency Park Golf Course	Monday	9.30am
Thaxted Park Golf Club	Monday	9.30am

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Golf Plus



Golf plus is designed for all levels of ability, including those living with neurological conditions or memory loss. Enjoy small-group one-hour sessions, where you will learn golf basics followed by a relaxed coffee and chat. Coaching is provided throughout the year to help you build confidence and skills.

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

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Concert Series



In a small group, escape into the magic of live music with the 'Out of the Square' Matinee Program.

To learn more about shows in February and March 2026, please contact our Social Team, as full details are unavailable at the time of printing.

Bookings are essential, and the Concert Series can be offered as part of community respite.

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Day	Date	Suburb	Location
October – Pure McCartney			
Wed	8	Port Noarlunga	Port Noarlunga Arts Centre
Thu	9	Golden Grove	Golden Grove Arts Centre
Mon	13	Elizabeth	Shedley Theatre
Tue	14	Oaklands Park	Marion Cultural Centre
Fri	17	Angle Park	The Parks Theatre
November – Lady Beatles			
Mon	10	Elizabeth	Shedley Theatre
Tue	11	Oaklands Park	Marion Cultural Centre
Wed	12	Port Noarlunga	Port Noarlunga Arts Centre
Fri	14	Angle Park	The Parks Theatre
Thu	20	Golden Grove	Golden Grove Arts Centre
December – Together for Christmas			
Mon	8	Elizabeth	Shedley Theatre
Tue	9	Oaklands Park	Marion Cultural Centre
Wed	10	Port Noarlunga	Port Noarlunga Arts Centre
Fri	12	Angle Park	The Parks Theatre
Thu	18	Golden Grove	Golden Grove Arts Centre

Friday Night Dinners



Join a small group for a relaxed evening out at a local pub or restaurant. Enjoy great food and engaging conversations! We cover your meal up to \$35.

Venue and dates are subject to change.

Bookings are essential. Friday Night Dinners are offered as part of community respite.

Time
6pm - 9pm

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Date	Suburb	Location
October		
3	Salisbury Heights	Old Spot
10	Old Noarlunga	The Old Noarlunga Hotel
24	Alberton	Alberton Hotel
24	Newton	Rezz Hotel
November		
7	Gilles Plains	Highlander Hotel
7	Hackham	Mick O'Sheas
21	Payneham	Payneham Tavern
28	Henley Beach	The Henley Beach Hotel
December		
5	Gilles Plains	The Nor East
12	Aldinga	Aldinga Hotel
January		
9	Norwood	Alma Hotel
16	Noarlunga	Jimmy Deanes
23	Modbury	Modbury Hotel
23	Glengowrie	Morphett Arms Hotel
February		
6	Walkerville	Sussex Hotel
13	Hackham	Trittico's
20	Brahma Lodge	Brahma Lodge Hotel
27	Fulham	Lockleys Hotel
March		
6	Payneham	Payneham Tavern
13	Morphett Vale	Woodcroft Hotel
20	Para Hills	Para Hills Community Club
27	West Lakes	Golden Lakes Chinese

Long Lunches – Relax, dine and connect



Enjoy delicious lunches at a variety of cafés and restaurants around Adelaide in a relaxed, social setting. It is the perfect way to discover new venues and flavours! We cover your meal for up to \$28.

Venue and dates are subject to change.

Bookings are essential. Long Lunches can be offered as part of community respite.

Time
12.30pm – 3pm

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Day	Date	Suburb	Location
October			
Thu	2	Exeter	The Exeter
Fri	3	Norwood	Dannys Thai
Thu	9	O'Halloran Hill	Schnithouse
Fri	10	Northfield	Grand North
Mon	13	Oakden	Founders Restaurant
Mon	13	Old Reynella	Yum Sing
Thu	16	Golden Grove	Green Ginger
Thu	16	Regency Park	Tiros@Regency
Fri	17	Burnside	Feathers Hotel
Mon	20	Windsor Gardens	Windsor Hotel
Mon	20	Semaphore	Semaphore Palais
Thu	23	Norwood	Alma Hotel
Thu	23	Aldinga Beach	Breeze Café
Fri	24	Magill	Tower Hotel
Mon	27	Parafield	Kwik Stix
Mon	27	Christies Beach	Christies Beach Hotel
Thu	30	Fulham	Lockleys Hotel
Fri	31	Gilles Plains	Nor East
November			
Mon	3	Kensington	Kensi Hotel
Mon	3	Findon	Findon Hotel
Thu	6	Reynella	St Francis Winery
Fri	7	Gawler	Gawler Arms
Mon	10	Paradise	Paradise Hotel
Mon	10	O'Halloran Hill	Café Buongiorno
Thu	13	St Agnes	Nev's Cafe
Thu	13	Findon	Warong Cafe
Fri	14	Windsor Gardens	Windsor Hotel

Long Lunches cont.

Day	Date	Suburb	Location
Mon	17	Mawson lakes	Mawson Lakes Hotel
Mon	17	Brighton	Charlie's Diner
Thu	20	Aldinga Beach	Aldinga Bay Café
Fri	21	Firle	Cafe Primo
Mon	24	Gepps Cross	Coopers Ale House
Mon	24	Morphett Vale	Emu Hotel
Thu	27	Glengowrie	Morphett Arms Hotel
Fri	28	Walkerville	Walkers Arms Hotel

December

Mon	1	Gawler	Southern Hotel
Mon	1	Seacliff	Seacliff Hotel
Thu	4	McLaren Vale	Manna Café
Fri	5	Glynde	Cafe Brunellis
Mon	8	Windsor Gardens	Windsor Hotel
Mon	8	O'Halloran Hill	Victoria Hotel
Thu	11	Port Adelaide	Schnithouse
Fri	12	Payneham	Payneham Tavern
Mon	15	Modbury North	Clovercrest Hotel
Mon	15	Royal Park	Hendon Hotel
Thu	18	Morphett Vale	Woodcroft Hotel
Fri	19	Glynde	Glynde Hotel

January

Thu	8	West Lakes Shore	Bartley Hotel
Fri	9	Newton	Fine Food Cucina
Mon	12	Gilles Plains	Nor East
Mon	12	Marion	Club Marion
Thu	15	Seaford	The Beach Hotel

Long Lunches cont.

Day	Date	Suburb	Location
Fri	16	Paradise	Paradise Hotel
Mon	19	Brahma Lodge	Brahma Lodge Hotel
Mon	19	Willunga	The Willunga Hotel
Thu	22	Burnside	Ballaboosta
Thu	22	Port Adelaide	Salutare
Fri	23	Goodwood	The Goody
Thu	29	Hackham	Aussie Inn
Fri	30	Prospect	Reephram Hotel

February

Mon	2	Angle Vale	Angle Vale Hotel
Mon	2	Woodcroft	The Vines Golf Club
Thu	5	Pennington	Grand Junction Tavern
Fri	6	Norwood	Bath Hotel
Mon	9	Mawson Lakes	Mawson Lakes Hotel
Mon	9	Seaton	The Links Hotel
Thu	12	Hallett Cove	The Cove Tavern
Fri	13	Glynde	Cafe Brunellis
Mon	16	Tea Tree Gully	The Gully
Mon	16	Seaford	San Marino's Cafe
Thu	19	Fairview Park	Blue Gums Hotel
Thu	19	Largs Bay	Largs Pier Hotel
Fri	20	Klemzig	OG Hotel
Mon	23	Pooraka	Bridgeway Hotel
Mon	23	Henley Beach	The Henley Beach Hotel
Thu	26	Reynella	St Francis Winery
Fri	27	Magill	Tower Hotel

Long Lunches cont.

Day	Date	Suburb	Location
March			
Mon	2	Wynn Vale	Milk and Honey
Mon	2	Old Noarlunga	Old Noarlunga Hotel
Thu	5	Mansfield Park	Mansfield Park Hotel
Fri	6	Firle	Cafe Primo
Mon	9	Parafield	Kwik Stix
Thu	12	Port Noarlunga	Mamma Carmela's
Fri	13	Paradise	The Paradise Hotel
Mon	16	Northfield	Grand North
Mon	16	Noarlunga Downs	Jimmy Deanes
Thu	19	Newton	Dilanos Risotto Pasta Bar
Thu	19	Croydon	Challa Gardens Hotel
Fri	20	Payneham	Payneham Tavern
Mon	23	Windsor Gardens	Windsor Hotel
Mon	23	Taperoo	Peninsula Hotel
Thu	26	Aldinga	Kick Back Brewery
Fri	27	Norwood	The Alma Hotel
Mon	30	Modbury	Modbury Hotel
Mon	30	Noarlunga Centre	Colonnades Tavern

Just Blokes Monthly Lunches (12.30pm - 3pm)



This one is just for the blokes! Catch up over a hearty lunch at local pubs, cafés and restaurants in Adelaide. Whether you are up for a laugh, or just a good meal, we have got you covered. up to \$28 per meal. Book for any of the dates below and our Social Team will confirm the venue details closer to the day.

Day	Date	Region
October		
Wed	29	South/West
Thu	30	North/East
November		
Wed	26	South/West
Thu	27	North/East
December		
Wed	10	South/West
Thu	18	North/East

Day	Date	Region
January		
Wed	21	South/West
Thu	29	North/East
February		
Wed	25	South/West
Thu	26	North/East
March		
Wed	25	South/West
Thu	26	North/East

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

One-on-One: Personalised Social Connection



This experience is all about you. Whether a walk through to your local spot or a cuppa and a chat at home, an ACH Group support worker will be there to accompany you. Tailored to your interests, One-on-One experience offers connections in a relaxed, familiar setting – at home or in your community.

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Expert Tech Coaching



Whether you are setting up a new device or learning to navigate the digital world, our friendly IT experts are here to help. Get hands-on support with tablets, mobile phones, computers, and home technology. Learn how to shop online, access MyGov, stream music and manage health records. All sessions are tailored to your needs and delivered in the comfort of your own home.

When & Where

5 hours required, split over multiple in-home sessions.
Additional hours available upon request.

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

*Additional charges will be added at booking for transportation.

Together We Connect

Stay connected with family and friends effortlessly! ACH Group support workers can bring an iPad to your home or assist with your own device. When in-person visits aren't possible, apps like FaceTime and Skype make it easy to stay in touch – virtually, safely and simply.

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

*Additional charges will be added at booking for transportation.

Let's Chat

Want to simply have a chat? Enjoy a one-on-one conversation with one of ACH Group's friendly support workers. Hosted over the phone, we are here to help keep you connected.

Format	Day	Time
One-on-one	Mon-Fri	6am-8pm

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

*Additional charges will be added at booking for transportation.

Personalised Photobooks

Do you have a drawer full of cherished photos or a digital device brimming with captured memories? Learn how to create your own treasured album. We will guide you in creating personalised photobooks with narrations and custom backgrounds, resulting in a beautiful keepsake that tells your story for you or a loved one.

When & Where
5 hours, split over multiple in-home sessions.

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

*Additional charges will be added at booking for transportation.

Record Your Life Story

Share your unique life journey with your loved ones, giving them a gift they will treasure forever. Record your life story with our help, from getting you started on a device you are 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.

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

*Additional charges will be added at booking for transportation.

Weekly Social Groups



At ACH Group, we are dedicated to working with the Cambodian Community in a way that deeply respects the community's spiritual beliefs, customs, and preferences.

Our weekly social group offers a wonderful opportunity to connect with like-minded people, make new friends and participate in enjoyable exercises and dance. Additionally, a qualified interpreter is available to assist you with translating documents if needed. Culturally appropriate food is provided, and our friendly staff speak Khmer.

Weekly Social Groups can be offered as part of community respite.

Location	Day	Time
Salisbury Villa Soccer Club	Tuesday	10am - 2pm

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Temple Visits



Temple visits offer a unique and enriching spiritual experience for attendees. Pray, meditate, and chant with Monks, as you learn about spirituality and well-being to find calmness and peace. Please remember to bring food to share with the Monks.

Temple Visits can be offered as part of community respite.

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

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Day Tours



Enjoy monthly hosted day tours thoughtfully tailored for the Cambodian Community, as we explore the diverse beauty of South Australia. These all-inclusive, interpreter-supported bus tours feature a new itinerary each month – offering a welcoming, social, and culturally enriching experience for all who join.

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Out & About: Social Connection & Carer Respite



This specialised group supports people experiencing isolation, often due to health conditions including memory loss. The group enjoys lunch together and takes part in social activities like word and board games. The program also offers valuable short-term respite for carers. Participants also enjoy lunch at welcoming venues.

Door-to-door transport is quoted when booking.

Out & About can be offered as part of community respite.

Weekly 2 hour sessions:

Location	Day	Time
South/West	Wednesday	12pm
South/West	Thursday	12pm
North/East	Thursday	12pm

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

Perry Park (Port Noarlunga) Community Respite



Perry Park Community Respite offers enriching long-day respite for individuals living in the community, providing opportunities to socialise and engage in enjoyable experiences.

It provides a wonderful opportunity to connect with others who share similar life experiences and where possible, enhance skills and capabilities. Experiences vary daily and include singing in a choir with a professional choir director, exploring various art techniques in an art class with qualified teachers and completing projects in a 'shed' setting outdoors.

A nutritious lunch designed with a dietitian, plus a light morning and afternoon tea is provided.

When & Where

Tuesday to Thursday
9am – 4pm
28 River Rd, Port Noarlunga SA

Book now

Call 08 8159 3222
Email enquiries@ach.org.au

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 paid back 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 travel insurance. This provides cover for unexpected events that could happen when travelling, including 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.

Please note:

- All information is correct at the time of printing.
- Venues, dates, times and pricing are subject to change.
- CHSP and HCP/SAH* prices are not inclusive of GST.
- Customer funded prices are inclusive of GST.

*Please note that from 1 November 2025, Support at Home (SAH) will replace the current Home Care Package (HCP)



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 volunteers@ach.org.au

Scan Me





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, our Health Studios have 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

[illegible]

Name

Contact No.

Email Address

