



ACH  
GROUP

# Social and Wellbeing Guide

Residential Care

December 2025 – February 2026

## About ACH Group

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

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 Residential Care Social and Wellbeing Experiences

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Our Social and Wellbeing Experiences Guide presents some of the best social 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.

Celebrate the season with a joyful Christmas concert, savour festive treats, and enjoy a magical visit from Santa. Feel the adrenaline of the Tour Down Under, fire up the grill for an Australia Day BBQ, and tee off with the thrill of ACH Group's own version of LIV Golf. Share the love on Valentine's Day with sweet surprises and heart-inspired delights. Lift your voice in the Sing for Joy Choir under the guidance of a professional choir director or explore your artistic side in art classes led by experienced teachers. There's something for everyone.

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.



## Supporting residents to feel connected

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For some residents, engaging in formal social programs can feel overwhelming. That's where ACH Group Engagement and Individual Support Care workers make a meaningful difference. They work closely with residents who may be socially isolated or living with dementia or simply prefer more personalised interaction.

By offering one-on-one engagement in the comfort of the resident's own unit, they help individuals build confidence, explore activities at their own pace, and form genuine connections with others in their community.

## Higher Everyday Living Services (HELF)

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The Higher Everyday Living Fee (HELF) is an optional fee available to residents who moved into an ACH Group residential care home on or after 1 November 2025. HELF replaces the previous Additional Service Fee and Extra Services Fee.

By choosing to pay the HELF fee, residents enjoy services of a higher quality than the standard everyday living services funded by the Government.

Some HELF services include special events and social experiences designed to enhance wellbeing.

These services will be marked with the H symbol for easy identification.



To learn more about HELF services available at your home, please speak with your Customer Service Coordinator, who will be happy to answer any questions.



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# Mary's Trio

December

## Mary's Trio – A Christmas Spectacular!

Get ready to sing along and celebrate the season with Mary's Trio, a delightful three-piece vocal group bringing all your favourite Christmas classics to life! Dressed in fun and festive Christmas-themed outfits, they'll spread cheer with harmonies that sparkle like tinsel.

Why not join in the merriment? Whether you're tapping your toes, humming along, or simply soaking up the joyful atmosphere, this is a performance guaranteed to warm hearts.

# Me 'N Me Mates!



January

## Celebrate Australia Day with 'Me 'N Me Mates!

Join us for a toe-tapping, heartwarming celebration of Aussie spirit with this vibrant musical trio performing a mix of Australian country and folk music – from beloved classics to original tunes that tell stories of the land we love.

This special event features not just music, but a rich blend of poetry, sketches, and holiday-themed songs. Whether you're clapping along to bush ballads or chuckling at a cheeky sketch, it's a true-blue experience you won't want to miss!

# Movin' Melvin Brown

February

**The Adelaide Fringe is coming to you, featuring the unstoppable Movin' Melvin Brown!**

All the way from Texas, Melvin Brown lights up the stage with his signature tap dancing, infectious energy and dazzling mix of music, comedy and charm.

This is a feel-good show packed with rhythm, laughs and pure entertainment. Don't miss the fun!



# Sing for Joy Resident Concert & Sing-along

December

Celebrate the magic of the season with the Sing for Joy Resident Choir as they lead a heartwarming Christmas concert filled with festive favourites and joyful harmonies.

This is no ordinary performance — it's a sing-along celebration! Audience members are warmly invited to join in and lift their voices in song, creating a shared musical experience that's full of cheer, connection, and Christmas spirit.

Whether you're a seasoned singer or just love the sound of carols, come and be part of the joy!



# Santa's coming to town!

December

**This December, each residential home will be graced with a joyful visit from Santa Claus himself!**

Dressed in his classic red suit and full of cheer, Santa will make his way through the homes, bringing smiles, laughter, and a touch of magic to every resident.

Santa will personally greet each resident that attends the event, sharing a moment of kindness and festive spirit.



# New Year's Eve

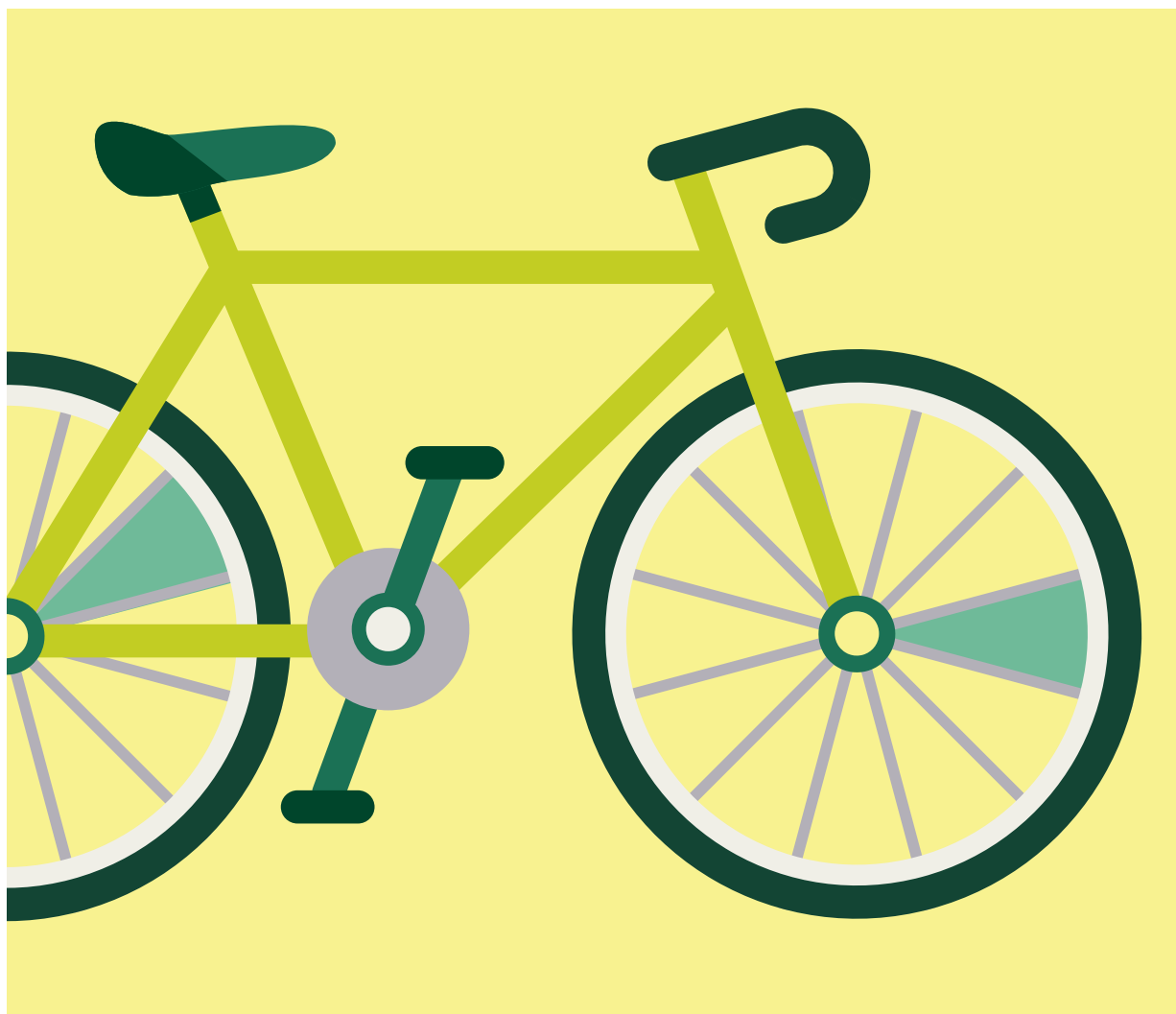
December

## New Year's Eve Celebration – Sweet Beginnings for 2026!

ACH Group invites residents to join in a gentle and joyful New Year's Eve celebration. To make the occasion extra special, each resident will receive a beautifully decorated New Year's cupcake – a sweet treat to celebrate the year gone by and welcome 2026 with cheer.

Whether savoured during a quiet moment or shared among friends, these cupcakes are a simple yet meaningful way to start the new year with happiness and celebration.

# ACH Group's Cycling Challenge



January

## Ride with ACH Group and the Tour Down Under!

Following the success of last year's event, ACH Group is thrilled to announce the return of our very own **Cycling Challenge!** This fun and inclusive celebration of movement, community, and cycling spirit will once again bring excitement and friendly competition across ACH Group residential care homes, alongside the world-class, Tour Down Under.

# Australia Day BBQ

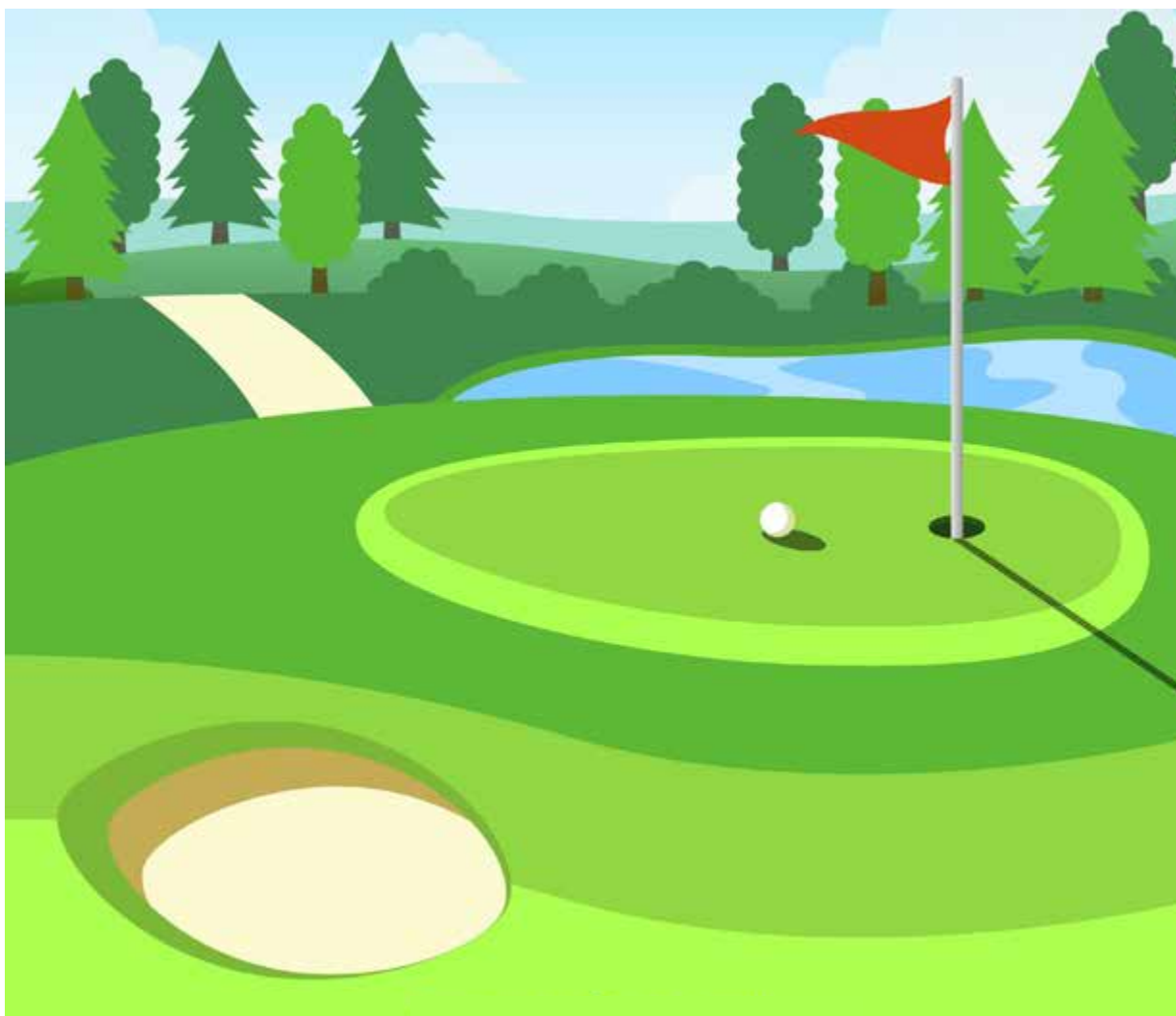
January

**This Australia Day, celebrate early on 23 January with a delicious BBQ lunch!**

Our Hospitality Team will fire up the grill and serve classic Aussie favourites, while the Social Team will create a festive atmosphere with music and decorations. Join us for great food, community spirit, and a true-blue celebration!



# ACH Group's Golf Challenge



**February**

**Get ready to tee off with ACH Group and LIV Golf!**

Residents are invited to join inclusive golf challenges designed for all skill levels - with plenty of laughs, friendly competition and community spirit. Plus, enjoy the thrill of watching the real tournament coverage together.

# Picture Yourself



February

**Picture Yourself is a groundbreaking collaboration between the University of the Sunshine Coast, Creative Australia, and the Australian Association of Gerontology (AAG).**

Led by Creative Ageing Researcher and Senior Lecturer in Photography, Dr Tricia King, we're helping to create an Australian national library of age-positive images that authentically represent older Australians and challenge harmful stereotypes.

These inspiring images will become part of a special exhibition displayed in each home. Join us as we celebrate the moments captured, meet residents and hear their stories.

# Valentine's Day

February

Celebrate love and friendship this Valentine's Day with a warm, inclusive gathering.

Enjoy sweet treats, music, and heartfelt moments that honour all kinds of connections – from friends to family.





## Sing for Joy Choir



**December - February**

**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



**December - February**

**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



## December - February

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

#### December – Residents Choice

Your most-loved cocktail is back by popular demand - as voted by the residents at your home!

#### January – Southern Sparkle

A vibrant, fruity cocktail that glows like a Barossa sunset. Bursting with flavour and a touch of effervescence, it's the perfect sip to toast summer in style.

#### February – Adriatic Kiss

A romantic blend of coastal sweetness with a soft sparkle. This elegant cocktail captures the essence of seaside sunsets – refreshing, delicate, and perfect for celebrating special moments.

**A note for families:** We love it when family and friends join in on any of our experiences, including Happy Hour. From January, to contribute to the cost, any family and friends wishing to join us for a drink at Happy Hour will be charged \$5 per standard drink (max two drinks). Non-alcoholic drinks will continue to be provided at no charge. Drink vouchers can be purchased by Eftpos at reception.

Learn more about the cocktails on **page 25**.

# Armchair Travel: Italy

1.



2.



3.



- 1. Colosseum, Rome
- 2. Grand Canal, Venice
- 3. Verona, Italy

December

Experience the sights and sounds of Italy without leaving your chair!

Residents will enjoy stunning visuals, Italian music, and cultural stories. A relaxing journey through history, art, and cuisine — all from the comfort of home.

# Armchair Travel: South Australia



- 1. Remarkable Rocks, Kangaroo Island
- 2. Breakaways, Coober Pedy
- 3. Victor Harbor

## January

Discover the beauty of South Australia. Enjoy stunning landscapes, local stories, and cultural highlights.

A relaxing journey celebrating the sights, sounds, and flavours of our own backyard.

# Armchair Travel: Croatia

1.



2.



3.



- 1. Dubrovnik
- 2. City of Sibenik
- 3. Fruit Square, Split

February

Explore Croatia's stunning coastlines, historic cities, and vibrant culture.

Enjoy captivating visuals, music, and stories that bring this beautiful European destination to life — no passport required.



## Bus Trips



December - February

**Join us for scenic bus trips to stunning local destinations and soak up the excitement of the Tour Down Under.**

Enjoy relaxing outings, connect with friends, and experience the thrill as world-class cyclists race by – all part of our unforgettable summer experiences.

# Virtual Reality

Two virtual reality sets, alternating monthly.



## December

- Colton Court
- Highercombe

## January

- ViTA
- Milpara

## February

- Kapara
- Healthia

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

December - February

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

We've created 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.



## Weekly Happy Hour

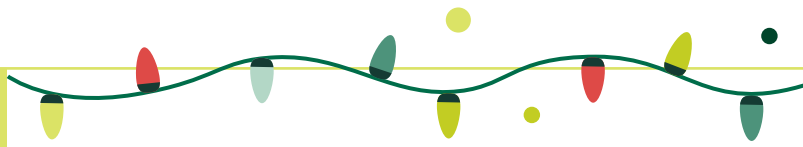
Indulge in a rotating menu of treats, including cheese platters, fresh fruit, savoury hot dishes, a variety of sweets, plus cocktail and mocktail of the month.

## 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

## December



**7 December –  
Cocktail & Mocktail  
of the Month**

Your most-loved cocktail, voted by residents at your home, is back by popular demand!



**25 December –  
Christmas Day**

Residents can enjoy a traditional Christmas lunch brimming with seasonal favourites, followed by hearty dessert to make the celebration truly special.

**31 December –  
New Year’s Eve**

Celebrate New Year’s Eve with a beautifully decorated cupcake! A little treat to share joy, reflect on the year, and welcome 2026 with warmth and sweetness.

## January – February

**5 January – Cocktail &  
Mocktail of the Month**

**Southern Sparkle** - A vibrant, fruity cocktail that glows like a Barossa sunset. Bursting with flavour and a touch of effervescence, it’s the perfect sip to toast summer in style.

**23 January –  
Australia Day BBQ**

Celebrate early with a classic Aussie BBQ lunch! Enjoy great food, festive music, and decorations as we come together for a true-blue celebration.

**6 February – Cocktail &  
Mocktail of the Month**

**Adriatic Kiss** - A romantic blend of coastal sweetness with a soft sparkle. This elegant cocktail captures the essence of seaside sunsets — refreshing, delicate, and perfect for celebrating special moments.

**14 February –  
Valentine’s Day**

Celebrate love and friendship with sweet treats, music, and heartfelt moments. A warm, inclusive gathering to share joy and companionship.

## Religious Services



December - February

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



**December - February**

**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



December - February

**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



December - February

**Move to Improve** is 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 are always looking for ways to improve.**

We're committed to providing the best possible service and believe that feedback—both positive and constructive—is essential to understanding the experiences of those we support, as well as their families and representatives.

We love hearing what we're doing well and welcome your compliments and stories of positive experiences. But we also want to know when things don't go as expected. Every comment, concern, or complaint is an opportunity for us to learn, grow, and improve.

## 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](https://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 during 2025 as part of ACH Group's social and wellbeing program.



*Residents from Colton Court, including Joan, enjoyed a bus trip to Hahndorf.*



*Anita and residents from Kapara had a wonderful day exploring Carrick Hill.*



*A Mad Hatter's Tea Party at Healthia had residents and staff joining in the whimsy with colourful hats, tea and cakes!*



*Residents have been enjoying pamper time at Perry Park. From nail polish and hand cream to lovely chats. It's the little things that make a big difference.*



*At Highercombe, residents donned their favourite headwear to celebrate the race that stops the nation.*



*Residents at Milpara delighted in baby animals from Old MacDonald's Travelling Farms.*



*Happy Birthday to Margaret who celebrated her 100th birthday with friends and staff at ViTA.*

