



**ACH  
GROUP**

# Discover & Explore

**Social Experience Guide**

April – September 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 six residential care homes located across Adelaide. 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.

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 support workers.

Our Day Tours and Getaways offer an opportunity to experience more of South Australia in a relaxed environment, all while making new friends and cherished memories.

# Contents

<b>Day Tours</b>	<b>4</b>
<b>Getaways</b>	<b>18</b>
<b>Frequent Experiences</b>	<b>24</b>
Arts & Culture	26
Sport & Recreation	29
Entertainment	32
Technology	43
Cambodian Community	45
Carer Support	48

## Payment Options

CHSP

Commonwealth  
Home Support Program

SAH

Support at Home

CF

Customer Funded

## Express your interest

📞 Call 08 8159 3222

✉ Email [enquiries@ach.org.au](mailto:enquiries@ach.org.au)

## Learn More



Find out more about  
our Social Guide at  
[achgroup.org.au/discover-  
and-explore](http://achgroup.org.au/discover-and-explore)

## Please note

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



## 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.** From the stunning wine regions of McLaren Vale and the Barossa Valley to the maritime heritage of Port Adelaide, the coastal history and scenic views of the Cockle Train, and the tranquil Murray River, there's so much to explore close to home. Sip tea in the Adelaide Hills, bowl a strike at Strike Bowling, or step inside the opulent former residence of David Roche. Iconic locations, rich history and beautiful scenery await—all within easy reach.

\*All day tours include transport, food, and entry fees. Please advise of any dietary requirements at the time of booking. Day Tours can be offered as part of community respite.

# Activity Levels

**Hot tip:** When booking a bus tour or getaway, check the activity level to suit your comfort and mobility. Our tours are graded by activity level based on the itinerary.

Please note this is a guide only.

## Light

- Suitable for most fitness levels
- Includes independently getting on and off the bus frequently but shorter walks
- Mostly flat terrain
- Ideal for customers who prefer a relaxed pace
- Walkers are suitable to bring

**Example:** Short scenic stops, viewpoints close to bus parking, less walking

---

## Moderate

- Requires a reasonable level of mobility
- Includes independently getting on and off the bus frequently but more walking and time spent exploring on foot
- Likely to include uneven surfaces, gentle slopes or stairs
- Suitable for customers comfortable walking for longer periods
- Suitable for people who use a walker

**Example:** Town exploration, longer walks, museums

---

## High

- Best suited to active customers with good mobility
- Includes frequent movement on and off the bus and extended walking
- May involve stairs, uneven terrain, and standing for longer periods
- A faster pace

**Example:** Cockle Train – involves moving between bus and train, walking to lunch venue and exploration on foot

# PW Mayflower Cruise



Step aboard the PW Mayflower, South Australia’s oldest operating paddle wheeler, built in 1884, and cruise the tranquil Murray River. Enjoy a 90-minute journey to the striking Ponde Cliffs, spotting pelicans, black swans and jumping fish along the way. Soak up the history and scenery before enjoying a relaxed lunch at the Mannum Community Club.

### When & Where (pick up)

Tue 7 & Thu 9 April 2026  
 Hillier & Wynn Vale

Tue 14 & 16 Thu April 2026  
 McLaren Vale, Old Noarlunga  
 & Morphett Vale

Tue 21 & Thu 23 April 2026  
 Paradise & Kensington

Tue 28 & Thu 30 April 2026  
 Glengowrie & Findon

### Included

- Bus Tour Transport
- River Cruise
- Lunch (drinks on consumption)

### Activity Level

Moderate

### Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

## Round House Tour



Enjoy morning tea followed by a guided tour of the Round House, one of Murray Bridge's oldest surviving buildings, completed in 1876 during construction of the first bridge across the Murray River. Discover its role in the town's early history and its life today as a welcoming community space. Enjoy lunch at the Bridgeport Hotel.

### When & Where (pick up)

**Wed 8 April 2026**  
Paradise & Kensington

**Wed 15 April 2026**  
Glengowrie & Findon

**Wed 22 April 2026**  
Hillier & Wynn Vale

**Wed 29 April 2026**  
McLaren Vale, Old Noarlunga  
& Morphett Vale

### Included

- Bus Tour Transport
- Tour & Morning Tea
- Lunch (drinks on consumption)

### Activity Level

Moderate

### Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

# Barossa Chateau High Tea



Enjoy an indulgent, relaxing day in the Barossa Valley. Be welcomed with a refreshing beverage, followed by a full table-service high tea served on beautiful bone china, featuring savoury tiers, sweet treats, and unlimited tea and coffee. Discover the property’s history, including the Rose Garden opened by Queen Elizabeth, and visit the Diana Mitchell Gallery.

### When & Where (pick up)

Tue 5 & Thu 7 May 2026  
 Hillier & Wynn Vale

Tue 12 & Thu 14 May 2026  
 McLaren Vale, Old Noarlunga  
 & Morphett Vale

Tue 19 & Thu 21 May 2026  
 Paradise & Kensington

Tue 26 & Thu 28 May 2026  
 Glengowrie & Findon

### Included

- Bus Tour Transport
- High Tea (drinks on consumption)

### Activity Level

Light

### Price per person

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

CHSP	SAH			CF
	Package Charge + Customer Charge		Respite Package Charge	(Includes GST)
\$60	\$265	\$40	\$305	\$335.50

## Cockle Train (May)



The Cockle Train travels Australia's oldest steel-railed railway, built in 1854 to link the River Murray with the ocean ports of Port Elliot and Victor Harbor. Its name comes from early settlers who rode horse-drawn trains to Goolwa to collect cockles for bait near the Murray Mouth. Enjoy lunch at The Crown Hotel.

### When & Where (pick up)

Wed 6 May 2026  
Paradise & Kensington

Wed 13 May 2026  
Glengowie & Findon

Wed 20 May 2026  
Hillier & Wynn Vale

Wed 27 May 2026  
McLaren Vale, Old Noarlunga  
& Morphett Vale

### Included

- Bus Tour Transport
- Train Ticket
- Lunch (drinks on consumption)

### Activity Level

High

### Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

## Grünthal Brew



Head into the hills to Grünthal for a guided tasting. Your host will share flavour notes and the stories behind each product. Afterwards, relax and enjoy a shared three-course lunch in this beautiful setting, overlooking the Onkaparinga River.

### When & Where (pick up)

Tue 2 & Thu 4 June 2026  
Hillier & Wynn Vale

Tue 9 & Thu 11 June 2026  
McLaren Vale, Old Noarlunga  
& Morphett Vale

Tue 16 & Thu 18 June 2026  
Paradise & Kensington

Tue 23 & Thu 25 June 2026  
Glengowrie & Findon

### Included

- Bus Tour Transport
- Product Tasting
- Lunch (drinks at own expense)

### Activity Level

Light

### Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge	Respite Package Charge		
\$60	\$265	\$40	\$305	\$335.50

## d'Arenberg Cube



In 2003, Chester Osborn dreamt up the striking d'Arenberg Cube, inspired by puzzles and complexities of winemaking. The iconic destination opened in 2017 and has won countless awards for its unique design. Be guided through the immersive Alternate Realities Museum and enjoy a hosted tasting experience before venturing into McLaren Vale for lunch.

### When & Where (pick up)

Wed 3 June 2026

Paradise & Kensington

Wed 10 June 2026

Glengowrie & Findon

Wed 17 June 2026

Hillier & Wynn Vale

Wed 24 June 2026

McLaren Vale, Old Noarlunga  
& Morphett Vale

### Included

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

### Activity Level

Moderate

### Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

# Strike Bowling



Enjoy a fun-filled day of ten pin bowling. Enjoy nostalgic lanes with modern twists, two games of bowling, and delicious pizzas with fries. Show off your smooth technique, chase a few strikes, and enjoy friendly competition.

## When & Where (pick up)

Tue 7 & Thu 9 July 2026  
Hillier & Wynn Vale

Tue 14 & Thu 16 July 2026  
McLaren Vale, Old Noarlunga  
& Morphett Vale

Tue 21 & Thu 23 July 2026  
Paradise & Kensington

Tue 28 & Thu 30 July 2026  
Glengowrie & Findon

## Included

- Bus Tour Transport
- Two games of bowling - enclosed shoes required
- Lunch (drinks at own expense)

## Activity Level

High

## Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

# David Roche Gallery & Museum



Visit the David Roche Museum in North Adelaide for a guided tour of Fermoy House, David Roche's former residence, and the adjoining internationally recognised gallery. Discover opulent interiors filled with a lifetime of collected treasures and admire standout artworks on display. After the tour, enjoy lunch at a local North Adelaide hotel.

## When & Where (pick up)

Wed 8 July 2026

Paradise & Kensington

Wed 15 July 2026

Glengowrie & Findon

Wed 22 July 2026

Hillier & Wynn Vale

Wed 29 July 2026

McLaren Vale, Old Noarlunga  
& Morphett Vale

## Included

- Bus Tour Transport
- Museum Tour
- Lunch (drinks at own expense)

## Activity Level

Moderate

## Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

# Hardy's Verandah High Tea



Indulge in refined elegance and experience high tea at Hardy's Verandah Restaurant located at Mount Lofty House. Set in the heart of the home, this elevated experience goes beyond tradition, offering a sensory journey of exquisitely crafted pastries, delicate finger sandwiches and fine loose-leaf teas, all enjoyed in a sophisticated setting with timeless décor and sweeping views.

## When & Where (pick up)

Tue 4 & Thu 6 Aug 2026  
Hillier & Wynn Vale

Tue 11 & Thu 13 Aug 2026  
McLaren Vale, Old Noarlunga  
& Morphett Vale

Tue 18 & Thu 20 Aug 2026  
Paradise & Kensington

Tue 25 & Thu 27 Aug 2026  
Glengowrie & Findon

## Included

- Bus Tour Transport
- High Tea

## Activity Level

Light

## Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

# Ondeen



Experience Ondeen - where culinary excellence meets immersive dining, set against the picturesque Adelaide Hills. Enjoy shared starters, entrées, and mains in the beautifully restored 1851 homestead. Savour seasonal flavours, relaxed conversation, and the charm of this historic setting for a memorable and welcoming dining experience.

## When & Where (pick up)

Wed 5 Aug 2026

Paradise & Kensington

Wed 12 Aug 2026

Glengowrie & Findon

Wed 19 Aug 2026

Hillier & Wynn Vale

Wed 26 Aug 2026

McLaren Vale, Old Noarlunga  
& Morphett Vale

## Included

- Bus Tour Transport
- Three-course curated lunch (drinks on consumption)

## Activity Level

Light

## Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

# Dolphin & Maritime Cruise



Cruise the Port River and explore the Adelaide Dolphin Sanctuary, with the chance to see local dolphin pods along the way. Learn about the area’s rich maritime history and see a working port in action, including the Naval Group Submarine dry dock and the \$2 billion submarines. Enjoy lunch at a local pub.

## When & Where (pick up)

Tue 1 & Thu 3 Sept 2026  
Hillier & Wynn Vale

Tue 8 & Thu 10 Sept 2026  
McLaren Vale, Old Noarlunga & Morphett Vale

Tue 15 & Thu 17 Sept 2026  
Paradise & Kensington

Tue 22 & Thu 24 Sept 2026  
Glengowrie & Findon

## Included

- Bus Tour Transport
- River Cruise
- Lunch (drinks on consumption)

## Activity Level

Moderate

## Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

## Cockle Train (September)



The Cockle Train travels Australia's oldest steel-railed railway, built in 1854 to link the River Murray with the ocean ports of Port Elliot and Victor Harbor. Its name comes from early settlers who rode horse-drawn trains to Goolwa to collect cockles for bait near the Murray Mouth. Enjoy lunch at the Crown Hotel.

### When & Where (pick up)

Wed 2 Sept 2026  
Paradise & Kensington

Wed 9 Sept 2026  
Glengowie & Findon

Wed 16 Sept 2026  
Hillier & Wynn Vale

Wed 23 Sept 2026  
McLaren Vale, Old Noarlunga  
& Morphett Vale

### Included

- Bus Tour Transport
- Train Ticket
- Lunch (drinks on consumption)

### Activity Level

High

### Price per person

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

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50



## Getaways

---

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

Discover the very best of South Australia with getaways spanning wine regions, the Riverland and outback country landscapes. All while making new friends who you'll share lasting memories with.

# Booking Process for CHSP Customers on ACH Group Getaways

---

In response to customer feedback, ACH Group has introduced an online booking option, while continuing to offer bookings through Customer Service for Guided Getaways. Please note, due to recent changes in Government funding, Support at Home customers are no longer funded for Getaways. Customers are welcome to participate if they choose to self-fund.

## Getaway participants must be able to:

- Get on and off bus steps independently and frequently
  - Stand for extended periods and walk over uneven surfaces
  - Wear supportive footwear
  - Use walking aids independently (if applicable)
  - Manage your own personal care
- 

## Option 1: Book online via Humanitix

Scan the the QR code on the Getaway page. Book and pay up front (at the time of booking). Only ACH Group customers can book. Please note, the information you enter is being shared with a third-party platform (Humanitix) for booking purposes.

- Failure to pay will result in a loss of booking.
- Cancellations are in-line with the ACH Group Getaway cancellation policy.

## Option 2: Express interest by phone

Express your interest in booking by calling ACH Group on 08 8159 3222. A member of our Social Team will later 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, to support connection with existing friendship groups. Please mention any friends you wish to attend with when booking.

ACH Group reserves the right to adjust bookings on demand and to cancel bookings where incorrect CHSP codes are provided or where we cannot safely support your physical or cognitive needs.

# Flinders Ranges

**4 days/  
3 nights**

Photo: Tourism Australia /  
South Australian Tourism  
Commission



Travel through the rolling hills of the Clare Valley, stopping at award-winning bakery, The Little Red Grape. Visit Hawker's Jeff Morgan Art Gallery, home to stunning panoramic artworks, before enjoying sunset canapés at Stokes Hill. Tour Brachina and Bunyeroo Gorges and discover the ancient fossil layers and sweeping views of Ikara–Flinders Ranges.

## When

Mon 24 – Thur 27 Aug 2026



Scan Me



## Included

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

## Price per person

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

Twin	CHSP	\$1200	CF* (includes GST)	\$4290
Single		\$1800		\$4840

\*Customer Funded Getaways only available for booking and payment through Humanitix.

# Clare, Melrose and Pichi Richi

**3 days/  
2 nights**



Photo credit - Isacc Forman

See the golden fields of canola as you drive through the Clare Valley, stopping at Goyder's Monument to view Mount Remarkable and enjoy the Silo Light Show. Ride the Pichi Richi Explorer and experience a native high tea lunch at Woolshed Flat. View ancient Flinders Ranges geology, wine tasting at Kilikanoon, tapas-style lunch and wine-pairing at Mr Mick's and a visit to the historic Martindale Hall in Mintaro.

## When

Mon 28 – Wed 30 Sep 2026

## Included

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



Scan Me



## Price per person

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

Twin	CHSP	\$1000	CF* (includes GST)	\$3190
Single		\$1600		\$3960

\*Customer Funded Getaways only available for booking and payment through Humanitix.

# Riverland

3 days/  
2 nights



Follow the mighty Murray north-east into the Riverland. Discover Waikerie Silo Art, sample local produce at Illalangi Gourmet Foods, and take a guided tour of Pines Historic House and Garden. Visit Olivewood Homestead, cook a riverside BBQ at Woolshed Brewery, explore wetlands, glimpse the life of a shearer with a shearing show, Return via the Murraylands, visit the Round House in Murray Bridge, and enjoy a private safari at Monarto Safari Park.

## When

Wed 11 – Fri 13 November 2026

## Included

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



Scan Me



## Price per person

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

Twin	CHSP	\$1000	CF* (includes GST)	\$3190
Single		\$1600		\$3960

\*Customer Funded Getaways only available for booking and payment through Humanitix.

# Proud Mary

3 days/  
2 nights



Relax in an instant as you glide along the Murray River aboard the Proud Mary. Abundant wildlife and magnificent scenery will be seen throughout your entire stay. Take in the towering cliffs and beautiful sandy beaches. At night, the Proud Mary's powerful floodlights provide a rare glimpse of nocturnal wildlife, such as night herons and owls.

## When

Fri 4 – Sun 6 December 2026



Scan Me



## Included

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

## Price per person

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

Twin	CHSP	\$1000	CF* (includes GST)	\$3190
Single		\$1600		\$3960

\*Customer Funded Getaways only available for booking and payment through Humanitix.



## Frequent Experiences

---

Keep doing the things you love or try something new!

We've made it easier to explore our wide range of social experiences. Simply find the category you're 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 26 - 28



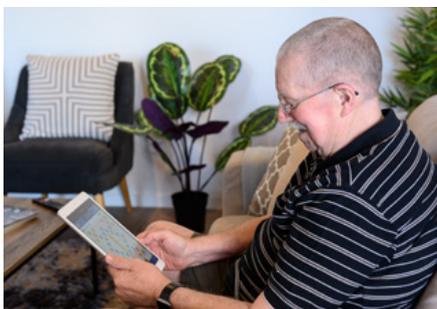
## Sport & Recreation

Pages 29 - 31



## Entertainment

Pages 32 - 42



## Technology

Pages 43 - 44



## Cambodian Community

Page 45 - 47



## Carer Support

Pages 48 - 49

## Art in Focus

Book a  
free come  
and try



Enjoy the benefits that creativity can bring and learn how to use a variety of artistic mediums. No experience is necessary; you will be guided by an experienced art instructor who will help you learn different techniques to create stunning pieces to keep and cherish. Artists have the opportunity to participate in South Australian Living Artists Festival (SALA) held annually in August. It's a great opportunity to exhibit your work and join a statewide celebration of creativity.

### 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

### Price per person

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

CHSP	\$18	SAH	\$100	CF (Includes GST)	\$110
------	------	-----	-------	----------------------	-------

# Sing for Joy Choir

Book a  
free come  
and try



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

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

CHSP	\$18	SAH	\$100	CF (Includes GST)	\$110
------	------	-----	-------	----------------------	-------

## Pottery Class



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'll be guided through essential techniques in a relaxed, creative environment. We recommend that 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

### Price per person

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

CHSP	\$20	SAH	\$90	CF (Includes GST)	\$99
------	------	-----	------	----------------------	------

## Social Lawn Bowls

Book a  
free come  
and try



Whether you're an experienced player or trying for the first time, playing lawn bowls is 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 the weather, lawn bowls may pause over winter. Please contact the Social Team to confirm as they differ for each location.

### Price per person

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

CHSP	\$18	SAH	\$90	CF (Includes GST)	\$99
------	------	-----	------	----------------------	------

## On Par Social Golf

Book a  
free come  
and try



Enjoy a round 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's 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

### Price per person

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

CHSP	\$25	SAH	\$115	CF (Includes GST)	\$126.50
------	------	-----	-------	----------------------	----------

## 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
Westward Ho Golf Club	Men's Golf	Friday	9.30am

### Price per person

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

CHSP	\$18	SAH	\$115	CF (Includes GST)	\$126.50
------	------	-----	-------	----------------------	----------

# Out of the Square: Concert Series



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

For details on shows in July, August and September 2026, please contact our Social Team, as details were unavailable at the time of printing.

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

## Price per person

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

CHSP	SAH			CF
	Package Charge + Customer Charge		Respite Package Charge	(Includes GST)
\$18	\$60	\$20	\$80	\$88

Day	Date	Suburb	Location
<b>April – The Aretha Hour</b>			
Tue	7	Oaklands Park	Marion Cultural Centre
Wed	8	Port Noarlunga	Port Noarlunga Arts Centre
Fri	10	Angle Park	The Parks Theatre
Mon	13	Elizabeth	Shedley Theatre
Thu	16	Golden Grove	Golden Grove Arts Centre
<b>May – I am Woman</b>			
Mon	11	Elizabeth	Shedley Theatre
Wed	13	Port Noarlunga	Port Noarlunga Arts Centre
Thu	14	Golden Grove	Golden Grove Arts Centre
Tue	19	Oaklands Park	Marion Cultural Centre
Fri	22	Angle Park	The Parks Theatre
<b>June – Band of SA Police</b>			
Tue	9	Oaklands Park	Marion Cultural Centre
Wed	10	Port Noarlunga	Port Noarlunga Arts Centre
Thu	11	Golden Grove	Golden Grove Arts Centre
Fri	12	Angle Park	The Parks Theatre
Mon	15	Elizabeth	Shedley Theatre

## 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 may be offered as part of community respite.

### Time

6pm - 9pm

### Price per person

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

CHSP	\$20	SAH	\$130	CF (Includes GST)	\$143
------	------	-----	-------	----------------------	-------

<b>Date</b>	<b>Suburb</b>	<b>Location</b>
<b>April</b>		
10	Hackham	Aussie Inn
17	Gilles Plains	Nor East Hotel
24	Semaphore	Semaphore Palais
<b>May</b>		
1	Payneham	Payneham Tavern
8	Port Noarlunga	Port Noarlunga Hotel
15	Modbury	Modbury Hotel
29	Plympton	Highway Hotel
<b>June</b>		
5	Walkerville	Sussex Hotel
12	Reynella	The Vines Golf Club
19	Para Hills	Para Hills Community Club
19	West Lakes	Lakes Hotel
<b>July</b>		
3	Paradise	Paradise Hotel
10	Woodcroft	The Park Bistro
17	Gilles Plains	Highlander Hotel
31	Glenelg	The Holdfast Hotel
<b>August</b>		
7	Walkerville	The Sussex
14	Lonsdale	Lonsdale Hotel
21	Brahma Lodge	Brahma Lodge Hotel
28	Glengowrie	Morphett Arms Hotel
<b>September</b>		
4	Payneham	Payneham Tavern
11	Aldinga Beach	Breeze Cafe
18	Salisbury Heights	The Old Spot
25	Semaphore	Semaphore Hotel

## Long Lunches – Relax, dine and connect



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

### Price per person

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

CHSP	\$18	SAH	\$110	CF (Includes GST)	\$121
------	------	-----	-------	----------------------	-------

Day	Date	Suburb	Location
<b>April</b>			
Thu	2	Golden Grove	Green Ginger
Thu	2	Glenelg	Glenelg Surf Life Saving Club
Thu	9	Port Noarlunga	Port Noarlunga Hotel
Fri	10	Norwood	The Alma
Mon	13	Parafield Gardens	Kwik Stix
Mon	13	Morphett Vale	Caffe Primo
Thu	16	Mile End	Mile End Hotel
Fri	17	Firle	Caffe Primo
Mon	20	O'Halloran Hill	Victoria Hotel
Mon	20	Gilles Plains	The Nor East
Mon	20	Seaton	Links Hotel
Thu	23	Aldinga	Aldinga Hotel
Fri	24	Newton	Fine Food Cucina
Mon	27	Modbury North	Clovercrest Hotel
Mon	27	Reynella	Fasta Pasta
Thu	30	West Lakes	Sportivo Woodfire Kitchen
<b>May</b>			
Fri	1	Walkerville	Walkers Arms Hotel
Mon	4	Angle Vale	Angle Vale Tavern
Mon	4	Regency Park	Regency Tavern
Thu	7	Stepney	The Maid Hotel
Thu	7	Mclaren Vale	Carmel's
Fri	8	Campbelltown	Cafe Va Bene
Mon	11	Brahma Lodge	Brahma Lodge Hotel
Mon	11	Old Reynella	Crown Inn Hotel
Thu	14	Hindmarsh	The Lady Daly Hotel
Fri	15	Gilles Plains	The Nor East
Mon	18	Mawson Lakes	Mawson Lakes Hotel

Mon	18	Birkenhead	Birkenhead Tavern
Mon	18	Old Noarlunga	Old Noarlunga Hotel
Thu	21	Seaford	San Marinos Cafe Ristorante
Fri	22	Norwood	The Bath Hotel
Mon	25	Tea Tree Gully	Gully Public House & Garden
Mon	25	Woodcroft	Woodcroft Hotel
Thu	28	Findon	Cucina by Liquid
Fri	29	Collinswood	Hampstead Hotel

## June

Mon	1	Pooraka	Bridgeway Hotel
Mon	1	Clarence Gardens	Avoca Hotel
Thu	4	Coromandel Valley	Duck Inn
Thu	4	Gawler	Gawler Arms Hotel
Fri	5	Newton	Fine Food Cucina
Thu	11	Kidman Park	La Vita Ristorante Cafe
Fri	12	Norwood	The Alma
Mon	15	Windsor Gardens	Windsor Hotel
Mon	15	Edwardstown	Maid of Auckland Hotel
Thu	18	Hackham	Trittico Ristorante
Fri	19	Wynn Vale	Milk and Honey
Mon	22	Northfield	Grand North
Mon	22	Flagstaff Hill	Flagstaff Hotel
Thu	25	Port Adelaide	The Lighthouse Wharf Hotel
Fri	26	Firle	Caffe Primo
Mon	19	Oakden	The Founders Restaurant
Mon	29	Marion	Club Marion
Mon	29	Hackham	Mick O'Shea's Hotel

## July

Thu	2	Norwood	The Robin Hood Hotel
Thu	2	Christies Beach	Lone Star Rib House

Fri	3	Modbury	Paradiso Cafe at Sferas
Mon	6	Dernancourt	Caffe Primo
Mon	6	Willunga	Old Bush Inn
Thu	9	Allenby Gardens	Tavern 540
Fri	10	Gawler	Southern Hotel
Mon	13	Paradise	Paradise Hotel
Mon	13	Mitchell Pk	Marion Hotel
Thu	16	O'Halloran Hill	Schnithouse
Fri	17	Payneham	Payneham Tavern
Mon	20	Salisbury Heights	Old Spot Hotel
Mon	20	Morphett Vale	Caffe Primo
Thu	23	Angle Park	McQueens Tavern
Fri	24	Glynde	The Glynde Hotel
Mon	27	Gawler	The Southern Hotel
Mon	27	Pt Adelaide	Fasta Pasta
Mon	27	Seaford	San Marino Cafe Ristorante
Thu	30	Old Noarlunga	The Oldy
Fri	31	Norwood	The Bath Hotel

### August

Mon	3	Parafield Gardens	Kwik Stix
Mon	3	Hackham	The Aussie Inn
Thu	6	Edwardstown	The Castle Tavern Castle Plaza
Fri	7	Golden Grove	Green Ginger
Mon	10	Glenelg	Mamma Carmela Cafe Pizzeria
Mon	10	Parkside	Earl of Leicester Hotel
Thu	13	Noarlunga	Jimmy Deane's
Fri	14	Gilles Plains	The Nor East
Mon	17	Marryatville	The Marryatville Hotel
Mon	17	Lonsdale	Lonsdale Hotel
Thu	20	Brighton	Charlie's Diner (Brighton Metro)

Fri	21	Gawler	Gawler Arms Hotel
Mon	24	Ovingham	The Ovingham Hotel
Mon	24	Norwood	The Republic
Mon	24	Old Reynella	Yum Sing Restaurant
Thu	27	Willunga	Willunga Hotel
Fri	28	Collinswood	Hampstead Hotel
Mon	31	Salisbury	Old Spot Hotel
Mon	31	Christies Beach	Christies Beach Hotel
<b>September</b>			
Thu	3	Royal Park	Hendon Hotel
Thu	3	Norwood	The Alma
Fri	4	Gilles Plains	The Highlander
Mon	7	Norwood	The Kensi
Mon	7	Marion	Café Finnis
Thu	10	Port Noarlunga	Mamma Carmela Cafe Pizzeria
Fri	11	Gilles Plains	Fasta Pasta
Mon	14	Gepps Cross	Coopers Ale House
Mon	14	Old Noarlunga	Old Noarlunga Hotel
Thu	17	Glenelg North	Watermark Hotel
Fri	18	Paradise	Paradise Hotel
Mon	21	Brahma lodge	The Brahma Lodge Hotel
Mon	21	Port Adelaide	Schnithouse
Mon	21	Aldinga	Aldinga Hotel
Thu	24	O'Halloran Hill	Schnithouse
Fri	25	Kent Town	Kent Town Hotel
Mon	28	Modbury North	Clovercrest Hotel
Mon	28	Hackham	Mick O'Shea's Hotel

## 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 around Adelaide. Whether you are up for a laugh, or just a good meal, we've got you covered, up to \$28 per meal. Just Blokes Monthly Lunches can be offered as part of community respite.

### Date Suburb Location

Wed 22 Port Adelaide Pirate Life Brewing

Thu 30 Elizabeth North The Red Lion Hotel

### May

Fri 24 Aldinga Kick Back Brewery

Thu 28 Northfield Grand North

### June

Wed 24 Royal Park Big Shed Brewing

Thu 25 Elizabeth Playford Tavern

### Date Suburb Location

### July

Fri 24 Christies Beach Lone Star Rib house

Thu 30 Oakden The Founders Rest.

### August

Wed 26 Regency Park Coopers Brewery

Thu 27 Mawson lakes Mawson Lakes Hotel

### September

Fri 25 Port Noarlunga Port Noarlunga Hotel

Thu 24 St Kilda The St Kilda Hotel

### Price per person

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

CHSP	\$18
------	------

SAH	\$110
-----	-------

CF (Includes GST)	\$121
----------------------	-------

## One-on-One: Personalised Social Connection



This experience is all about you. Whether it's a stroll through your favourite 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, this one-on-one experience offers connection in a relaxed, familiar setting – at home or in your community.

### Time

Monday – Friday, 6am – 8pm

### Price per person

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

CHSP	\$18	SAH	\$125	CF (Includes GST)	\$137.50
------	------	-----	-------	----------------------	----------

## Expert Tech Coaching: Confidence with every click



Whether you're 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.

### Price per 5 hours

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

CHSP	\$115	SAH	\$795 + travel quoted upon booking
------	-------	-----	------------------------------------

## 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'll guide you in creating personalised photobooks with narrations and custom backgrounds, resulting in a beautiful keepsake that tells your story.

### When & Where

5 hours, split over multiple in-home sessions.

### Price per 5 hours

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

CHSP	\$115	SAH	\$795 + travel quoted upon booking
------	-------	-----	------------------------------------

## Record Your Life Story

Share your unique life journey with your family and friends, 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, split over multiple in-home sessions.

### Price per 5 hours

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

CHSP	\$115	SAH	\$795 + travel quoted upon booking
------	-------	-----	------------------------------------

## Weekly Social Groups – Cambodian Community



At ACH Group, we are dedicated to working with the Cambodian Community in a way that deeply respects your 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

### Price per session

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

CHSP	\$0	SAH	\$88	CF (Includes GST)	\$96.80
------	-----	-----	------	----------------------	---------

## Temple Visits – Cambodian Community



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 are offered for the Cambodian Community.

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

### Price per visit

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

CHSP	\$0	SAH	\$88	CF (Includes GST)	\$96.80
------	-----	-----	------	----------------------	---------

## Day Tours – Cambodian Community



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.

Bus Tours can be offered as part of community respite.

### Price per session

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

CHSP	\$60	SAH Package Charge	\$305	CF (Includes GST)	\$335.50
------	------	-----------------------	-------	----------------------	----------

## Out & About: Social Connection & Carer Respite



This group supports people seeking social connections and is inclusive of people living with memory loss. The group enjoys lunch together and takes part in word and board games. The program offers short-term respite for carers. Participants enjoy lunch at welcome 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

### Price per session

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

CHSP	\$36	SAH	\$180	CF (Includes GST)	\$198
------	------	-----	-------	----------------------	-------

# Perry Park (Port Noarlunga) Community Respite



Perry Park Community Respite offers an 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

## Price per day

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

CHSP	\$45	SAH	\$245	CF (Includes GST)	\$269.50
------	------	-----	-------	----------------------	----------

# 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 traveling, 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 SAH\* prices are not inclusive of GST.
- Customer funded prices are inclusive of GST.



# 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](http://achgroup.org.au/volunteering)  
or email [volunteers@ach.org.au](mailto:volunteers@ach.org.au)

**Scan Me**





# Your Partner in Health and Ageing Well

Our goal is to help you live safely and confidently in your own home for longer. We understand that managing your health and wellbeing can involve many different services. That's why ACH Group Health Studios offer a truly integrated approach, bringing everything you need under one roof for your health and fitness journey. Be supported by our qualified health professionals who understand the unique health and fitness requirements of older people.

## Our services include:

**Allied Health** – access to Physiotherapy, Exercise Physiology, Podiatry, Occupational Therapy, Dietetics, Remedial Massage and Social Work.

**Wellness Programs** – guided by a Personal Trainer, these classes suit people of all fitness levels and offer varying intensity.

**Group Exercise** – Specialised groups designed to help you achieve specific health goals with support from a qualified health professional.

One-to-one sessions are available for those who would like a personalised service.

Christie Downs | Glenelg | Rostrevor

Ready to start your health journey?

Call 8159 3500 | [achgroup.org.au/studio](http://achgroup.org.au/studio)

Scan Me









SING FOR JOY CHOIR  
presents



# Passport to Song!



A musical  
journey through  
life, love and  
memories

9 MAY 2026 | 2 - 4PM

Adelaide Entertainment Centre  
98 Port Road, Hindmarsh

Tickets  
**ON SALE**  
10 March!

