



Social and Wellbeing Guide

Residential Care

March – May 2026

About ACH Group

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

Our Social and Wellbeing Guide presents some of the best experiences on offer at ACH Group residential care homes from March to May 2026.

The experiences include social, health and wellness, and special events celebrated with food. The guide provides 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.

From the vibrant rhythms of Sun of Africa's exhilarating drumming performance to the smooth sounds of New Orleans-style jazz from the Brenton Foster Jazz Trio, the program is rich with music and celebration. Mark St Patrick's Day with green cupcakes and a touch of Irish fun, lift your voice with the Sing for Joy Choir led by a professional choir director, or explore your creative side in art classes guided by experienced teachers. There is 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.

All information herein is correct at the time of publication. Details are subject to change without notice. Learn more about ACH Group residential care homes at ach.org.au/residential-care



Supporting residents to feel connected

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 (HELFF)

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

By choosing to pay the HELFF fee, residents will enjoy an expanded offering of services.

Some HELFF 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 HELFF services available at your home, please speak with your Customer Service Coordinator, who will be happy to answer any questions.





Contents

About ACH Group Social and Wellbeing Experiences	2
Supporting residents to feel connected	3
Higher Everyday Living Services (HELFS)	3
Entertainment	6
The Newry Studio of Irish Dancing	6
Sun Of Africa	7
Brenton Foster Jazz Trio	8
Events	9
Denim Day for Dementia	9
St. Patrick's Day	10
Footy Tipping	11
Harmony Day	12
ANZAC Day Commemoration Service	13
Easter traditions and treats	14
Star Wars Day: May the 4th be with you!	15
Mother's Day High Tea	16
Weekly Social Experiences	17
Art Classes	17
Sing for Joy	18-19
Friday Happy Hour	20
Armchair Travel – Ireland, Africa, New Orleans	21-23
Bus Trips	24
Virtual Reality	25
Culture Experiences	26
Religious Services	26
Health and Wellness	27
Gym	27
Strength and Balance	28
Move to Improve	29

The Newry Studio of Irish Dancing

March

Celebrate St Patrick's Day with the Newry Studio of Irish Dancing, presenting a vibrant, high-energy performance to much-loved Irish favourites and Lord of the Dance classics.

Following the performance, dancers will spend time with residents, sharing stories, traditions, and insights into the world of Irish dance.



Sun Of Africa

African Drumming Performance and Workshop

April

Experience the joy of African drumming in a gentle, hands-on workshop featuring rhythm, simple movement, and cultural storytelling.

Designed for all mobility levels, this welcoming session encourages mental stimulation, light physical activity, and shared connection — no prior experience needed.





Brenton Foster Jazz Trio

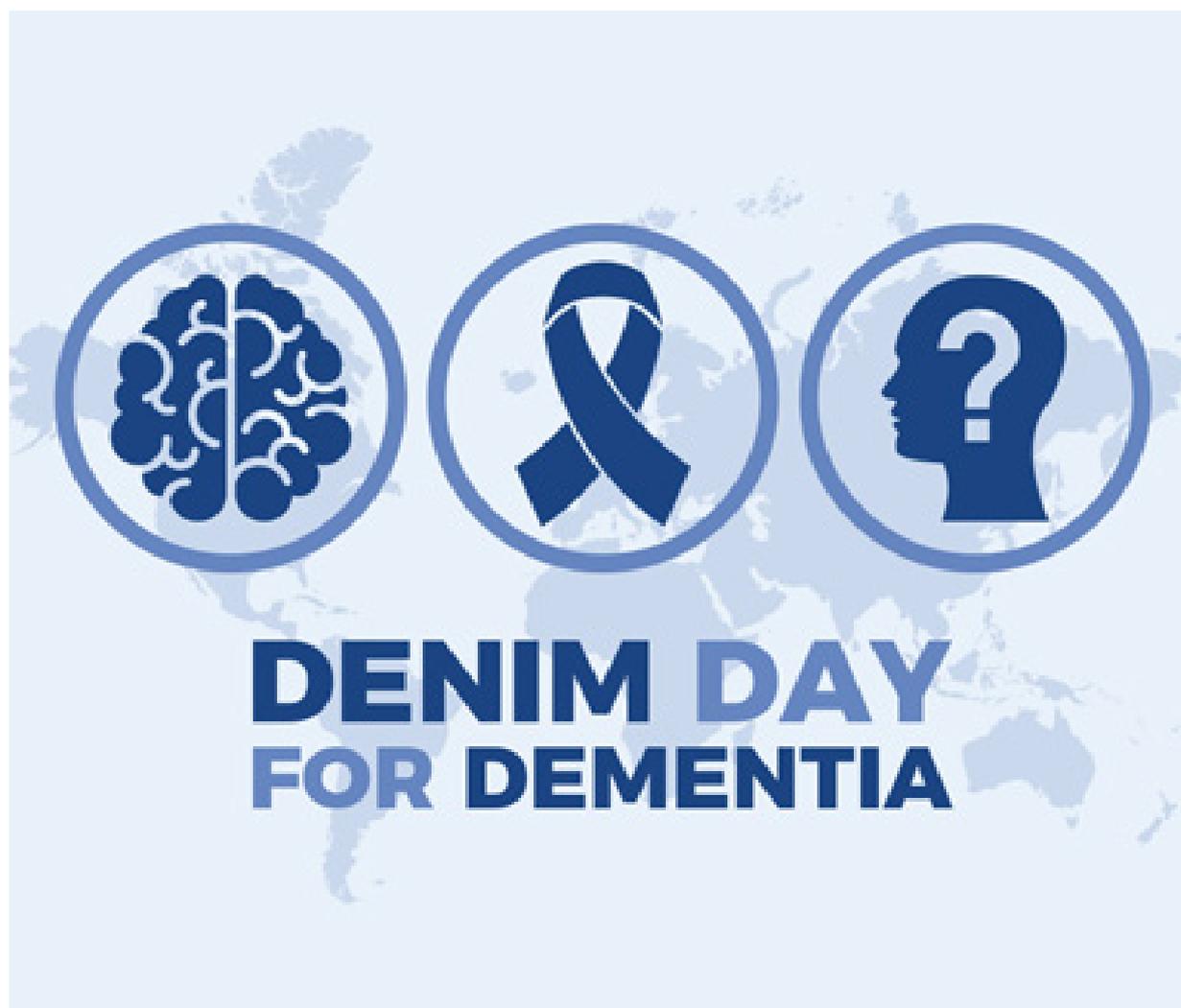
May

You are invited to relax and enjoy a live performance by a New Orleans–style jazz trio, featuring piano and vocals, trumpet, and bass.

The trio will perform much-loved jazz standards and familiar tunes inspired by the rich musical traditions of New Orleans, known for their gentle swing, uplifting melodies, and timeless charm.



Denim Day for Dementia



6 March

Denim Day for Dementia is a national campaign inviting everyone to wear denim in support of people living with dementia and their families.

By taking part, you will be helping to raise vital funds and increase awareness for people affected by Dementia. Pull on your favourite jeans or denim shirt and show your support for Dementia Australia in helping to fund essential services, research and meaningful support programs.

All funds raised will go directly to Dementia Australia.

St. Patrick's Day

March

Celebrate St Patrick's Day with lively Irish tunes, themed activities and plenty of good cheer.

This relaxed, feel-good program invites everyone to join in the fun — whether you're tapping your toes, sharing a laugh or simply soaking up the festive atmosphere.

*Why do people wear shamrocks on St Patrick's Day?
Because real rocks are far too heavy!*



Footy Tipping



March

Footy fever returns to ACH Group residential care homes on 5 March, as staff and residents come together for our much-loved Footy Tipping Competition.

Taking place throughout the AFL season until the Grand Final in late September, this friendly challenge is all about connection, good-natured rivalry, and a shared love of the game.

Whether you're a seasoned tipster or choose teams by their colours, everyone is welcome to join in. With prizes, bragging rights and an end-of-season celebration, it's a great way to spark conversation, and enjoy some good-natured fun.

Harmony Day



March

Harmony Day celebrates Australia's rich cultural diversity. On 20 March, staff and residents are invited to share stories, traditions, music, and dance from around the world.

Staff and residents are encouraged to wear cultural attire or orange, the colour of Harmony Day. A shared display will celebrate cultures and backgrounds across our homes.

Everyone belongs at ACH Group, and Harmony Day is a wonderful way to celebrate our cultures, together.

HARMONY WEEK



ANZAC Day Commemoration Service



April

A respectful service will be held at all ACH Group residential care homes to mark ANZAC Day, featuring commemorative music, reflective readings and a minute's silence as we honour the courage, service and sacrifice of the men and women who served our nation.

Easter traditions and treats

April

Celebrate Easter with a joyful gathering filled with warmth, colour and togetherness.

Enjoy hot cross buns and a thoughtfully adapted Easter egg hunt, designed so everyone can take part, whether searching, spotting, or simply delighting in the surprises.

A heartwarming and vibrant celebration of nostalgia and sweet seasonal moments for all to enjoy.



Star Wars Day: May the 4th be with you!



May

Step into a galaxy far, far away celebrating all things Stars Wars in honour of the unofficial day of celebration for the Star Wars franchise on May the 4th.

Enjoy a fun and light-hearted themed event filled with iconic music, engaging activities, movie moments and a few intergalactic surprises. Whether you're a lifelong fan or simply curious, there's no need to know the films – this celebration is all about trying something different and enjoying the adventure together.

May the fun be with you!

Mother's Day High Tea

May

Join us as we honour the love, care and kindness of mothers and the remarkable women who have shaped our lives.

Enjoy a selection of sweet and savoury delights, freshly brewed tea and coffee, and the pleasure of coming together.



Art Classes



March - May

Express your creativity in a welcoming, supportive environment. Explore various techniques, experiment with different mediums and develop your skills.

No experience is necessary, and you will be guided by an experienced art teacher to create art for you to cherish and keep.

Sing for Joy Choir



March - May

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.

Friday Happy Hour



March - May

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

March – Emerald Fizz (Ireland)

Lemon & Champagne – crisp, lively, and fresh as Irish spring air.

April – Savanna Bloom (Africa)

Elderflower & Champagne – floral and golden, inspired by sunrise over the plains.

May – Jazz Belle (New Orleans)

Rose syrup & Champagne – smooth, soulful, and full of southern flair.

A note for families: We love it when family and friends join in on any of our experiences, including Happy Hours. From April, any family or friends wishing to join us for a drink at Happy House 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, using Eftpos at reception.

Armchair Travel: Ireland



1. Dublin, Ireland

2. Blarney Castle, County Cork

3. Galway, Ireland

March

Travel to the rolling green hills of Ireland - a land of music, storytelling and rich tradition.

Enjoy lively Irish melodies and familiar tunes, engaging stories, evocative images and cultural highlights that bring the spirit of Ireland to life. Themed activities and warm conversation, all with a touch of Irish charm, create a welcoming and memorable experience.

Armchair Travel: Africa



- 1. Etosha National Park, Namibia
- 2. Ancient ruins of Marrakech, Morocco
- 3. Victoria Falls, Zimbabwe

April

Experience the vibrant colour, rhythm and rich diversity of Africa through visual storytelling, cultural insights and thoughtfully designed activities that celebrate the traditions and heritage of the continent.

An inspiring journey of culture, connection and discovery, bringing the spirit of Africa.

Armchair Travel: New Orleans



1. Bourbon Street, New Orleans

2. Historic building in the French Quarter, New Orleans

3. New Orleans Jazz and Heritage Festival

May

Step into the vibrant streets of New Orleans, a city alive with jazz, rich culture, and southern charm.

Explore captivating stories and images from the French Quarter, join in gentle themed activities, and enjoy lively conversation in a relaxed, toe-tapping atmosphere.

A feel-good journey bursting with warmth, music, and the irresistible rhythm of New Orleans.

Bus Trips



March - May

Our bus trips are the perfect opportunity for people to explore, socialise, and enjoy the great outdoors!

Whether it's a scenic drive, a visit to a local attraction, or a relaxing outing to a favourite spot, these adventures bring joy, fresh air, and new experiences. Come along to create wonderful memories and embrace the fun of the journey!

Virtual Reality

Two virtual reality sets, alternating monthly.



March

- Perry Park
- Highercombe

April

- ViTA
- Milpara

May

- 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!

Religious Services



March - May

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.

Gym



March - May

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



March - May

This class focuses on exercises that target upper 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



March - May

A fitness session designed to be performed while sitting down. This seated exercise class is available to residents of any ability.

Come and join the personal trainer-led class which focuses on your range of motion and flexibility.

As the name suggests, Move to Improve will help to keep you active through gentle movement and in a fun environment.

Your Feedback Matters

We are committed to providing the best possible service and strive for continuous improvement at every opportunity.

We 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. 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



Speak with a staff member in person.



Telephone 1300 22 44 77 and speak to one of our staff members.



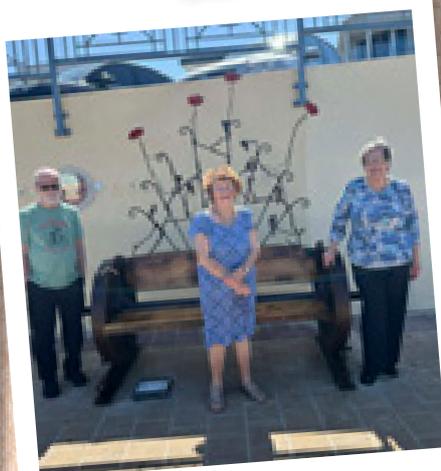
Send a letter to PO BOX 646 Torrensville Plaza, Torrensville SA 5031.

Social Pages

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



Love was in the air at Highercombe. Petronella and Gayle celebrated Valentine's Day.



Tony, Anita and Claire from Kapara enjoyed the Brighton Jetty Sculptures.



Monica, from Perry Park and her daughter Annette celebrated Valentine's Day at Happy Hour.



Residents from ViTA, including Joan, decorated biscuits while catching up with fellow residents.



Congratulations to Jim, crowned winner of the ACH Group Golf Challenge at Milpara, pictured here with Gym Instructor David.



Ivy, Denise and Gary celebrated Australia Day with High Tea and entertainment at Healthia.

