

The logo for ACH GROUP, featuring the text "ACH GROUP" in white, bold, sans-serif font on a bright green rectangular background with a folded corner effect.

ACH  
GROUP


A photograph of a man with glasses and a mustache, wearing a black sequined tuxedo jacket, playing a piano and singing into a microphone. He is looking upwards and to the right. The background is dark blue.

Photo by Daniel Burke

# Social and Wellbeing Guide

## Residential Care

June – August 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 experiences on offer at ACH Group residential care homes from June to August 2026.

The experiences include social, health and wellness, and special events celebrated with food. This guide includes a range of experiences that 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 piano bar charm of Trevor Jones, the Piano Man to the vibrant energy of the Mexican Revolution Dance Group and the warm, nostalgic melodies of the Adelaide Accordion Orchestra, the program offers a diverse mix of music, cultural experiences and opportunities to connect. 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 printing. Details are subject to change without notice. Learn more about ACH Group residential care homes at [ach.org.au/residential-care](http://ach.org.au/residential-care)



## 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 (HELFF)

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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 are designed to support social connection and overall wellbeing.

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



To learn more about HELFF services at your home, please speak with your Customer Services Coordinator, who can help with any questions.





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## Trevor Jones the Piano Man

June

Trevor Jones is one of Australia's premier piano bar entertainers, appearing in Adelaide as part of the Adelaide Cabaret Festival.

Known for his acclaimed cabaret shows, he brings wit, warmth and outstanding musicianship. He will also perform across ACH Group residential care homes, delivering an engaging and interactive experience through song, storytelling and laughter.



## Mexican Revolution Dance Group

July

Celebrate World Chocolate Day with a vibrant taste of Mexico, birthplace of chocolate.

Adelaide's Mexican Revolution Dance Group brings colourful costumes, lively music and contemporary Mexican folk dance inspired by rich cultural traditions and revolutionary spirit.

This joyful performance invites residents to enjoy a lively cultural experience, while celebrating chocolate's historic roots in Mexico.



## Celebrate the spirit of Italy with the Adelaide Accordion Orchestra

August

Featuring talented musicians, this lively ensemble brings the sounds of Italy through the beloved traditional melodies, dance tunes and joyful singalongs.

This warm, vibrant performance that will transport residents on a musical journey to Italy.



## ACH Group World Cup Soccer Tournament



June - July

With the FIFA World Cup kicking off this June, ACH Group's Soccer Tournament brings the same global energy to residents.

Uniting residents in a spirited celebration of connection and play. Representing their homes as national teams, participants take to the field to score goals, share a laugh and cheer each other on in pursuit of the coveted trophy.

A vibrant, feel-good event that champions wellbeing, teamwork and the timeless joy of the beautiful game.

## Around the world in a teacup

June

Travel the world in a teacup with a curated T BAR tea tasting experience.

Residents will be able to sample six distinctive blends from around the globe, discover new favourites, and craft their own personalised tea bags to enjoy later.

A warm, sensory-rich experience designed to inspire relaxation and a moment of everyday indulgence.



## King's Birthday with a traditional High Tea



June

Join us for a charming “Guy Tea” as we celebrate the King's Birthday.

Enjoy a selection of sweet and savoury delights , alongside tea and refreshments , with a touch of royal flair. Test your knowledge with a light-hearted trivia quiz, with plenty of surprises along the way.

Capture the fun at the photo booth with playful props and familiar faces.

## Winter Reds

July

Warm up this July with our very own Winter Reds wine tasting experience.

Guests will enjoy a curated selection of red wines, share their favourites, and help shape future selections to our wine list. A cosy, sociable afternoon of flavour, conversation and winter indulgence.



## NAIDOC Week



5 – 12 July

**Celebrate NAIDOC Week as we honour the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.**

This special program invites residents to learn, reflect and connect with the world's oldest continuing culture.

This year, we explore the life and music of Emily Wurramara. Join us to listen, learn and share in a celebration of culture and storytelling.

# Christmas in July

July

## Celebrate the magic of Christmas in July!

Residents are invited to enjoy a traditional Christmas lunch filled with festive favourites. Delight in the winter atmosphere with twinkling lights, seasonal decorations, and plenty of cheer.

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

# World Chocolate Day



July

## Celebrate World Chocolate Day with a guided tasting experience from the award-winning Bean Bar You.

Residents will enjoy a selection of artisan chocolates, discover the stories and origins behind each flavour, and enjoy a rich sensory journey together.

A joyful and elegant event, perfect for chocolate lovers and a truly special celebration.

# Celebrate Daffodil Day

20 August

Celebrate Daffodil Day on 20 August as our gardens come alive with beautiful blooms.

Join us in supporting this meaningful cause by taking part in fundraising activities for cancer research and support, and showing your support by including wearing yellow on the day.

Together, we can brighten our community, make a difference, and enjoy an uplifting celebration.



# SALA Festival: Seasons of Life



August

SALA is a state-wide showcase and celebrating South Australia's living visual artists each August, with artworks displayed in galleries and community spaces across the state.

ACH Group is proud to take part, with residents creating the collaborative pieces for the 2026 theme 'Seasons of Life' on display across two venues for all to enjoy.

## Campbelltown Library

171 Montacute Road,  
Campbelltown

## Woodcroft

### Neighbourhood Centre

175 Bains Road, Morphett Vale

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

## Drumming Workshop



June - August

Following the wonderful success of April's session our monthly drumming workshop continues.

Residents are invited to come together to enjoy music, connection and creating their own rhythm.

A fun, uplifting session to get moving, keep warm and share in the energy of rhythm and laughter.

## Golf Practice



June - August

We're pleased to offer regular golf practice sessions for residents keen to sharpen their swing, build confidence and get competition ready for our next Golf Challenge.

This is a great chance to stay active, social and on par for success!

## Footy Tipping



June - August

The ACH Group Footy Tipping Competition continues across all homes! Residents and staff are invited to join in the fun, test their footy knowledge each round, and enjoy the friendly spirit of competition as the leaderboard heats up.

Whether you're a seasoned tipper or giving it a go for the first time, it's all about connection, conversation, and a bit of healthy rivalry along the way. May the best tipper win!

## Sing for Joy Choir



June - August

Discover the joy and health benefits of singing. 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.

No experience is needed and everyone is welcome.

## Art Classes



June - August

Explore 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 needed you will be guided by an experienced art teacher to create art for you to cherish and keep.

ACH Group is participating in the SALA Festival, showcasing the creative talents of our community. In 2026 our theme is 'Seasons of Life.' Residents are invited to submit artwork to be included in the exhibition. Talk to your Art Lead about getting involved.

Submissions close 26 June.



## Friday Happy Hour



June - August

Connect with others at the end of the week in a friendly social setting.

Enjoy a drink of your choice wine, bubbles, beer, soft drink, or even a cup of tea, paired with a platter of nibbles, a few games, quizzes and musical.

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

### Cocktail or Mocktail of the Month

#### June – Sakura Gold (Japan)

Blackberry syrup and Champagne come together in an elegant, sparkling cocktail which is light, refined, and reminiscent of cherry blossoms in bloom.

#### July – Fiesta Bubbles (Mexico)

Bright and bold, this Champagne cocktail delivers celebratory sparkle with vibrant raspberry flavour.

#### August – Amalfi Whisper (Italy)

Refreshing and vibrant, this Champagne cocktail evokes the spirit of the Italian coast with a lively burst of summer sweetness.

**A note for families:** We love welcoming family and friends to join us on our experiences, including Happy Hours. To help cover costs, a charge of \$5 per standard drink will apply to guests who join us at Happy Hour (max. two drinks per person). Non-alcoholic drinks will continue to be provided at no cost. Drink vouchers can be purchased via EFTPOS at reception.

## Armchair Travel: Japan



1. Mount Fuji  
2. Senso-Ji Temple, Tokyo  
3. Golden Pavilion, Kyoto

June

Take a relaxing armchair journey to Japan without leaving your seat

Explore Japanese culture through stories, sights, music and gentle sensory experiences, including – a Japanese tea tasting. A peaceful, engaging session designed to spark memories, curiosity and connection as we travel the world together.

## Armchair Travel: Mexico



1. Puebla  
2. Palacio de Bellas Artes, Palace of Fine Arts, Mexico City  
3. Women in traditional dress

July

Celebrate Mexico through a vibrant armchair travel experience alongside World Chocolate Day.

Explore culture, music, traditions and the rich story of Mexico's heritage. A lively, engaging journey that brings colour, flavour, and curiosity together, sparking connection as we travel the world.

## Armchair Travel: Italy



1. Grand Canal, Venice  
2. Pisa  
3. Tuscany

**August**

Take an armchair journey to Italy, inspired by our Adelaide Accordion Orchestra experience.

Enjoy Italian music, stories, scenery and culture, from sunlit piazzas to rolling countryside. A warm, immersive session that celebrates Italian heritage, beautifully echoing the sounds and spirit of the accordion.

## Companion Animal Visits



**June - August**

Enjoy the comfort and joy of companion animal visits. Friendly, gentle animals bring companionship, ease stress, and spark happy memories.

Regular companion visits can provide comfort, lift mood, encourage connection, and support overall wellbeing. Whether it's a cuddle, a pat, or simply time together, these visits offer moments of warmth that residents truly cherish.

## Bus Trips



### June - August

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

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

## Virtual Reality

Two virtual reality sets, alternating monthly.



### June

- Perry Park
- Highercombe

### July

- ViTA
- Milpara

### August

- Kapara
- Healthia

Virtual Reality experiences offer a new way to explore and engage. Residents can visit destinations, revisit familiar places or try something new, all from a seated, supported seating.

These sessions encourage conversations, connects through shared experiences.



## Gym



June - August

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

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

## Strength and Balance



June - August

This class focuses on exercises that target upper and lower limb strength as well as balance.

These exercises will support you to maintain independence so you can undertake the activities you want to do and live the life you want.

The Health Services team will provide you with exercises to help improve confidence with your mobility and reduce the risk of falls.

## Move to Improve



June - August

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

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

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

## HELF Exercise Group



June - August

Designed specifically for residents who have opted in to a HELF package, this tailored exercise group offers a personalised and elevated approach to wellbeing.

Sessions are shaped around the current cohort, ensuring activities remain relevant, engaging, and supportive of individual goals.

For more information or to express your interest in joining, please connect with the onsite Health Services team.

# 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](http://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.



*The Sun of Africa drummers had residents stomping and clapping at Healthia.*



*ANZAC Day was commemorated across all homes, including Kapara.*



*Residents and families celebrated Nell's 101st birthday at Highercombe.*



*The Matthew Smithies Jazz Trio brought New Orleans tunes to Milpara.*



*Volunteers at Perry Park attended a National Volunteer Week morning tea.*



*Mother's Day high tea at ViTA was a delightful celebration of mums and remarkable women.*

# PASSPORT TO SONG CONCERT

Sing for Joy choir members proudly participated in the 'Passport to Song' concert held at the Adelaide Entertainment Centre. Here's a few highlights from the day.

VISA



