

# Discover & Explore

Social Links Experiences

January - March 2021



Good Lives for  
Older People

# Create new and meaningful social connections and experience the vibrant cultural life of South Australia.

ACH Group provides a range of social experiences where you can meet new people, learn new skills or revitalise lost ones.

Whether it's one on one or in a group, we have a class or event 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 are trained in supporting people who are living with memory loss, and practical assistance is provided as required, including transport within your local area.

Book any of the experiences now!

Call **1300 22 44 77**

Email **enquiries@ach.org.au**

Visit **[achgroup.org.au/available-experiences](https://achgroup.org.au/available-experiences)**



## Need transport?

We can assist with transport to and from Social Links experiences. Let us know!

Please note, COVID-19 precautions are in place and strictly adhered to for all ACH Group experiences.

All information correct at time of print.



## Payment Options

- CHSP** Commonwealth Home Support Program
- HCP** Home Care Package
- CF** Customer Funded (Private Payment)



## Discover SA

Whether you love food, nature, art or wildlife, our small group tours offer something for everyone.

Jump aboard to socialise with friends or meet new people while exploring an exciting destination or new experience in South Australia.

Our **brand new group tours** will give you the opportunity to spot native Australian wildlife in their natural environments one month, to being transfixed by an energetic street performer the next. Hear from local story tellers, explore Adelaide's history or be immersed in modern art.

# January 2021

## Discovering Food

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NEW

### **Sprout Cooking School**

Get a slice of the action and spend a day at Sprout Cooking School.

Learn valuable skills, new techniques and delicious, healthy dishes to add to your cooking repertoire.

#### **Friday 15 January**

Bus departs from

McLaren Vale + Seaford + Woodcroft - from 9am

#### **Monday 25 January**

Bus departs from Newton + Findon - from 9:30am

#### **Wednesday 27 January**

Bus departs from

Hillier Park + Wynn Vale - from 9:30am

Itinerary available on request.

Price:

CHSP

\$35 per person

HCP

CF

Price on request

# February 2021

## Nature Lovers



### Warrawong Wildlife Sanctuary Twilight Tour and Conservation Talk

NEW

From platypus spotting to bird watching, this dusk tour provides a spectacular opportunity to experience the awakening of Australian wildlife.

#### Tuesday 2 February & Thursday 4 February

Bus departs Hillier Park + Wynn Vale - from 5pm

#### Tuesday 9 February & Thursday 11 February

Bus departs McLaren Vale + Seaford + Woodcroft - from 5pm

#### Tuesday 16 February & Thursday 18 February

Bus departs Newton - from 5:30pm

#### Tuesday 23 February & Thursday 25 February

Bus departs Findon + Glengowrie - from 5:30pm

Itinerary available on request.

Price:

CHSP

\$35 per person

HCP

CF

Price on request

# March 2021

## Art & Culture



### Adelaide Fringe **NEW**

Experience the magical atmosphere of the Adelaide Fringe. Lock in your spot – you don't want to miss this one. ACH Group is working with the Adelaide Fringe to put together a unique and invigorating experience. All guidelines that may be in place around COVID-19 regulations, travel restrictions and/or crowd limits will be in place.

**Tuesday 2 March & Thursday 4 March**

Bus departs Hiller Park + Wynn Vale

**Tuesday 9 March & Thursday 11 March**

Bus departs McLaren Vale + Seaford + Woodcroft

**Wednesday 10 March** Bus departs Fleurieu

**Tuesday 16 March & Thursday 18 March**

Bus departs Findon + Glengowrie + Newton

Itinerary available on request.

Price:

CHSP

\$35 per person

HCP

CF

Price on request





## Available Experiences

Join in for an 8 week term starting from 11 January.

For more information call 1300 22 44 77 or visit [achgroup.org.au/available-experiences](http://achgroup.org.au/available-experiences)

### Arts in Focus

.....  
Enjoy the benefits creativity can bring and learn how to use a variety of mediums. No experience necessary.

Weekly 2hr classes:

Wynn Vale – Monday 10am

Glenelg – Tuesday 9:30am

Coromandel Valley – Tuesday 1pm NEW

Newton – Wednesday 10am

Newton – Wednesday 12:30pm

Port Noarlunga – Friday 10am

McLaren Vale – Friday 1pm

Yankalilla – Wednesday 9:45am NEW

Price per class:

CHSP

\$10

HCP

CF

Price on request



## Concert Series

NEW

Escape through the magic of musical performances. Enjoy a live performance with like minded people and then catch up after the show.

**'Quintessential Songwriter'** featuring Harry Baulderstone and songs by Bob Dylan, Paul Simon and Cat Stevens.

9 February - Marion

10 February - Port Noarlunga

11 February - Golden Grove

**'Billy Unplugged'** – Anthony Mara showcases the songs of Billy Joel.

9 March - Marion

10 March - Port Noarlunga

11 March - Golden Grove

Price per concert:

CHSP

\$10

HCP

CF

Price on request

## Night Outs

NEW

Meet up over dinner at a local restaurant or pub and socialise in a small group.

Upcoming:

15 January - Gawler

22 January - Brighton

29 January - Gilles Plains

29 January - Inman Valley

5 February - Henley Beach

Price per Night Out:

CHSP

\$15

HCP

CF

Price on request

## On Par Social Golf

NEW

Improve your game or learn how to play with our social golfing program.

Each term includes 2 x coaching sessions and 6 playing sessions. Available at Holden Hill and West Beach.

Price per 3 hour session:

CHSP

\$15

HCP

CF

Price on request

## Out and About

Created for people experiencing memory loss, this group enjoys morning or afternoon tea at various locations each week.

Door to door transport is provided to and from the group.

Schedule:

North/East Wednesday 11:30am

South/West Wednesday 11.30am

South/West Thursday 10am

North/East Thursday 1.30 pm

Price per person:

CHSP

\$26

HCP

CF

Price on request

## One-on-One

Customisable to suit your individual interests, one on one experiences can occur in your home or within your local area.

Weekly 2hr sessions:

Price per hour:

CHSP

\$13

HCP

CF

Price on request

## Showtime Movies

See a new release movie each month at your local cinema and escape through the magic of film with a group of like-minded people.

Upcoming:

5 February 10am - GU Film House Glenelg

11 February 10:30am - HOYTS Salisbury

24 February 10am - Wallis Noarlunga

24 February 10am - The Regal Cinema  
Kensington

Price per session:

CHSP \$10

HCP

CF

Price on request

## Sing for Joy Choirs

Experience the fun and enjoy the health benefits that belonging to a choir can bring. No experience necessary.

Weekly 2 hour sessions:

Glandore – Tuesday 10am **NEW**

Findon – Tuesday 1pm **NEW**

Glenelg – Wednesday 10am

Port Noarlunga – Wednesday 1pm

Surrey Downs – Friday 10am

Campbelltown – Friday 1pm

Price per session:

CHSP \$10

HCP

CF

Price on request

## COMING SOON **NEW**

Fish Feeders, Garden to Garden, Book Club,  
Cooking up a Storm & more!

# Virtual Experiences

## Sing for Joy - Virtual Choir

Practice singing from the comfort of your own home!

Price per class:

CHSP

\$5

HCP

CF

Price on request

## Let's Chat

Social groups or 1:1 social chats hosted over the phone by one of our friendly team members.

Schedule:

One on one – anytime

Social group – Monday 10am

Social group – Thursday 10am

Price per hour:

CHSP

\$13

HCP

CF

Price on request

## Together We Connect

Our trained ACH Group Support Workers will bring an iPad into your home and assist you to connect with family and friends, giving you the opportunity to see them face to face online.

Price per hour:

CHSP

\$13

HCP

CF

Price on request

## Smart Tech

Our Smart Technology OT will match technology to assist you to connect with family online and live independently with technology including devices to prompt and remind and/or voice activated appliances. Ask us how we can help!



## Carer Support & Getaways

Designed with both carer's and those they care for in mind, these retreats offer respite as well as the opportunity to socialise and engage with like minded people in a relaxed and safe environment.

### McLaren Vale Respite

.....  
High care respite for people living with memory loss or dementia. Participants can meet up in a social environment whilst maintaining and improving their current skills and capabilities.

Monday to Thursday 8.30am–5pm

Price per day:

CHSP

\$45

HCP

CF

Price on request

# Getaways



## Murray River Discovery Cruise **NEW** [2 nights, 3 days]

Friday 5 – Sunday 7 February

Hop aboard the Proud Mary and discover the abundant wildlife and magnificent scenery from the water.

Inclusions:

- All meals, prepared on board by the Executive Chef
- Live entertainment
- On shore excursions
- Transport to and from Murray Bridge, with designated pick up and drop off points.

Full itinerary available on request.

Price:

**CHSP** \$240 per person

**HCP** **CF** Price on request



## Kangaroo Island Experience [3 nights, 4 days]

NEW

Saturday 27 Feb – Tuesday 2 March

See the unforgettable highlights of Kangaroo Island under the lead of an experienced guide.

Inclusions:

- Return coach and ferry travel from Adelaide to Cape Jervis to Kangaroo Island
- Luxury air-conditioned coach travel on Kangaroo Island
- Continental breakfast daily
- 3 lunches & dinners
- All tour entry fees, guided tours and tastings.

Departs from Adelaide CBD.

Full itinerary available on request.

Price:

CHSP

\$320 per person

HCP

CF

Price on request





## Golf

Experience a hit of golf with friends, followed by a chance to catch up for a coffee and a chat afterwards.

Appropriate for beginner to intermediate level golfers, each 8-week term includes a professional golf lesson.

Ladies golf: Thursday 9:30–11:30am

Mens golf: Friday 9:30–11:30am

## JamFactory Ceramics

Learn and even master clay hand modelling with tailored ceramics classes at the JamFactory. Suitable for beginners to intermediate, sessions led by the expertise of the JamFactory team.

Tuesday 9:30-11am

Tuesday 11:30–1pm

## JamFactory Jewellery Making

Learn jewellery making with tailored jewellery making classes at the JamFactory. Suitable for beginners to intermediate, sessions led by the expertise of the JamFactory team.

Friday 9:30–11:00am

(Prices available upon application)

For over 65 years, ACH Group has been supporting good lives for older people.

Let's talk **1300 22 44 77** Visit **[achgroup.org.au](http://achgroup.org.au)**

Join the conversation



#goodlives #achgroup