



# Social Activities Program January - June 2025



For more information and bookings please call  
**8177 3200** or visit [alwyndor.org.au](http://alwyndor.org.au)

# Welcome

Our activities are suitable for people who:

- Are 65 years of age and over (50 years and over for Aboriginal and Torres Strait Islander peoples)
- Have no or mild cognitive impairments with cooperative behaviours
- Independent or require no more than standby assistance for:
  - Mobility & transfers (walking sticks & light weight 4-wheel walkers accepted)
  - Accessing bus steps
  - Toileting
  - Eating & drinking
  - Medication management

If your physical or health situation changes, we want to ensure your safety is managed efficiently.

Please note that priority bookings and subsidised fees are only available to clients with a Commonwealth Home Support Program (CHSP) referral for Social Support Groups. CHSP referrals are issued by My Aged Care. Bookings essential, spaces limited.

For more information or to book, please contact the Social Activities team on 8177 3200.

Information in this program is correct at time of printing.

## Transport to activities

Community bus home pick-ups are available for some activities. Prices and availability vary depending on the area you live in. Please enquire for further information.

# Monday Activities

## Monday Moves

Starting 6 January

Location: Brighton Rugby Club, 410 Brighton Rd, Brighton

Price: \$8 per class for CHSP clients, \$12 per class for private clients

Yoga	9.15am - 10.15am weekly
Core Fit	10.30am - 11.15am weekly
Fit Ball Drumming	11.30am - 12.15pm weekly



# Monday Activities

## Coffee Crawl

Price: Free to attend, food and refreshments at own cost

Time: 12.30pm-2pm

6 January	Club Marion
20 January	West Beach Surf Life Saving Club
3 February	Flagstaff Hotel
17 February	Seacliff Hotel
3 March	Club Marion
17 March	West Beach Surf Life Saving Club
31 March	Flagstaff Hotel
14 April	Seacliff Hotel
28 April	Club Marion
12 May	West Beach Surf Life Saving Club
26 May	Flagstaff Hotel
23 June	Club Marion



# Tuesday Activities

## Kauri Tuesdays

Starting 7 January

Location: Kauri Community and Sports Centre, Lipson Ave, Seacliff

Price: \$8 per class for CHSP clients, \$12 per class for private clients

Art	10am - 12pm weekly
Yoga	10.30am - 11.30am weekly
Tai Chi	12pm - 1pm weekly
Dance Fit	1.45pm-2.45pm weekly



# Wednesday Activities

## Reformer Pilates

Starting 8 January

Location: Holdfast Bay Community Centre, 51 King George Ave, Hove

Price: \$8 per class for CHSP clients

Time: 1pm - 2pm and 2pm - 3pm weekly

Please note: Introductory appointments are required prior to joining a group class. Please contact us for further information.

## Let's Go to the Movies

Location: Event Cinemas, 2 Cowper St, Glenelg

Price: Free to attend, movie tickets and refreshments at own cost

Time: Approximately 12pm, time varies depending on movie

Dates: 15 January, 12 February, 12 March, 9 April, 7 May, 4 June



# Wednesday Activities

## Let's Eat Lunch

Location: Kauri Community and Sports Centre, Lipson Ave, Seacliff

Price: \$17 per lunch for CHSP clients, \$30 per lunch for private clients

Time: 12pm - 1.30pm

Dates: 19 February, 14 May

## Let's Eat Dinner

Price: \$17 per dinner for CHSP clients, \$30 per dinner for private clients

Time: 5.30pm - 7.30pm

5 February	Glenelg Football Club
5 March	Holdfast Hotel
2 April	Glenelg Football Club
30 April	Holdfast Hotel
28 May	Glenelg Football Club
25 June	Holdfast Hotel



# Thursday Activities

## Active Thursdays

Starting 9 January

Location: Holdfast Bay Community Centre, 51 King George Ave, Hove

Price: \$8 per class for CHSP clients, \$12 per class for private clients

Active Minds	10.30am - 12pm weekly
Dance Fusion	1pm - 2pm weekly
Gym Circuit	3pm - 4pm weekly

## Zen Hand Therapy

Starting 9 January

Location: Holdfast Bay Community Centre, 51 King George Ave, Hove

Price: \$8 per class for CHSP clients, \$16 per class for private clients

Time: 1pm - 2pm and 2.15pm - 3.15pm weekly

## M.E.N's Lunch (Meet, Eat, Natter)

Price: Free to attend, food and refreshments at own cost

Time: 12pm

9 January	Holdfast Hotel
6 February	Morphett Arms Hotel
6 March	Watermark Hotel
3 April	Broadway Hotel
1 May	Holdfast Hotel
29 May	Morphett Arms Hotel
26 June	Watermark Hotel



# Friday Activities

## Reformer Pilates

Starting 10 January

Location: Holdfast Bay Community Centre, 51 King George Ave, Hove

Price: \$8 per class for CHSP clients

Time: 11.30am-12.30pm weekly

Please note: Introductory appointments are required prior to joining a group class. Please contact us for further information.

## Carers' Chit Chat

Price: Free to attend, food and refreshments at own cost

Time: 12.30pm - 2pm

31 January	INC Cafe
28 February	Morphett Arms Hotel
28 March	INC Cafe
23 May	INC Cafe
20 June	Morphett Arms Hotel

## Aqua Fun

Starting 10 January

Location: SA Aquatic Leisure Centre, 443 Morphett Rd, Oaklands Park

Price: \$8 per class for CHSP clients, \$12 per class for private clients

Time: 2pm - 3pm weekly

# Let's Go on an Outing

Join us for a range of fun days out as we head to places of interest across Adelaide.



## Please note:

- A CHSP Social Support Group referral is essential to be eligible to attend these outings.
- Bookings are essential as seats on the bus are limited.
- Outings are generally from 9.15am and return approximately 3pm.
- Costs of food and refreshments are not included in the fee.

# Let's Go on an Outing

The pick-up points for outings are:

- Brighton Civic Centre, 24 Jetty Rd, Brighton
- Glenelg Football Club, corner of Brighton Rd & Rugless Tce, Glenelg East

## Home Pick-ups

Home pick-ups may be available depending on the area you live in. Extra fees may apply. Please enquire for further information.

**Let's Go on an Outing bookings open  
9am Tuesday 17 December.**

To book please call **8177 3200**.

Our Customer Care team will take your name and phone number, and then the Social Activities team will call you back in order of enquiry to create your booking.



# Let's Go on an Outing

## January

Mon 13	McLaren Vale Bracegirdles Café and FruChocs Shop	\$15
Thurs 23	Chihuly Glass Art Exhibition at the Adelaide Botanic Gardens	\$15
Wed 29	Citi Zen Restaurant and Himeji Gardens for Lunar New Year	\$15

## February

Tues 4	FLAVA Cafe and St Francis Winery	\$15
Mon 10	Palais Hotel and Semaphore Beach	\$15
Thurs 20	MFS Station Guided Tour	\$15
Wed 26	Grunthal Brew Cheese Tasting	\$15

## March

Tues 4	Mick O'Sheas and Onkaparinga River National park	\$15
Thurs 20	Henley Beach and Harbour Town	\$15
Wed 26	Karkoo Nursery's new Stirling location	\$15

## April

Tues 1	Belair National Park and Belair Hotel	\$15
Mon 7	Clipper Ship Guided Tour	\$15
Thurs 17	Gilberts Motor Museum and Victoria Hotel	\$15
Wed 23	Mount Barker Op Shopping and Auchendarroch House Lunch	\$15
Tues 29	Hindmarsh Island and Goolwa	\$15

# Let's Go on an Outing

## May

Mon 5	Adelaide Hills Scenic Drive and Lunch	\$15
Thurs 15	National Wine Centre of Australia	\$25
Wed 21	Hahndorf Main Street Shopping and Lunch	\$15
Tues 27	Victory Hotel and Sellicks Beach	\$15

## June

Mon 2	Monarto Zoo	\$35
Thurs 12	David Roche Foundation Fermoy House Tour	\$15
Wed 18	The Gully Lunch and Reservoirs Scenic Drive	\$15
Tues 24	The Dutch Pantry and Adelaide Parklands Scenic Drive	\$15
Mon 30	Victor Harbour Lunch and Whale Watching	\$15



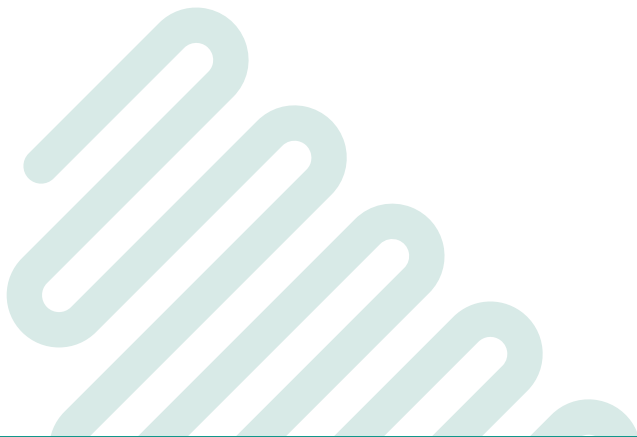
## Activity Waiting Lists

To assist us in continuing to provide you with quality social activities in 2025, we are needing to implement ways to support continuity and fairness for everyone to have the opportunity to attend. Please read below, for how to assist us to manage this into the future. If you have any questions or concerns, please speak with one of our friendly Social Activity Team Members.

Being moved to the waiting list for an activity will automatically happen after 4 weeks if:

- You have non-attendance at an activity for 4 weeks or more without prior notification
- You have notified us you will be away for more than 4 weeks in a row
- You are unwell or injured and cannot attend, and this stops you from attending 4 weeks in a row

Please call the Social Activities Team to discuss your position on the waiting list when you are ready to return to an activity, as attending without a confirmed booking may result in you being turned away if the activity is already full. Thank you kindly for your co-operation.



# Meet the Team

Please contact us if you would like to make a booking, or if you ever have any questions or concerns. We would love to hear from you.



From left to right: Lisa, Paul, Sally, Briana





Alwyndor



[alwyndor.org.au](http://alwyndor.org.au)

8177 3200

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