



Alwyndor

Social Activities Program July - September 2024



For more information and bookings please call
8177 3200 or visit alwyndor.org.au

Welcome

Welcome to our Social Activities Program for Commonwealth Home Support Program clients. This program provides the details of each activity, along with a calendar.

Our activities are suitable for people who:

- Are 65 years of age and over (50 years and over for Aboriginal & Torres Strait Islander peoples)
- Have no or mild cognitive impairments with cooperative behaviours
- Are 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.

Some activities may be subsidised with a Social Support Group or Transport My Aged Care referral for the Commonwealth Home Support Program (CHSP). My Aged Care can be contacted on 1800 200 422. Please note that priority bookings and subsidised fees are only available to clients with the relevant My Aged Care referral.

Activities

Activities are held weekly unless otherwise specified. Spaces are limited so bookings are essential. For more information or to make a booking, please call us on 8177 3200. *Please look at the details of each activity to see if community bus transport is available.

Monday

- Monday Moves
At the Brighton Rugby Club
CHSP: \$8 per class, or Private: \$12 per class
 - Yoga 9.15am
 - Core Fit 10.30am
 - Fit Ball Drumming 11.30am
- Coffee Crawl *Transport available
12.30pm fortnightly, venues vary, please refer to calendar
Free to attend, food and refreshments at your own cost

Tuesday

- Kauri Tuesday
At the Kauri Community & Sports Centre
CHSP: \$8 per class, or Private: \$12 per class
 - Art & Craft 10am *Transport available
 - Yoga 10.30am *Transport available
 - Tai Chi 12pm
 - Zumba 1.30pm



Activities

Wednesday

- Let's Go to the Movies *Transport available
9.45am every 4 weeks at the Event Cinemas Glenelg
Free to attend, refreshments and movie tickets at your own cost
- Let's Eat Lunch *Transport available
12pm every 4 weeks at the Kauri Community & Sports Centre
CHSP: \$17, or Private: \$30
- Reformer Pilates
1pm & 2pm at the Holdfast Bay Community Centre
CHSP: \$8 per class, or Private: \$12 per class
- Let's Eat Dinner *Transport available
5.30pm every 4 weeks at the Glenelg Football Club
CHSP: \$17, or Private: \$30

Thursday

- Active Thursday
At the Holdfast Bay Community Centre
CHSP: \$8 per class, or Private: \$12 per class
 - Active Minds 10.30am
 - Dance Fusion 1pm
 - Hand Therapy 1pm & 2:15pm
 - Gym Circuit 3pm
- M.E.N's Lunch
12pm every 4 weeks, venues vary, please refer to calendar
Free to attend, food and refreshments at your own cost.

Activities

Friday

- Reformer Pilates
11.30am at the Holdfast Bay Community Centre
CHSP: \$8 per class, or Private: \$12 per class
- Carers' Chit Chat
1.30pm every 4 weeks at the 101 Café
Free to attend, food and refreshments at your own cost
- Aqua Fun
2pm at the SA Aquatic & Leisure Centre
CHSP: \$8 per class, or Private: \$12 per class



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:

- Bookings for these outings open 9am Tuesday 12 June. No reservations or bookings will be accepted prior to this time.
- 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.
- Tour bus pick-up points are the Brighton Civic Centre and Glenelg Football Club. Please enquire for more information.
- This information is correct at time of printing.

Let's Go on an Outing – July

Pizzateca

Monday 1 July 2024

Enjoy a delicious Italian lunch in McLaren Vale.

\$5.10 with Transport CHSP referral or \$7.60 without
(price includes home pick up)

Tea Tree Plaza

Thursday 11 July 2024

Browse the newly renovated Westfield Tea Tree Plaza shopping centre and eat lunch at your own leisure.

\$5.10 with Transport CHSP referral or \$7.60 without
(price includes home pick up)

Adelaide Oval

Tuesday 16 July 2024

A behind the scenes look at the stadium and its iconic heritage, then sit down to enjoy lunch together.

\$45 (price excludes home pick up)

Mitcham

Wednesday 24 July 2024

See a movie at Wallis Cinemas then relax for lunch at Caffè Buongiorno.

\$15 (price excludes home pick up)

Virginia Nursery

Monday 29 July 2024

Browse Adelaide's largest garden centre and eat lunch on-site in Doncho's Café.

\$15 (price excludes home pick up)

Let's Go on an Outing – August

Ikea

Thursday 8 August 2024

Browse the shop and have lunch at the in-store Swedish restaurant.

\$5.10 with Transport CHSP referral or \$7.60 without
(price includes home pick up)

Bartley Hotel

Tuesday 13 August 2024

Head to West Lakes for a relaxed lunch with friends.

\$5.10 with Transport CHSP referral or \$7.60 without
(price includes home pick up)

Woodside

Wednesday 21 August 2024

Visit Melba's Chocolate Factory and Woodside Cheese Wrights.

\$15 (price excludes home pick up)

Mount Lofty Botanic Gardens

Monday 26 August 2024

Stroll around the gardens to see the early Spring blooms, then enjoy lunch together at the Stirling Hotel.

\$15 (price excludes home pick up)

Let's Go on an Outing – September

Royal Adelaide Show

Thursday 5 September 2024

Spend the day enjoying the many competitions, demonstrations, exhibitions, and entertainment. Option to bring your own packed lunch or purchase food there.

\$5.10 with Transport CHSP referral or \$7.60 without
(price includes home pick up, price excludes show entry fee)

Victory Hotel

Tuesday 10 September 2024

Sit down and relax at lunch, then view the Buddha Goddess statue at Sellicks Hill.

\$5.10 with Transport CHSP referral or \$7.60 without
(price includes home pick up)

Beaumont House

Wednesday 18 September 2024

See the beautiful house and gardens before enjoying lunch at the Arkaba Hotel.

\$15 (price excludes home pick up)

Aldinga Airfield

Monday 23 September 2024

Relax in the on-site café while watching the local planes come and go, then head over to the Aldinga Hotel for lunch.

\$15 (price excludes home pick up)

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Let's Go on an Outing Pizzateca Monday Moves	Kauri Tuesday	Let's Go to the Movies Reformer Pilates	Active Thursday	Reformer Pilates Aqua Fun
8	9	10	11	12
Monday Moves Coffee Crawl Café Inc	Kauri Tuesday	Let's Eat Lunch Reformer Pilates	Let's Go on an Outing Tea Tree Plaza Active Thursday	Reformer Pilates Aqua Fun
15	16	17	18	19
Monday Moves	Let's Go on an Outing Adelaide Oval Kauri Tuesday	Reformer Pilates	Active Thursday	Reformer Pilates Carers' Chit Chat Aqua Fun

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
Monday Moves Coffee Crawl Marion Cultural Centre	Kauri Tuesday	Let's Go on an Outing Mitcham Reformer Pilates Let's Eat Dinner	Active Thursday M.E.N's Lunch Broadway Hotel	Reformer Pilates Aqua Fun
29	30	31		
Let's Go on an Outing Virginia Nursery Monday Moves	Kauri Tuesday	Let's Go to the Movies Reformer Pilates		



AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	
				1	2
			Active Thursday	Reformer Pilates Aqua Fun	
5		6	7	8	9
Monday Moves Coffee Crawl Seacliff Hotel	Kauri Tuesday	Let's Eat Lunch Reformer Pilates	Let's Go on an Outing Ikea Active Thursday	Reformer Pilates Aqua Fun	
12		13	14	15	16
Monday Moves	Let's Go on an Outing Bartley Hotel Kauri Tuesday	Reformer Pilates	Active Thursday	Reformer Pilates Carers' Chit Chat Aqua Fun	



AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
19 20 21 22 23				
Monday Moves Coffee Crawl Flagstaff Hotel	Kauri Tuesday	Let's Go on an Outing Woodside Reformer Pilates Let's Eat Dinner	Active Thursday M.E.N's Lunch Holdfast Hotel	Reformer Pilates Aqua Fun
26 27 28 29 30				
Let's Go on an Outing Mount Lofty Monday Moves	Kauri Tuesday	Let's Go to the Movies Reformer Pilates	Active Thursday	Reformer Pilates Aqua Fun



SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
2 3 4 5 6				
Monday Moves Coffee Crawl Café Inc	Kauri Tuesday	Let's Eat Lunch Reformer Pilates	Let's Go on an Outing Royal Show Active Thursday	Reformer Pilates Aqua Fun
9 10 11 12 13				
Monday Moves	Let's Go on an Outing Victory Hotel Kauri Tuesday	Reformer Pilates	Active Thursday	Reformer Pilates Carers' Chit Chat Aqua Fun
16 17 18 19 20				
Monday Moves Coffee Crawl Marion Cultural Centre	Kauri Tuesday	Let's Go on an Outing Beaumont House Reformer Pilates Let's Eat Dinner	Active Thursday M.E.N's Lunch Glenelg Football Club	Reformer Pilates Aqua Fun

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
Let's Go on an Outing Aldinga Airfield Monday Moves	Kauri Tuesday	Let's Go to the Movies Reformer Pilates	Active Thursday	Reformer Pilates Aqua Fun
30				
Monday Moves Coffee Crawl Seacliff Hotel				



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, Simone, Briana

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