



Social Activities and Transport Program

January - March 2024



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

Welcome

Welcome to our Social Activities and Transport Program. This program provides a description of each activity, along with a calendar with the time and location of activities.

Spaces are limited so bookings are essential.

Our activities are suitable for people who:

- are 65 years of age and over (50 years and over for Aboriginal & Torres Strait Islander peoples)
- 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 and drinking
 - medication management

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

Some activities and transport 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 look at the description of each activity to see if transport is available.

For more information, activity and transport bookings, please call us on 8177 3200.

Activity	CHSP Cost	Private Cost
Let's Eat	\$17	\$30
M.E.N's Lunch, Coffee Crawl, Carers' Chit Chat	Free to attend. Food and refreshments at your own cost	
Let's Go to the Movies	Free to attend. Refreshments and movie tickets at your own cost	
Let's Go on an Outing	Prices vary, check the description of each outing for more details.	
Community Bus shopping trips	\$2.55 one-way trip	\$3.80 one-way trip
Active Minds and exercise-based classes	\$8	\$12

NEW! Gym Circuit

This group includes the use of gym equipment, circuit-style exercises, and balance stations. The Gym Circuit program adds in free weights and timed station sessions. This new class will be held at the Holdfast Bay Community Centre at 3pm each Thursday. Spaces are limited, contact the Social Activities team now to reserve your space.



NEW! Reformer Pilates

Build your strength while lengthening muscles and improving breathing technique. A small group setting provides a welcoming experience while enabling trainers to tailor exercises to suit each user. This new class will be held at the Holdfast Bay Community Centre at 1pm each Wednesday and 11.30am each Friday. Spaces are limited, contact the Social Activities team now to reserve your space.

Have you heard about our movie mornings?

Come along and enjoy a latest release movie at the stylish and comfortable Event Cinemas at Glenelg. Held every fourth Wednesday morning, the Let's Go to the Movies activity provides an opportunity to catch up and spend time with friends.



Activities

Active Minds

Explore individual interests and build social connections with rewarding and flexible activities that support and maintain cognitive, physical, and social skills. 90-minute class every Thursday at the Holdfast Bay Community Centre.

Aqua Fun

Improve your physical and mental health while making new friends at the water fitness sessions. A qualified instructor will guide the class and lifeguards are on duty. One-hour class every Friday at the SA Aquatic & Leisure Centre.

Carers' Chit Chat

Take some time out from your caring role, sit and relax with a cuppa and conversation with other carers. Every fourth Friday at 101 Café.

Coffee Crawl

Enjoy afternoon tea, make new friends, and share stories with other people in the local community. Every second Monday. Venues vary, please refer to calendar.

Community Bus shopping trips

All shopping trips give you between 1 - 1.5 hours at the destination. Pick-ups for morning trips start from 9am, pick-ups for afternoon trips start from 1pm. Destinations and dates vary, please refer to calendar.

Core Fit

A Pilates-based program that focuses on core strength. It helps improve balance, posture and endurance. 45-minute class every Monday at the Brighton Rugby Club.

Dance Fusion

A light cardio exercise class combining different dance styles to fun upbeat music. Improve your coordination and maintain balance, strength, flexibility, and cardio. One-hour class every Thursday at the Holdfast Bay Community Centre.

Fit Ball Drumming

A fun musical workout for the brain and body. An active cardio class which lowers blood pressure, improves coordination, and burns calories. 45-minute class every Monday at the Brighton Rugby Club.

Fun with Art & Craft

Explore your creative side and learn new skills. Have a cuppa and chat while using various mediums to create new masterpieces. Two-hour class every Tuesday at the Kauri Community and Sports Centre.

***Transport available**



Activities

Gym Circuit

This group includes the use of gym equipment, circuit-style exercises, and balance stations. The Gym Circuit program adds in free weights and timed station sessions. One-hour class every Thursday at the Holdfast Bay Community Centre.

Let's Eat Dinner

Enjoy a night out with a great meal and even better company. Every fourth Wednesday at the Glenelg Football Club.

***Transport available**

Let's Eat Lunch

Sit back, relax, and enjoy a nutritious and delicious meal prepared especially for you. Every fourth Wednesday at the Kauri Community and Sports Centre.

***Transport available**

Let's Go to the Movies

Come along and enjoy a latest release movie at the stylish and comfortable Event Cinemas at Glenelg every fourth Wednesday.

***Transport available**

M.E.N's Lunch

A friendly and relaxed lunch group for men that meet at local venues to Meet, Eat and Natter. All men are welcome. Every fourth Thursday. Venues vary, please refer to calendar.

Reformer Pilates

Build your strength while lengthening muscles and improving breathing technique. A small group setting provides a welcoming experience while enabling trainers to tailor exercises to suit each user. One-hour class every Wednesday and Friday at the Holdfast Bay Community Centre.

Tai Chi

Enhance your wellbeing, general health, and balance with authentic Tai Chi. The techniques may help with stress relief, mental health, flexibility, and alleviating pain. One-hour class every Tuesday at the Kauri Community and Sports Centre.

Yoga

A relaxing mind and body exercise session designed to improve coordination, concentration, balance, and strength. 45-minute class every Monday, and a one-hour class every Tuesday. Venues vary, please refer to calendar.

***Transport available**

Zumba

Get your groove on with fun Latin-based dance workouts. Move at your own pace while improving balance, range of motion, and coordination. One-hour class every Tuesday at the Kauri Community and Sports Centre.



Let's Go on an Outing

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



A Day for Displays

Wednesday 10 January 2024

View the Wildlife Photographer of the Year exhibition on display in the Adelaide Botanic Garden's Bicentennial Conservatory. This world-renowned exhibition is on tour from the Natural History Museum in London. If the weather is too hot, we will instead visit the exhibitions on display at the Art Gallery of South Australia. Lunch TBA.

\$15 with Social Support Group CHSP referral or \$35 without, price excludes home pick up.

Maritime Museum

Monday 15 January 2024

Travel to the historic heart of Port Adelaide and visit the South Australian Maritime Museum to explore the histories of our oceans and rivers. Lunch TBA.

\$15 with Social Support Group CHSP referral or \$35 without, price excludes home pick up.

Let's Go on an Outing

Browsing Burnside

Thursday 25 January 2024

Spend the day browsing Burnside Village with friends. Enjoy a bit of window shopping, see the art on display, and eat at your leisure.

\$5.10 with Transport CHSP referral or \$8.60 without, price includes home pick up.

Bridgewater

Tuesday 30 January 2024

Enjoy a delicious lunch at the historic Bridgewater Inn, nestled amongst the stunning Adelaide Hills and overlooking the scenic Cox Creek.

\$5.10 with Transport CHSP referral or \$8.60 without, price includes home pick up.

Adelaide Town Hall

Wednesday 7 February 2024

Visit the Adelaide Town Hall to marvel at the Queen Adelaide bronze statue and grand marble staircase. Hear about the history of the building and view the current art displays. Lunch TBA.

\$15 with Social Support Group CHSP referral or \$35 without, price excludes home pick up.

National Motor Museum

Monday 12 February 2024

Enjoy a pleasant drive through the Adelaide Hills to Birdwood, where you can experience Australia's rich motoring history at the National Motor Museum. Lunch TBA.

\$15 with Social Support Group CHSP referral or \$35 without, price excludes home pick up.

Op Shopping

Thursday 22 February 2024

Go hunting for treasures in the op shops in Kidman Park. Over the road is the Findon Shopping Centre where you can eat at your own leisure.

\$5.10 with Transport CHSP referral or \$8.60 without, price includes home pick up.

St Francis Winery

Tuesday 27 February 2024

Visit the picturesque grounds of St Francis Winery, and enjoy a delicious lunch onsite at Walters Restaurant.

\$5.10 with Transport CHSP referral or \$8.60 without, price includes home pick up.



Let's Go on an Outing

Garden of Unearthly Delights

Wednesday 6 March 2024

Visit the Garden of Unearthly delights to explore the vibrant heart of the Adelaide Fringe Festival. With a wide variety of things to see and do in the garden, you'll be spoilt for choice. We will then head over the road to the iconic Rundle Street to have sit down lunch together.

\$15 with Social Support Group CHSP referral or \$35 without, price excludes home pick up.

A Day at the Mall

Thursday 21 March 2024

Spend the day browsing Rundle Mall with friends. Enjoy a bit of window shopping, see the iconic sculptures and Beehive Corner, and eat at your leisure.

\$5.10 with Transport CHSP referral or \$8.60 without, price includes home pick up.

Victor Harbor

Tuesday 26 March 2024

See the stunning coastal view at Victor Harbor while enjoying a delicious lunch with friends.

\$5.10 with Transport CHSP referral or \$8.60 without, price includes home pick up.

Please Note:

- Bookings are essential as seats on the bus are limited.
- Outings are generally from 9.15am and return approximately 3pm.
- Costs of food, refreshments, and souvenirs 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.

Venues

101 Café

Unit 3/352 Morphett Road, Warradale

Brighton Rugby Club

410 Brighton Road, Brighton

Event Cinemas Glenelg

2 Cowper Street, Glenelg

Glenelg Football Club

Glenelg Oval, Brighton Road, Glenelg East

Holdfast Bay Community Centre

51 King George Avenue, Hove

Kauri Community and Sports Centre

Lipson Avenue, Seacliff

SA Aquatic and Leisure Centre

443 Morphett Road, Oaklands Park



JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Public holiday No activities scheduled	No activities scheduled	No activities scheduled	Active Minds 10.30am	Carers' Chit Chat 1.30pm 101 Cafe Aqua Fun 2pm SA Aquatic & Leisure Centre
8	9	10	11	12
Yoga 9.15am Core Fit 10.30am Fit Ball Drumming 11.30am Brighton Rugby Club Coffee Crawl 12.30pm Glenelg Football Club	Shopping Trip 9am Brighton & Marion Art & Craft 10am Yoga 10.30am Tai Chi 12pm Zumba 1.30pm Kauri Community & Sports Centre	Shopping Trip 9am Glenelg Let's Go on an Outing A Day for Displays Reformer Pilates 1pm Holdfast Bay Community Centre Let's Eat Dinner 5.30pm Glenelg Football Club	Shopping Trip 9am Glenelg & Brighton Active Minds 10.30am Dance Fusion 1pm Gym Circuit 3pm Holdfast Bay Community Centre M.E.N's Lunch 12pm Holdfast Hotel Shopping Trip 1pm Brighton	Shopping Trip 9am Glenelg & Brighton Reformer Pilates 11.30am Holdfast Bay Community Centre Aqua Fun 2pm SA Aquatic & Leisure Centre
15	16	17	18	19
Let's Go on an Outing Maritime Museum Yoga 9.15am Core Fit 10.30am Fit Ball Drumming 11.30am Brighton Rugby Club	Shopping Trip 9am Brighton Art & Craft 10am Yoga 10.30am Tai Chi 12pm Zumba 1.30pm Kauri Community & Sports Centre	Shopping Trip 9am Glenelg & Marion Let's Go to the Movies 9.45am Event Cinemas Glenelg Reformer Pilates 1pm Holdfast Bay Community Centre	Shopping Trip 9am Glenelg & Brighton Active Minds 10.30am Dance Fusion 1pm Gym Circuit 3pm Holdfast Bay Community Centre	Shopping Trip 9am Glenelg & Brighton Reformer Pilates 11.30am Holdfast Bay Community Centre Aqua Fun 2pm SA Aquatic & Leisure Centre

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
<p>Yoga 9.15am</p> <p>Core Fit 10.30am</p> <p>Fit Ball Drumming 11.30am Brighton Rugby Club</p> <p>Coffee Crawl 12.30pm Cafe Inc</p>	<p>Shopping Trip 9am Brighton & Marion</p> <p>Art & Craft 10am</p> <p>Yoga 10.30am</p> <p>Tai Chi 12pm</p> <p>Zumba 1.30pm Kauri Community & Sports Centre</p>	<p>Shopping Trip 9am Glenelg</p> <p>Let's Eat Lunch 12pm Kauri Community & Sports Centre</p> <p>Reformer Pilates 1pm Holdast Bay Community Centre</p>	<p>Shopping Trip 9am Glenelg & Brighton</p> <p>Let's Go on an Outing Burnside Village</p> <p>Active Minds 10.30am</p> <p>Dance Fusion 1pm</p> <p>Gym Circuit 3pm Holdfast Bay Community Centre</p> <p>Shopping Trip 1pm Brighton</p>	<p>Public holiday No activities scheduled</p>
29	30	31		
<p>Yoga 9.15am</p> <p>Core Fit 10.30am</p> <p>Fit Ball Drumming 11.30am Brighton Rugby Club</p>	<p>Shopping Trip 9am Brighton</p> <p>Let's Go on an Outing Bridgewater</p> <p>Art & Craft 10am</p> <p>Yoga 10.30am</p> <p>Tai Chi 12pm</p> <p>Zumba 1.30pm Kauri Community & Sports Centre</p>	<p>Shopping Trip 9am Glenelg & Marion</p> <p>Reformer Pilates 1pm Holdast Bay Community Centre</p>		



FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
1				2
			Shopping Trip 9am Glenelg & Brighton Active Minds 10.30am Dance Fusion 1pm Gym Circuit 3pm Holdfast Bay Community Centre	Shopping Trip 9am Glenelg & Brighton Reformer Pilates 11.30am Holdfast Bay Community Centre Carers' Chit Chat 1.30pm 101 Café Aqua Fun 2pm SA Aquatic & Leisure Centre
5	6	7	8	9
Yoga 9.15am Core Fit 10.30am Fit Ball Drumming 11.30am Brighton Rugby Club Coffee Crawl 12.30pm Marion Cultural Centre	Shopping Trip 9am Brighton & Marion Art & Craft 10am Yoga 10.30am Tai Chi 12pm Zumba 1.30pm Kauri Community & Sports Centre	Shopping Trip 9am Glenelg Let's Go on an Outing Adelaide Town Hall Reformer Pilates 1pm Holdfast Bay Community Centre Let's Eat Dinner 5.30pm Glenelg Football Club	Shopping Trip 9am Glenelg & Brighton Active Minds 10.30am Dance Fusion 1pm Gym Circuit 3pm Holdfast Bay Community Centre M.E.N's Lunch 12pm Glenelg Football Club Shopping Trip 1pm Brighton	Shopping Trip 9am Glenelg & Brighton Reformer Pilates 11.30am Holdfast Bay Community Centre Aqua Fun 2pm SA Aquatic & Leisure Centre



FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
Let's Go on an Outing Motor Museum Yoga 9.15am Core Fit 10.30am Fit Ball Drumming 11.30am Brighton Rugby Club	Shopping Trip 9am Brighton Art & Craft 10am Yoga 10.30am Tai Chi 12pm Zumba 1.30pm Kauri Community & Sports Centre	Shopping Trip 9am Glenelg & Marion Let's Go to the Movies 9.45am Event Cinemas Glenelg Reformer Pilates 1pm Holdfast Bay Community Centre	Shopping Trip 9am Glenelg & Brighton Active Minds 10.30am Dance Fusion 1pm Gym Circuit 3pm Holdfast Bay Community Centre	Shopping Trip 9am Glenelg & Brighton Reformer Pilates 11.30am Holdfast Bay Community Centre Aqua Fun 2pm SA Aquatic & Leisure Centre
19	20	21	22	23
Yoga 9.15am Core Fit 10.30am Fit Ball Drumming 11.30am Brighton Rugby Club Coffee Crawl 12.30pm Seacliff Hotel	Shopping Trip 9am Brighton & Marion Art & Craft 10am Yoga 10.30am Tai Chi 12pm Zumba 1.30pm Kauri Community & Sports Centre	Shopping Trip 9am Glenelg Let's Eat Lunch 12pm Kauri Community & Sports Centre Reformer Pilates 1pm Holdfast Bay Community Centre	Shopping Trip 9am Glenelg & Brighton Let's Go on an Outing Op Shopping Active Minds 10.30am Dance Fusion 1pm Gym Circuit 3pm Holdfast Bay Community Centre Shopping Trip 1pm Brighton	Shopping Trip 9am Glenelg & Brighton Reformer Pilates 11.30am Holdfast Bay Community Centre Aqua Fun 2pm SA Aquatic & Leisure Centre
26	27	28	29	
Yoga 9.15am Core Fit 10.30am Fit Ball Drumming 11.30am Brighton Rugby Club	Shopping Trip 9am Brighton Let's Go on an Outing St Francis Winery Art & Craft 10am Yoga 10.30am Tai Chi 12pm Zumba 1.30pm Kauri Community & Sports Centre	Shopping Trip 9am Glenelg & Marion Reformer Pilates 1pm Holdfast Bay Community Centre	Shopping Trip 9am Glenelg & Brighton Active Minds 10.30am Dance Fusion 1pm Gym Circuit 3pm Holdfast Bay Community Centre	

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
1				
				Shopping Trip 9am Glenelg & Brighton Reformer Pilates 11.30am Holdfast Bay Community Centre Carers' Chit Chat 1.30pm 101 Cafe Aqua Fun 2pm SA Aquatic & Leisure Centre
4	5	6	7	8
Yoga 9.15am Core Fit 10.30am Fit Ball Drumming 11.30am Brighton Rugby Club Coffee Crawl 12.30pm Glenelg Football Club	Shopping Trip 9am Brighton & Marion Art & Craft 10am Yoga 10.30am Tai Chi 12pm Zumba 1.30pm Kauri Community & Sports Centre	Shopping Trip 9am Glenelg Let's Go on an Outing Garden of Unearthly Delights Reformer Pilates 1pm Holdfast Bay Community Centre Let's Eat Dinner 5.30pm Glenelg Football Club	Shopping Trip 9am Glenelg & Brighton Active Minds 10.30am Dance Fusion 1pm Gym Circuit 3pm Holdfast Bay Community Centre M.E.N's Lunch 12pm Watermark Hotel Shopping Trip 1pm Brighton	Shopping Trip 9am Glenelg & Brighton Reformer Pilates 11.30am Holdfast Bay Community Centre Aqua Fun 2pm SA Aquatic & Leisure Centre
11	12	13	14	15
Public holiday No activities scheduled	Shopping Trip 9am Brighton Art & Craft 10am Yoga 10.30am Tai Chi 12pm Zumba 1.30pm Kauri Community & Sports Centre	Shopping Trip 9am Glenelg & Marion Let's Go to the Movies 9.45am Event Cinemas Glenelg Reformer Pilates 1pm Holdfast Bay Community Centre	Shopping Trip 9am Glenelg & Brighton Active Minds 10.30am Dance Fusion 1pm Gym Circuit 3pm Holdfast Bay Community Centre	Shopping Trip 9am Glenelg & Brighton Reformer Pilates 11.30am Holdfast Bay Community Centre Aqua Fun 2pm SA Aquatic & Leisure Centre

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
<div><div>Yoga 9.15am</div><div>Core Fit 10.30am</div><div>Fit Ball Drumming 11.30am Brighton Rugby Club</div><div>Coffee Crawl 12.30pm Cafe Inc</div></div>	<div><div>Shopping Trip 9am Brighton & Marion</div><div>Art & Craft 10am</div><div>Yoga 10.30am</div><div>Tai Chi 12pm</div><div>Zumba 1.30pm Kauri Community & Sports Centre</div></div>	<div><div>Shopping Trip 9am Glenelg</div><div>Let's Eat Lunch 12pm Kauri Community & Sports Centre</div><div>Reformer Pilates 1pm Holdfast Bay Community Centre</div></div>	<div><div>Shopping Trip 9am Glenelg & Brighton</div><div>Let's Go on an Outing Rundle Mall</div><div>Active Minds 10.30am</div><div>Dance Fusion 1pm</div><div>Gym Circuit 3pm Holdfast Bay Community Centre</div><div>Shopping Trip 1pm Brighton</div></div>	<div><div>Shopping Trip 9am Glenelg & Brighton</div><div>Reformer Pilates 11.30am Holdfast Bay Community Centre</div><div>Aqua Fun 2pm SA Aquatic & Leisure Centre</div></div>
25	26	27	28	29
<div><div>Yoga 9.15am</div><div>Core Fit 10.30am</div><div>Fit Ball Drumming 11.30am Brighton Rugby Club</div></div>	<div><div>Shopping Trip 9am Brighton</div><div>Let's Go on an Outing Victor Harbor</div><div>Art & Craft 10am</div><div>Yoga 10.30am</div><div>Tai Chi 12pm</div><div>Zumba 1.30pm Kauri Community & Sports Centre</div></div>	<div><div>Shopping Trip 9am Glenelg & Marion</div><div>Reformer Pilates 1pm Holdfast Bay Community Centre</div></div>	<div><div>Shopping Trip 9am Glenelg & Brighton</div><div>Active Minds 10.30am</div><div>Dance Fusion 1pm</div><div>Gym Circuit 3pm Holdfast Bay Community Centre</div></div>	<div><div>Public holiday No activities scheduled</div></div>



MEET THE TEAM

Lisa, Briana, and Simone are the Social Activities team members. Sarah and Jaraad are the Transport team members. 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: Jaraad, Sarah, Simone, Lisa, Briana.



alwyndor.org.au
8177 3200
52 Dunrobin Road, Hove

