



Social Activities Program July - December 2025



For more information and bookings please call
8177 3200 or visit 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 and Transfers (walking sticks and light weight four-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.

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

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.

Important Updates

Aged Care Reform and Aged Care Act 2024 Information

From 1 July 2025, Commonwealth Home Support Program (CHSP) clients will transition to the new Aged Care Act.

These transitional arrangements will ensure continuity of services and care is maintained.

There will be no changes to the way your current services are delivered.

New Cancellation Policy

Where our services are cancelled less than 24 hours before the service is scheduled, the full (100%) Client Contribution Payment of our services will be charged to the client.

Where our services are cancelled with more than 24 hours' notice, no Client Contribution will be charged to the client.

For more information, or to make a booking or cancellation, please contact us on 8177 3200

Monday Activities

Monday Moves

Location: Brighton Rugby Club, 410 Brighton Road, 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

Hewett Mondays

Location: Hewett Sports Ground, Coromandel Parade, Blackwood.

Chair Based Exercise	10am - 11am weekly	\$8 per class for CHSP clients, \$12 per class for private clients
Social Lunch	11.30am - 12.30pm weekly	Free to attend, food at own cost
Knit & Natter	1pm - 3pm weekly	\$2 per session for CHSP clients, \$5 per session for private clients



Monday Activities

Coffee Crawl

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

Time: 12.30pm - 2pm

7 July	Morphett Arms Hotel
21 July	Flagstaff Hotel
4 August	Seacliff Hotel
18 August	Club Marion
1 September	Morphett Arms Hotel
15 September	Flagstaff Hotel
29 September	Seacliff Hotel
13 October	Club Marion
27 October	Morphett Arms Hotel
10 November	Flagstaff Hotel
24 November	Seacliff Hotel
8 December	Club Marion



Tuesday Activities

Kauri Tuesdays

Location: Kauri Community and Sports Centre, Lipson Avenue, Seacliff.

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

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



Wednesday Activities

Reformer Pilates

Location: Holdfast Bay Community Centre, 51 King George Avenue, Hove.

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

Men's Outing

Location: meet the bus at Mitcham Community Centre, 242 Belair Road, Lower Mitcham or at Our Lady of the Way Catholic Church, 4 Laffers Road, Glenalta.

Price: \$15 per trip for CHSP clients, \$35 per trip for private clients. Food and refreshments are at own cost.

Time: 11am

23 July	Victory Hotel
20 August	The Gully Hotel
17 September	Gumeracha Hotel
15 October	Middleton Hotel
19 November	Gawler Arms Hotel
3 December	The Welly Hotel

Wednesday Activities

Let’s Go to the Movies

Location: Event Cinemas, 2 Cowper Street, Glenelg.
Price: Free to attend, movie tickets and refreshments at own cost.
Time: Approximately 12pm, times vary depending on movie.
Dates: 2 July, 30 July, 27 August, 24 September, 22 October, 19 November.

Let’s Eat Lunch

Location: Kauri Community and Sports Centre, Lipson Avenue, Seacliff.
Price: \$20 for CHSP clients, \$35 for private clients.
Time: 12pm - 1.30pm
Dates: 6 August, 26 November.

Let’s Eat Dinner

Price: \$20 for CHSP clients, \$35 for private clients.
Time: 5pm - 7.30pm

23 July	Glenelg Football Club
20 August	The Junction
17 September	Glenelg Football Club
15 October	The Junction
12 November	Glenelg Football Club
10 December	The Junction

Thursday Activities

Active Thursdays

Location: Holdfast Bay Community Centre, 51 King George Avenue, Hove.

Price: \$8 per class for CHSP clients, \$16 per class for private clients in Zen Hand Therapy, \$12 per class for private clients in other groups.

Art Group	10am - 12pm weekly
Dance Fusion	1pm - 2pm weekly
Zen Hand Therapy	1pm - 2pm and 2.15pm - 3.15pm weekly

Cards & Games

Location: Tiwu Kumangka (Blackwood Library),
2/4 Young Street, Blackwood.

Price: \$2 per session for CHSP clients, \$5 per session for private clients.

Time: 1pm – 4pm weekly

Men’s Lunch

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

Time: 12pm

24 July	Broadway Hotel
21 August	Holdfast Hotel
18 September	Morphett Arms Hotel
16 October	Glenelg Football Club
13 November	Broadway Hotel
11 December	Alwyndor Aged Care

Friday Activities

Reformer Pilates

Location: Holdfast Bay Community Centre, 51 King George Avenue, Hove.

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

Location: Morphett Arms Hotel.

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

Time: 12.30pm - 2pm

Dates: 18 July, 15 August, 12 September, 10 October, 7 November, 5 December.

Aqua Fun

Location: SA Aquatic Leisure Centre, 443 Morphett Road, Oaklands Park.

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

Time: 2pm - 3pm weekly

Gym Circuit

Location: Holdfast Bay Community Centre, 51 King George Avenue, Hove.

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

Time: 3pm - 4pm 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:

- Clients with a CHSP Group Social Support referral will be given priority bookings for these outings.
- Bookings are essential as seats on the bus are limited.
- Outings are generally from 9.15am and return approximately 3pm.
- Price: \$15 per outing for CHSP clients, \$35 per outing for private clients.
- Costs of food and refreshments are not included in the fee.

Let's Go on an Outing

Bookings open 9am Monday 16 June 2025.

To book please call 8177 3200.

Our Customer Care team will take your details and the Social Activities team will call you back to make your booking.

Let's Go on an Outing

Pick up from City of Holdfast Bay area

- Brighton Civic Centre, 24 Jetty Road, Brighton.
- Glenelg Football Club, cnr Brighton Road and Rugless Terrace, Glenelg East.
- Home pick-ups may be available depending on the area you live in. Extra fees apply. Please enquire for further information.

July

Thursday, 10	Cockle Train and Port Elliot
Wednesday, 16	Mannum Riverside Lunch
Tuesday, 22	Jam Factory and MOD
Monday, 28	SA Aviation Museum

August

Thursday, 7	SA Art Gallery Ramsay Art Prize Exhibition
Wednesday, 13	Kuitpo Forest Scenic Drive
Tuesday, 19	Murray Bridge Riverside Lunch
Monday, 25	Waterfall Gully Scenic Walk

Let's Go on an Outing cont.

Pick up from City of Holdfast Bay area

September

Thursday, 4	Government House Guided Tour
Wednesday, 10	Port Noarlunga Scenic Drive
Tuesday, 16	Hans Heysen House Guided Tour
Monday, 22	Barossa Valley Gourmet Food Day

October

Wednesday, 8	Carrick Hill
Tuesday, 14	Southern Coastal Scenic Drive
Monday, 20	Port Adelaide Street Art Tour
Thursday, 30	Aldinga Airfield

November

Tuesday, 4	Melbourne Cup Lunch
Tuesday, 11	Virginia Nursery
Monday, 17	Jungle in Willunga
Thursday, 27	Glynde Gourmet Food Day

December

Wednesday, 3	Beerenberg Farm Cafe
Tuesday, 9	Christmas Outing

Let's Go on an Outing

Pick up from City of Mitcham area

All outings starting in the City of Mitcham area are run on Wednesdays.

Pick up from:

- Tiwu Kumangka (Blackwood Library), 2/4 Young Street, Blackwood.
- Mitcham Community Centre, 242 Belair Road, Lower Mitcham.
- Hewett Sports Ground, Coromandel Parade, Blackwood.
- Home pick-ups may be available depending on the area you live in. Extra fees apply. Please enquire for further information.

2 July	Inman Valley Scenic Drive
16 July	The Dutch Pantry
30 July	Newman's Nursery and The Gully
6 August	Normanville and Yankalilla
27 August	Beerenberg Farm Cafe
24 September	Jungle in Willunga
1 October	Cockle Train and Port Elliot
22 October	Bridgewater Scenic Drive
5 November	Urrbrae House and Gardens
26 November	Strathalbyn and Wellington

Activity Waiting Lists

To assist us in continuing to provide you with quality social activities, 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.

End of Year

The final social activity for 2025 will be held on Friday 19 December. The return date for each activity will be listed in the 2026 program.

While the holiday season is traditionally a time for joy, we understand that for some it can feel isolating. If you think the holidays may be a difficult time for you, please reach out to let us know. We would love to hear from you.



Meet the Team

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



alwyndor.org.au

8177 3200

52 Dunrobin Road, Hove

