



Social Activities Program

January - June 2026



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

The new Aged Care Act commenced on 1 November 2025 and informs the new Support at Home program.

Further information including the Statement of Rights and Code of Conduct can be found at:

www.health.gov.au/our%20work/aged-care-act

In line with the new Aged Care Act, new Quality Standards also came into effect on 1 November 2025.

For an easy-to-read poster of information visit:

www.agedcarequality.gov.au/node/117394

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

19 January	The Mediterranean
2 February	Club Marion
16 February	Morphett Arms Hotel
2 March	Flagstaff Hotel
16 March	The Mediterranean
30 March	Club Marion
13 April	Morphett Arms Hotel
27 April	Flagstaff Hotel
11 May	The Mediterranean
25 May	Club Marion
22 June	Flagstaff Hotel

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: 2pm - 3pm weekly



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

7 January	Beach Hotel, Seaford
4 February	Hotel Elliot, Port Elliot
4 March	Exeter Hotel, Semaphore
1 April	Macclesfield Hotel
29 April	Islanders' Tavern, Hindmarsh Island
27 May	Bridge Hotel, Langhorne Creek

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: 14 January, 11 February, 11 March, 8 April, 6 May, 3 June.

Let's Eat Lunch

Location: Cafe Brio, 181 Seacombe Road, South Brighton.

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

Time: 12pm - 1.30pm

Dates: 18 February, 13 May

Let's Eat Dinner

Price: \$20 for CHSP clients, \$35 for private clients.

Time: 5pm - 7.30pm

4 February	The Junction
4 March	Glenelg Football Club
1 April	The Junction
29 April	Glenelg Football Club
27 May	The Junction
24 June	Glenelg Football Club



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

8 January	Morphett Arms Hotel
5 February	Glenelg Football Club
5 March	Broadway Hotel
2 April	Holdfast Hotel
30 April	Morphett Arms Hotel
28 May	Glenelg Football Club
25 June	Broadway Hotel

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: 30 January, 27 February, 27 March, 24 April, 22 May, 19 June.

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



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: unless otherwise specified, \$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 1 December 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.

January

Monday, 12	Adelaide Planetarium
Thursday, 22	SAHMRI guided tour
Wednesday, 28	Capri Theatre

February

Tuesday, 3	Hahndorf Academy
Monday, 9	Army Museum of South Australia
Wednesday, 25	Victor Harbor

Let's Go on an Outing cont.

Pick up from City of Holdfast Bay area

March

Tuesday, 3	Adelaide Oval guided tour, \$25 CHSP or \$45 private
Thursday, 19	Gumeracha
Wednesday, 25	Udder Delights Cheese at Grunthal Brew
Tuesday, 31	Myponga Reservoir

April

Thursday, 16	Outer Harbor and RSAYS
Wednesday, 22	Virginia Nursery
Tuesday, 28	Henley Beach

May

Monday, 4	Kondoparinga Homestead, \$25 CHSP or \$45 private
Thursday, 14	Lunch at The Bend
Wednesday, 20	Port Adelaide
Tuesday, 26	Fleurieu Gin and Pizza

June

Monday, 1	Adelaide Hills Scenic Drive and The Duck Inn
Thursday, 11	McLaren Vale and the d'Arenberg Cube
Wednesday, 17	Monarto Zoo, \$35 CHSP or \$55 private
Tuesday, 23	Strathalbyn and Langhorne Creek
Monday, 29	Balhannah and Woodside

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.

21 January	Newman's Nursery and The Gully Public House & Garden
28 January	Capri Theatre
18 February	Victor Harbor
25 February	Haigh's Chocolates Factory Tour
18 March	Harvest the Fleurieu and Belicious Café
25 March	Henley Beach and Semaphore
15 April	Cockle Train and Port Elliot
22 April	Tanunda
6 May	McLaren Vale and Willunga
20 May	Hahndorf Academy

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.



Meet the Team

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



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