



# Social Activities and Transport Program

April - June 2024



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

# Welcome

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

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 & 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 note that a higher private cost may be charged when a client does not have the relevant My Aged Care referral, and clients with the relevant referral will be given priority placement for activity bookings.

\*Please look at the description of each activity to see if transport is available.

Spaces are limited so bookings are essential. For more information or to make a booking, please call us on 8177 3200.

Activity	Cost with relevant CHSP referral	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.	Private bookings are not available for this activity.
Community Bus Shopping Trips	\$2.55 one-way trip	\$3.80 one-way trip
Active Minds and exercise-based classes	\$8	\$12



## Let's Eat Lunch

Sit back, relax, and enjoy a nutritious and delicious meal prepared especially for you by the Alwyndor Kitchen team. The fee covers a main meal, a dessert, bread on the side, plus juice, water, and tea/coffee. There is also a bar available to purchase other drinks if you'd like. This lunch is held every fourth Wednesday at 12pm at the Kauri Community and Sports Centre. Transport assistance is available if required.



## Let's Eat Dinner

Enjoy a night out with a great meal and even better company. The menu is created especially for us, and the fee covers a main meal, a dessert, a soft drink, and tea/coffee. There is also a bar available to purchase other drinks if you'd like. This dinner is held every fourth Wednesday at 5.30pm at the Glenelg Football Club. Transport assistance is available if required.

## M.E.N's Lunch

A friendly and relaxed lunch group for men to Meet, Eat, and Natter. All men are welcome, we'd love to see you there for a chat and a bite to eat. This lunch is held every fourth Thursday at 12pm, at a different local venue each time.



# 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.

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## 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.

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## 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**

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## 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.

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## 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.



## Please Note:

- Bookings for these outings open 9am Tuesday 12th March. 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, 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.

## Sights of the CBD

Wednesday 3 April 2024

Enjoy a tour of all the iconic locations in the Adelaide CBD. Sights include Victoria Square, Ayers House, Himeji Gardens, and more. We will stop off along Gouger Street where you can eat lunch at your own leisure.

\$15 (price excludes home pick up)

# Let's Go on an Outing

## **Monarto Safari Park**

Monday 8 April 2024

Join us for a private guided tour of the park's African and Asian grasslands exhibits. Bring your own picnic lunch or purchase food from the on-site café. Due to bus seating availability, we are unable to bring 4-wheel walker aids on the bus with us. If you require a 4-wheel walker, please consider one of our other fun days out instead.

\$45 (price excludes home pick up, price includes zoo entry)

## **Harbour Town**

Thursday 18 April 2024

Spend the day browsing Harbour Town with friends. Enjoy a bit of window shopping, relax in the Guest Lounge, and eat at your leisure.

\$5.10 with Transport CHSP referral or \$8.60 without (price includes home pick up)

## **Semaphore**

Tuesday 23 April 2024

Visit the Palais Hotel for a delicious lunch with the option to stroll along the beach after.

\$5.10 with Transport CHSP referral or \$8.60 without (price includes home pick up)

## **Popeye Cruise**

Wednesday 1 May 2024

Sit back and relax with a hot cuppa and fresh scones as we cruise along the River Torrens. After the cruise we'll sit down at Lounders Boatshed Café for lunch. Please note that to attend this tour you must be able to independently navigate the steps onto the boat.

\$45 (price excludes home pick up)

## **Mannum**

Monday 6 May 2024

Enjoy the scenic drive to this gorgeous riverside destination. Take time to explore the area before sitting down for lunch at the Pretoria Hotel on the banks of the Murray River.

\$15 per person (price excludes home pick up)

## **Blackwood Op Shopping**

Thursday 16 May 2024

Go hunting for treasures in the op shops around Blackwood before visiting the Gamble Cottage gardens. Enjoy lunch at Joan's Pantry.

\$5.10 with Transport CHSP referral or \$8.60 without (price includes home pick up)



# Let's Go on an Outing

## Lonsdale Hotel

Tuesday 21 May 2024

Enjoy a delicious meal with friends in the hotel's recently refurbished dining room.

\$5.10 with Transport CHSP referral or \$8.60 without (price includes home pick up)

## Henley Beach

Wednesday 29 May 2024

Cruise along the coast on the way to visit the Marine Discovery Centre, then eat and browse around Henley Square at your leisure.

\$15 (price excludes home pick up)

## Karkoo Nursery

Monday 3 June 2024

Join us as we head to Oakbank to visit the Karkoo Garden Centre. Spend the day browsing for plants, pots, garden art, and more. There is a café onsite where you can relax for lunch.

\$15 (price excludes home pick up)

## Wine Tour

Thursday 13 June 2024

Visit the Vine Shed Cellar Door for a tasting and lunch, then head to K1 Winery for a stroll around their gorgeous grounds and a second tasting of local wines.

\$5.10 with Transport CHSP referral or \$8.60 without (price includes home pick up)

Extra fees for wine tastings and food are payable directly to the wineries on the day

## Beerenberg Strawberry Farm

Tuesday 18 June 2024

Head to the historic township of Hahndorf for a sit down lunch at the Beerenberg Farm Café, with time to browse their shop afterwards.

\$5.10 with Transport CHSP referral or \$8.60 without (price includes home pick up)

## Shopping Day Out

Wednesday 26 June 2024

Hop on the bus to head to Wohlers Furniture & Homewares store, then stop off at Café De Vili's for lunch before moving on to the Mile End Homemaker Centre for more shopping.

\$5.10 with Transport CHSP referral or \$8.60 without (price includes home pick up)





# 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



# APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>Public holiday</b> No activities scheduled	<b>Shopping Trip 9am</b> Brighton & Marion  <b>Art &amp; Craft 10am</b>  <b>Yoga 10.30am</b>  <b>Tai Chi 12pm</b>  <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg  <b>Let's Go on an Outing</b> Sights of the CBD  <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre  <b>Let's Eat Dinner 5.30pm</b> Glenelg Football Club	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Active Minds 10.30am</b>  <b>Dance Fusion 1pm</b>  <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre  <b>M.E.N's Lunch 12pm</b> Broadway Hotel  <b>Shopping Trip 1pm</b> Brighton	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre  <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre
8	9	10	11	12
<b>Let's Go on an Outing</b> Monarto Zoo  <b>Yoga 9.15am</b>  <b>Core Fit 10.30am</b>  <b>Fit Ball Drumming 11.30am</b> Brighton Rugby Club	<b>Shopping Trip 9am</b> Brighton  <b>Art &amp; Craft 10am</b>  <b>Yoga 10.30am</b>  <b>Tai Chi 12pm</b>  <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg & Marion  <b>Let's Go to the Movies 9.45am</b> Event Cinemas Glenelg  <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Active Minds 10.30am</b>  <b>Dance Fusion 1pm</b>  <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre  <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre
15	16	17	18	19
<b>Yoga 9.15am</b>  <b>Core Fit 10.30am</b>  <b>Fit Ball Drumming 11.30am</b> Brighton Rugby Club  <b>Coffee Crawl 12.30pm</b> Seacliff Hotel	<b>Shopping Trip 9am</b> Brighton & Marion  <b>Art &amp; Craft 10am</b>  <b>Yoga 10.30am</b>  <b>Tai Chi 12pm</b>  <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg  <b>Let's Eat Lunch 12pm</b> Kauri Community & Sports Centre  <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Let's Go on an Outing</b> Harbor Town  <b>Active Minds 10.30am</b>  <b>Dance Fusion 1pm</b>  <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre  <b>Shopping Trip 1pm</b> Brighton	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre  <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre

# APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
<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 Semaphore</div><div>Art &amp; Craft 10am</div><div>Yoga 10.30am</div><div>Tai Chi 12pm</div><div>Zumba 1.30pm Kauri Community &amp; Sports Centre</div></div>	<div><div>Shopping Trip 9am Glenelg &amp; Marion</div><div>Reformer Pilates 1pm Holdfast Bay Community Centre</div></div>	<div><div>Public holiday No activities scheduled</div></div>	<div><div>Shopping Trip 9am Glenelg &amp; Brighton</div><div>Reformer Pilates 11.30am Holdfast Bay Community Centre</div><div>Carers' Chit Chat 1.30pm 101 Café</div><div>Aqua Fun 2pm SA Aquatic &amp; Leisure Centre</div></div>
29	30			
<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 Glenelg Football Club</div></div>	<div><div>Shopping Trip 9am Brighton &amp; Marion</div><div>Art &amp; Craft 10am</div><div>Yoga 10.30am</div><div>Tai Chi 12pm</div><div>Zumba 1.30pm Kauri Community &amp; Sports Centre</div></div>			





# MAY

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<b>Shopping Trip 9am</b> Glenelg  <b>Let's Go on an Outing</b> Popeye Cruise  <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre  <b>Let's Eat Dinner 5.30pm</b> Glenelg Football Club	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Active Minds 10.30am</b>  <b>Dance Fusion 1pm</b>  <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre  <b>M.E.N's Lunch 12pm</b> Holdfast Hotel  <b>Shopping Trip 1pm</b> Brighton	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre  <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre
6	7	8	9	10
<b>Let's Go on an Outing</b> Mannum  <b>Yoga 9.15am</b>  <b>Core Fit 10.30am</b>  <b>Fit Ball Drumming 11.30am</b> Brighton Rugby Club	<b>Shopping Trip 9am</b> Brighton  <b>Art &amp; Craft 10am</b>  <b>Yoga 10.30am</b>  <b>Tai Chi 12pm</b>  <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg & Marion  <b>Let's Go to the Movies 9.45am</b> Event Cinemas Glenelg  <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Active Minds 10.30am</b>  <b>Dance Fusion 1pm</b>  <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre  <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre
13	14	15	16	17
<b>Yoga 9.15am</b>  <b>Core Fit 10.30am</b>  <b>Fit Ball Drumming 11.30am</b> Brighton Rugby Club  <b>Coffee Crawl 12.30pm</b> Café Inc	<b>Shopping Trip 9am</b> Brighton & Marion  <b>Art &amp; Craft 10am</b>  <b>Yoga 10.30am</b>  <b>Tai Chi 12pm</b>  <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg  <b>Let's Eat Lunch 12pm</b> Kauri Community & Sports Centre  <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Let's Go on an Outing</b> Blackwood Op Shopping  <b>Active Minds 10.30am</b>  <b>Dance Fusion 1pm</b>  <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre  <b>Shopping Trip 1pm</b> Brighton	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre  <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre

# MAY

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
<b>Yoga 9.15am</b> <b>Core Fit 10.30am</b> <b>Fit Ball Drumming 11.30am</b> Brighton Rugby Club	<b>Shopping Trip 9am</b> Brighton <b>Let's Go on an Outing</b> Lonsdale Hotel <b>Art &amp; Craft 10am</b> <b>Yoga 10.30am</b> <b>Tai Chi 12pm</b> <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg & Marion <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton <b>Active Minds 10.30am</b> <b>Dance Fusion 1pm</b> <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre <b>Carers' Chit Chat 1.30pm</b> 101 Café <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre
27	28	29	30	31
<b>Yoga 9.15am</b> <b>Core Fit 10.30am</b> <b>Fit Ball Drumming 11.30am</b> Brighton Rugby Club <b>Coffee Crawl 12.30pm</b> Marion Cultural Centre	<b>Shopping Trip 9am</b> Brighton & Marion <b>Art &amp; Craft 10am</b> <b>Yoga 10.30am</b> <b>Tai Chi 12pm</b> <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg <b>Let's Go on an Outing</b> Henley Beach <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre <b>Let's Eat Dinner 5.30pm</b> Glenelg Football Club	<b>Shopping Trip 9am</b> Glenelg & Brighton <b>Active Minds 10.30am</b> <b>Dance Fusion 1pm</b> <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre <b>M.E.N's Lunch 12pm</b> Glenelg Football Club <b>Shopping Trip 1pm</b> Brighton	<b>Shopping Trip 9am</b> Glenelg & Brighton <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre



# JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>Let's Go on an Outing</b> Karkoo Oakbank  <b>Yoga 9.15am</b>  <b>Core Fit 10.30am</b>  <b>Fit Ball Drumming 11.30am</b> Brighton Rugby Club	<b>Shopping Trip 9am</b> Brighton  <b>Art &amp; Craft 10am</b>  <b>Yoga 10.30am</b>  <b>Tai Chi 12pm</b>  <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg & Marion  <b>Let's Go to the Movies 9.45am</b> Event Cinemas Glenelg  <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Active Minds 10.30am</b>  <b>Dance Fusion 1pm</b>  <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre  <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre
10	11	12	13	14
<b>Public holiday</b> No activities scheduled	<b>Shopping Trip 9am</b> Brighton & Marion  <b>Art &amp; Craft 10am</b>  <b>Yoga 10.30am</b>  <b>Tai Chi 12pm</b>  <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg  <b>Let's Eat Lunch 12pm</b> Kauri Community & Sports Centre  <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Let's Go on an Outing</b> Wine Tour  <b>Active Minds 10.30am</b>  <b>Dance Fusion 1pm</b>  <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre  <b>Shopping Trip 1pm</b> Brighton	<b>Shopping Trip 9am</b> Glenelg & Brighton  <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre  <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre



# JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
<b>Yoga 9.15am</b> <b>Core Fit 10.30am</b> <b>Fit Ball Drumming 11.30am</b> Brighton Rugby Club	<b>Shopping Trip 9am</b> Brighton <b>Let's Go on an Outing</b> Beerenberg Café <b>Art &amp; Craft 10am</b> <b>Yoga 10.30am</b> <b>Tai Chi 12pm</b> <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg & Marion <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton <b>Active Minds 10.30am</b> <b>Dance Fusion 1pm</b> <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre	<b>Shopping Trip 9am</b> Glenelg & Brighton <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre <b>Carers' Chit Chat 1.30pm</b> 101 Café <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre
24	25	26	27	28
<b>Yoga 9.15am</b> <b>Core Fit 10.30am</b> <b>Fit Ball Drumming 11.30am</b> Brighton Rugby Club <b>Coffee Crawl 12.30pm</b> Glenelg Football Club	<b>Shopping Trip 9am</b> Brighton & Marion <b>Art &amp; Craft 10am</b> <b>Yoga 10.30am</b> <b>Tai Chi 12pm</b> <b>Zumba 1.30pm</b> Kauri Community & Sports Centre	<b>Shopping Trip 9am</b> Glenelg <b>Let's Go on an Outing</b> Wohlers & Mile End Homemaker Centre <b>Reformer Pilates 1pm</b> Holdfast Bay Community Centre <b>Let's Eat Dinner 5.30pm</b> Glenelg Football Club	<b>Shopping Trip 9am</b> Glenelg & Brighton <b>Active Minds 10.30am</b> <b>Dance Fusion 1pm</b> <b>Gym Circuit 3pm</b> Holdfast Bay Community Centre <b>M.E.N's Lunch 12pm</b> Watermark Hotel <b>Shopping Trip 1pm</b> Brighton	<b>Shopping Trip 9am</b> Glenelg & Brighton <b>Reformer Pilates 11.30am</b> Holdfast Bay Community Centre <b>Aqua Fun 2pm</b> SA Aquatic & Leisure Centre



# 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, Lisa, Briana, Simone



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