



# Social Activities Program July - December 2026



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

### Cancellation Policy

Where our services are cancelled less than 48 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 48 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

|              |                                |
|--------------|--------------------------------|
| 6 July       | Seacliff Surf Life Saving Club |
| 20 July      | Club Marion                    |
| 3 August     | Morphett Arms Hotel            |
| 17 August    | Flagstaff Hotel                |
| 31 August    | Seacliff Surf Life Saving Club |
| 14 September | Club Marion                    |
| 28 September | Morphett Arms Hotel            |
| 12 October   | Flagstaff Hotel                |
| 26 October   | Seacliff Surf Life Saving Club |
| 9 November   | Club Marion                    |
| 23 November  | Morphett Arms Hotel            |
| 7 December   | 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

|              |                               |
|--------------|-------------------------------|
| 22 July      | Aldgate Pump Hotel            |
| 19 August    | Bridge Hotel, Langhorne Creek |
| 16 September | Balhannah Hotel               |
| 7 October    | Middleton Tavern              |
| 4 November   | Charleston Hotel              |
| 2 December   | Wellington Hotel, Wellington  |



## Wednesday Activities

### Let's Go to the Movies

**Location:** Wallis 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:** 1 July, 29 July, 26 August, 23 September, 21 October, 18 November.

### Let's Eat Dinner

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

**Time:** 5pm - 7.30pm

|              |                       |
|--------------|-----------------------|
| 22 July      | The Junction          |
| 19 August    | Glenelg Football Club |
| 16 September | The Junction          |
| 14 October   | Glenelg Football Club |
| 11 November  | The Junction          |
| 9 December   | 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<br>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

|              |                               |
|--------------|-------------------------------|
| 23 July      | Holdfast Hotel                |
| 20 August    | Morphett Arms Hotel           |
| 17 September | Glenelg Surf Life Saving Club |
| 15 October   | Broadway Hotel                |
| 12 November  | Holdfast Hotel                |
| 10 December  | Morphett Arms 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:** 12pm - 1.30pm

**Dates:** 17 July, 14 August, 11 September, 9 October, 6 November, 4 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

## 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 Tuesday 2 June 2026.

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, 9   | St Peters Cathedral                              |
| Wednesday, 15 | Fabrik Arts and Heritage Centre                  |
| Tuesday, 21   | Belair National Park                             |
| Monday, 27    | Birdwood Motor Museum, \$20 CHSP or \$40 private |

### August

|               |                                 |
|---------------|---------------------------------|
| Thursday, 6   | Gawler Cultural Heritage Centre |
| Wednesday, 12 | Mannum                          |
| Tuesday, 18   | St Kilda Tramway Museum         |
| Monday, 24    | Garden Grove Nursery            |

## Let's Go on an Outing cont.

### Pick up from City of Holdfast Bay area

#### September

|              |                                                                      |
|--------------|----------------------------------------------------------------------|
| Thursday, 3  | Royal Adelaide Show<br><i>Show entry not included in outing fee.</i> |
| Wednesday, 9 | Scenic Coastal Drive and The Birkenhead Tavern                       |
| Tuesday, 15  | Warrawong Wildlife Sanctuary, \$20 CHSP or \$40 private              |
| Monday, 21   | Oakbank Karkoo Nursery                                               |

#### October

|              |                                                         |
|--------------|---------------------------------------------------------|
| Thursday, 1  | Carrick Hill, \$20 CHSP or \$40 private                 |
| Wednesday, 7 | Cockle Train and Port Elliot, \$20 CHSP or \$40 private |
| Tuesday, 13  | Stangate House, \$20 CHSP or \$40 private               |
| Monday, 19   | Cycling Without Age                                     |
| Thursday, 29 | Hahndorf Farm Barn                                      |

#### November

|              |                                                    |
|--------------|----------------------------------------------------|
| Wednesday, 4 | Aldinga Airfield                                   |
| Tuesday, 10  | Scenic Adelaide Hills Drive and The Scenic Hotel   |
| Monday, 16   | Morialta Conservation Park and The Payneham Tavern |
| Thursday, 26 | The Round House, Murray Bridge                     |

#### December

|              |                                  |
|--------------|----------------------------------|
| Wednesday, 2 | Home Ground Riverbank Restaurant |
| Tuesday, 8   | Kenton Valley Cherries           |

## 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.

|              |                                                             |
|--------------|-------------------------------------------------------------|
| 15 July      | Udder Delights Cheese at Grunthal Brew                      |
| 29 July      | Oakbank Karkoo Nursery                                      |
| 5 August     | McLaren Vale and the d'Arenberg Cube                        |
| 26 August    | Bridgewater Inn                                             |
| 2 September  | Monarto Zoo<br><i>Zoo entry not included in outing fee.</i> |
| 23 September | Harvest the Fleurieu and Belicious Café                     |
| 30 September | Gawler Cultural Heritage Centre                             |
| 21 October   | Murray Bridge Community Club                                |
| 28 October   | Virginia Nursery                                            |
| 18 November  | Seacliff Surf Life Saving Club                              |
| 25 November  | Fleurieu Gin and Pizza                                      |
| 16 December  | Kenton Valley Cherries                                      |

### 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 2026 will be held on Friday 18 December.

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](https://alwyndor.org.au)  
**8177 3200**  
52 Dunrobin Road, Hove