



Positive Ageing Centre

April / May 2017 Volume 5

Special Events and Outings

What's happening in April

Tuesday 4th

Central Market visit, soak up the sounds and smells, grab some delicious treats or just sit and enjoy the atmosphere (staff avail for support) **Cost \$4**

Wednesday 5th

It's a perfect time of year for another trip to the **Adelaide Zoo**. We provide door to door service and a picnic lunch with staff on hand for support **Cost \$10** all inclusive

Tuesday 11th

Join us for another cultural outing to the State Library for a better look in the Mortlock room **Cost \$10** includes picnic lunch

Thursday 13th

Its time for another "Comedy Capers" lunch and laughs with an Easter theme! At the PAC 11.30am – 1.30pm **Cost \$10** all inclusive

Thursday 20th

Outing to ABC studios @ Collinswood for a behind the scenes tour. **Cost \$25** includes lunch and tour

Wednesday 26th

Come and join us for this wonderful parade and display of Victorian costumes all made by Jessie Ratledge followed by a high tea. At the PAC 10am – 12pm **Cost \$10**

What's happening in May (Did you know May is History Month?)

Tuesday 2nd

Seniors on Screen movie outing to Mercury Cinema – *Jasper Jones*. **Cost \$10** includes morning tea (lunch is at own expense)

Wednesday 3rd

Come along for an inspiring morning with our Guest Speaker Trevor Peart on the West Terrace Cemetery's Notable Characters. 10.00 – 11.30 am **Cost \$5** includes morning tea

Tuesday 9th

Book your seat for our "Let's Do" evening meal and entertainment @ the Stirling RSL **Cost \$10** (for clients in the Mt. Lofty/ Manoah wards)
Limited transport available

Tuesday 16th

Garden lovers outing to Gamble Cottage and Karkoo nursery @ Blackwood. **Cost \$7** includes morning tea (lunch is at own expense)

Thursday 18th

Central Market visit, soak up the sounds and smells, grab some delicious treats or just sit and enjoy the atmosphere (staff avail for support) **Cost \$4**

Tuesday 23rd

As a follow up to our Guest Speaker earlier in the month, we are offering a bus tour around the West Terrace Cemetery with commentary from Trevor Peart. **Cost \$15** includes tour and morning tea

You can contact the
Positive Ageing Centre
directly on 8408 0573

Do you have an email address?
We are happy to send out our
newsletters electronically!

News and updates

Have you been on one of our fantastic zoo trips?

These will be the last opportunities to visit either Adelaide or Monarto Zoos at such an amazing price.

Just \$10 which includes door to door transport, entrance to the zoo of your choice and a picnic lunch!

Interested? Ring us to find out dates for April and May.

Check out the latest copy of our yearly program.

It lists all of our regular programs. You can pick up a copy when visiting the centre or download from Council's web-site under "Community / Seniors"

Did you miss out on the pilot of our dancing program in 2016 and want to give it a try in 2017?

We really want to hear from you!

The classes are gentle dance movements designed to enhance participants balance, mobility, strength coordination, flexibility and memory.

You can be a "well-being" – come try

'Chair Yoga'. Gentle program of stretching, strengthening exercises, breathing technique and relaxation

'Laughter Yoga' A unique exercise routine suitable for everyone!

Both classes are held at the Positive Ageing Centre on alternate Tuesdays from 2-3pm **Cost \$4**

Photo Gallery



Happy shoppers at the Central Markets



Our Let's Do in February was a great success with the wonderful Marianne and her 'never too old for ABBA' show



Enjoying a rest in the Himeji Garden



Our Picnics have been popular this year with visits to places of interest and a lovely lunch all the company of others



Enjoying a day out with the Garden Lovers



Not sure if it's Funi or Wang Wang, but just look at that a contented "Panda" look!

Adelaide Hills Council
Hills Home and Community Support Team
PO Box 44
Woodside SA 5244

(08) 8408 0400
mail@ahc.sa.gov.au
ahc.sa.gov.au

Positive Ageing Centre
Hills Home Support
Team Leader

Heather Welsh
Caroline Callaghan
Jess Sharkie

Jan Macpherson
Paulette Thomason

Maureen Keighran

Helen Halloran