

Special Events and Outings

August 2018

Wednesday 1st

Central Market Visit

Stock up on all your favourite treats 10am-1pm **Cost \$5**

Thursday 2nd

Thermal Environments Focus Group (Part 2)

Follow up session for those who attended the info session on the 5th of July, run by The Uni of Adelaide 2pm-3pm **Cost: \$FREE** includes afternoon tea

Wednesday 8th

Maritime Museum Whale Exhibition enjoy a great day out at the Port, including a guided tour of the exhibition with a curator, day outing **Cost \$10** includes morning tea, lunch at own expense **req good mobility*

Thursday 9th

State Library Portrait Exhibition "to tell another's story" outing to view the exhibition and a tour of the library @ 11am, day outing **Cost \$5** lunch at own expense **req good mobility*

Thursday 16th

Science week lunch time talk with guest speaker Steve Walker To celebrate science week we have an expert herpetologist (frogs) visiting to talk about the wonderful world of frogs, especially those of the Adelaide Hills 12noon-2pm **Cost \$10** includes lunch

Wednesday 22nd

Daytime Concert – Mozart at Elder Hall (#extremely limited seats) A special experience for the music lovers the Adelaide Symphony Orchestra, playing Mozart, day outing **Cost \$20** lunch at own expense

Tuesday 28th

See the sights of Gumeracha & SALA (art exhibition) visit Outing to Gumeracha to visit a couple of exhibitions and see the newly opened Coach House café and gallery, day outing **Cost \$5** lunch at own expense

Wednesday 29th

Pasadena Foodland Visit – a food lovers experience Your chance to visit this very popular shop! 10am-1pm **Cost \$5** lunch at own expense

Thursday 30th

Calling all chess players (or beginners!) Join us for a visit to the Lobethal Chess Life Café to play some chess and have a cuppa, 2pm-3.30pm **Cost \$5** includes afternoon tea

Friday 31st

SALA (art exhibition) Tour outing to the Fleurieu Outing to the beautiful Fleurieu to visit a few of the exhibitions on show during August, day outing **Cost \$5** lunch at own expense

News and updates

How to book into programs

Please call Council's main switchboard

8408 0400

Press 3 to speak with the customer service staff then please ask to be put through to "Positive Ageing Programs"

This will then enable your call to be picked up by any available staff member in the Home Support / Positive Ageing Team

New fitness class Mat Pilates @ PAC!

When: Weds 11.45am (following chair Pilates)

Cost: \$5 (for registered clients)

Photo Gallery



Jungle in Willunga, proved to be a colourful destination



This is "Doris" the Irish wolfhound who made a special visit at the Mind Matters group in July

Special Events and Outings

September 2018

Wednesday 5th

Central Market Visit

Stock up on all your favourite market treats 10am-1pm **Cost \$5**

Thursday 13th

Visit 1 to the ABC Radio Adelaide Studio at Collinswood

Who doesn't love the ABC!? This is your chance to experience the studio in person (tour goes from 1pm-2.30pm) **Cost: \$7** afternoon tea at own expense

Tuesday 18th

Pasadena Foodland Visit – a food lovers experience

Your chance to visit this very popular shopping destination that everyone is talking about 10am-1pm **Cost \$5** lunch at own expense

Thursday 20th

Guest Speaker @ PAC “My favourite birds of the Adelaide Hills”

Come and enjoy an enlightening talk all about the beautiful birds of the Adelaide Hills 2pm-3.30pm **Cost \$5** includes afternoon tea

Saturday 22nd

Spring Garden Festival @ the Mt Pleasant Farmers Market

Great range of stalls, quality plants, décor, garden care and so much more 9am-2pm **Cost \$5** lunch at own expense

Tuesday 25th

Tour of the old Adelaide Gaol

The first permanent gaol in South Australia originally opened in 1841, it is one of the two oldest buildings still standing in SA, day outing **Cost \$15** includes morning tea, lunch at own expense

Wednesday 26th

Wellness Workshop @ PAC

After the success of July's workshop we are hosting another session, to continue the discussion, explore common themes and what are the next steps 2pm-4pm **Cost: \$FREE** includes afternoon tea

Thursday 27th

Visit 2 to the ABC Radio Adelaide Studio at Collinswood

Our second scheduled trip to the ABC, don't miss your chance to experience the studio in person (tour goes from 1pm-2.30pm) **Cost: \$7** afternoon tea at own expense



Regular programs you may like to join?

Bloomers Gardening @ PAC

When: 1st Friday of the Month, 9.30am-12.30pm

Aug Theme: Outing Serenity Nursery

Sept Theme: Gardening seed & plant potting

Cost: \$7 includes morning tea

Cooking with Friends @ PAC

When: 2nd Tuesday of the Month, 10.00am-1pm

Aug Theme: Making your own pasta, gnocchi

Sept Theme: Biscuit making and decorating

Cost: \$7 includes a shared lunch, the group will cater for speciality dietary requirements

Coffee and more

When: 2nd Friday of the Month, 9.30am-12.30pm

Aug destination: SALA outing of the hills

Sept destination: Mount Lofty Lookout Cafe

Cost: \$5 morning tea at own expense

R.O.A.M.E.R.S

Retired older active men enjoying recreation socially

When: 3rd Wednesday of the Month, day outing

Sept destination: Recycling Plant @ Plympton

Cost: \$7 lunch/ tour fees if applicable at own cost

PAC Walking Group

New program Walking Group heading out to take in Hills destinations, followed by a cuppa all mobilities welcomed (walking aids welcome!)

When: 3rd Friday of the Month, 10am-12noon

Food with Friends

Meal nights at various Hills venues (bus pick up available)

When: 4th Thursday of the Month, 6pm-8pm

August destination: The Barker Hotel, Mt Barker

September destination: Yuki in the Hills, Aldgate

Cost: \$4 plus meal at own cost

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