



# Positive Ageing Programs

## June 2018 / July 2018 Volume 11

### Special Events and Outings

#### June 2018

##### Tuesday 5<sup>th</sup>

#### Central Market Visit

Stock up on all your favourite treats at SA's favourite foodie destination 10am-1pm **Cost \$5**

##### Wednesday 13<sup>th</sup>

**Colours of Impressionism Exhibition** your last chance to come with us and visit the Art Gallery to see this amazing collection of international impressionist paintings, day outing **Cost \$20** (morning tea/lunch at own expense) *\*req good mobility*

##### Friday 15<sup>th</sup>

#### New program launch 'PAC Walking Group'

After the popularity of the recent Amy Gillet Walks, we are establishing a dedicated monthly walking group which will head to various Hills destinations, first group chat to discuss options (program aimed to increase mobility, walking aids welcome!) @PAC, 10am-11am **Cost \$FREE (for initial catch up meeting)** inc morning tea

##### Tuesday 19<sup>th</sup>

#### 'Souper' Games Day @ PAC

After the success of this event last year we are doing it again! Keep warm with a fun morning of different games and quizzes with a tasty bowl of soup for lunch, 10am-1pm **Cost \$10**

##### Wednesday 27<sup>th</sup>

#### The Great Outdoors trip to "Jungle in Willunga"

A beautiful drive and a great destination with amazing, unique plants to enjoy, day outing **Cost \$5** (morning tea/lunch at own expense)

How to book into programs, please call Council's main line:

**8408 0400**

and then when speaking to the customer service staff just ask to be put through to "Positive Ageing Programs"

Did you know that as well as regular exercise classes @ PAC both of Council's Community Centres also have classes? The newest is:

### Chair Yoga at The Summit Community Centre

**When:** Fridays, 10am

**Cost:** \$5 (for Hills Home & Community Support registered clients)

**Contact:** The Summit 8390 0457 to register your interest & find out more

### News and updates

#### Just a reminder!

It would be most appreciated when you book into a program, to please make a note in your own diary to remember the date.

The subsidised outings we offer have tickets and transport pre-booked and its disappointing for the team when we have cancellations at the last minute!

### Regular programs you may also like to book into

#### Charleston Bookworms Club

More than just a book club! Also includes book themed outings

**When:** 1<sup>st</sup> Monday of the Month, 2pm-3.30pm

**Where:** @ Charleston Hall

**June Book:** The Memory Keeper's Daughter

**Cost:** \$4

#### Bloomers Gardening @ PAC

**When:** 1<sup>st</sup> Friday of the Month, 9.30am-12.30pm

**June Theme:** Wet weather gardening

**Cost:** \$7 inc morning tea

#### Cooking with Friends @PAC

**When:** 2<sup>nd</sup> Tuesday of the Month, 10.00am-1pm

**12<sup>th</sup> June Theme:** Old time recipes

**Cost:** \$7 includes a shared lunch

#### Coffee and more

**When:** 2<sup>nd</sup> Friday of the Month, 9.30am-12.30pm

**June destination:** Hahndorf Café "316"

**Cost:** \$5 (morning tea at own expense)

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

Retired older active men enjoying recreation socially

**When:** 3<sup>rd</sup> Wednesday of the Month, day outing

**June destination:** Regency International TAFE

**July destination:** Desalination Plant

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

#### Food with Friends

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

**When:** 4<sup>th</sup> Thursday of the Month, 6pm-8pm

**June destination:** Great Eastern Hotel

**July destination:** Charleston Hotel

**Cost:** \$4 plus meal at own cost

#### Brain Bootcamp @PAC

**When:** 4<sup>th</sup> Friday of the Month, 9.30am-12.30pm

**June Theme:** Boosting your brainpower

**Cost:** \$5 inc morning tea

Thank you to all of the wonderful nifty knitters who created an amazing 250 poppies which we were very proud to pass on a very special way to honour the memory of our fallen heroes

## July 2018

### Wednesday 4<sup>th</sup>

#### Central Market Visit

Enjoy the vibe and stock up on all your favourite treats 10am-1pm  
Cost \$5

### Thursday 5<sup>th</sup>

#### Focus Group information session @ PAC

The University of Adelaide is doing research into *Improving the Thermal Environment of Housing for Older Australians* this session is to give people information to decide if they wish to be a part of the focus group, 2pm-3pm **Cost: \$FREE** inc afternoon tea (participants who opt into focus group receive a reimbursement for their time)

### Tuesday 10<sup>th</sup>

#### NAIDOC Week special event - *Bush Tucker Cooking with Friends*

Have you always wanted to try lemon myrtle or wattle seed in your cooking or learn more about bush tucker ingredients? Join us for an introduction to cooking with "bush tucker" ingredients with chef Angela Montgomery (MA Gastronomy, University of Adelaide Le Cordon Bleu) @ PAC, 10am-1pm **Cost \$7**

### Wednesday 11<sup>th</sup> & Tuesday 24<sup>th</sup>

#### Ayres House Museum Visit

A very special visit to one of Adelaide's most beautiful heritage homes to see the Age of Elegance Victorian era fashion exhibition, day outing **Cost \$15** (morning tea/lunch at own expense) #Limited seats\*req good mobility

### Friday 13<sup>th</sup>

#### Blonde Bombshells of Jazz tribute show - Burnside Hall

Enjoy the fabulous songs of Marilyn Monroe, Rosemary Clooney, Doris Day, Peggy Lee, Marlene Dietrich, Mae West, Jane Mansfield and more, day outing **Cost \$15** inc morning tea #Limited seats

### Wednesday 18<sup>th</sup>

#### Wellness Workshop @ PAC building capacity and belonging

Follow up from last year's very popular "*Taste of Resilience*" session, 2pm-4pm **Cost: \$FREE** inc afternoon tea

### Tuesday 31<sup>st</sup>

#### 10 Pin Bowling

Strike!! Relive your younger years and let your competitive spirit shine, day outing **Cost \$20** inc hire/game costs and lunch



The Colours of Impressionism exhibition sure did turn heads, we are going again if you missed out!



Stronger for Longer exercise class @ PAC



The mighty Murray turned on a beautiful day for the river cruise in April

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