

Aged Care Changes

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As you may be aware on 1 July 2015, the way older Australians access home assistance has changed, these changes are part of the Federal Government's aged care reforms. One of the most significant effects of the reforms is the introduction of the Federal Government's My Aged Care Gateway.

PLEASE NOTE: These changes are only relevant to individuals who are completely new to the system. If you are already registered with us, these changes don't apply and you can continue to call us directly if you wish to attend the Positive Ageing Centre or need help in or around your home. If you are unsure if you are registered please call the Team Leader on 8408 0502 to check.

If you are new and wish to access programs or assistance for the first time the way to register is through the My Aged Care Gateway:

Phone: 1800 200 422

Internet: myagedcare.com.au

The staff monitoring the calls at the Gateway will undertake a questionnaire with you over the phone, which will assist in determining your needs. When you are speaking with the Gateway you can request to be referred directly to the Adelaide Hills Council's programs:

***Positive Ageing Centre**

***Hills Home & Community Support**

Information

Can I attend Positive Ageing Centre Programs?

If you are over 65, living at home in and around the Adelaide Hills Council region and in need of social support, you may be eligible to attend.

Please refer to the **Aged Care Changes** on the previous page on how to register, if you haven't attended our centre before.

Fire Bans and Community Buses

A reminder to everyone that on days deemed Extreme, the Community Buses do not run, while the Centre remains open. Whilst we endeavour to contact vulnerable clients, it is up to those using the Community buses to listen out for reports via radio or television the night before, and if not sure to ring the Centre before 9am to confirm if the program will still be running.

CATASTROPHIC FIRE DAYS

Where there is a **Catastrophic Level Fire Ban** for the Mt Lofty Ranges the centre will be **CLOSED** and **all programs** will be cancelled. For any queries during this time please contact the Coordinator on 8408 0573. Thanking you.

Positive Ageing Centre

36 Nairne Road
Woodside SA 5244

PO Box 44
Woodside SA 5244

(08) 8408 0573 | mail@ahc.sa.gov.au |

ahc.sa.gov.au



Positive Ageing Centre
2017 program



*Fun, help, learning and friendship
for everyone!*

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Regular Programs

Mind Matters at the Positive Aging Centre (PAC)

Mixed groups allowing for cognitive and sensory stimulations, reminiscing and connection with others in a friendly and supportive place.

When: Mondays (weekly)

Time: 10am—1pm

Cost: \$9 (includes a light healthy lunch)

Includes a variety of programs to cater for different interests These may include bus outings, gardening and sensory stimulation, light exercise

Get up and Go

Fun, gentle, low impact exercise. Ideal for people that want to keep active and meet with others.

When: Wednesdays (weekly)

Time: 9:30 am-10:30 am

Cost: \$4

Where: Balhannah Uniting Church

Stronger for Longer at the PAC

Low impact, gentle strength, toning, exercise routines.

Suitable for falls prevention and mobility.

When: Thursdays (weekly)

Time: 9.30am –10.30am

New.. New...New

Dance classes for Seniors

Gentle dance movements designed to enhance balance, mobility, co-ordination, strength, flexibility and memory.

When: Register your interest for the next 6-week block.

Cost: \$5

Tai Chi at the PAC

Learn and practice this ancient Chinese exercise that increases health, wellbeing and longevity.

Laughter Yoga

A unique exercise routine combining unconditional laughter and yogic breathing . Contact us for further details...

When: Alternate Tuesdays @ the PAC

Time: 2-3pm

Cost: \$4

Monthly/ /Special Programs

Arts & Culture

Book Worms Book Club @ Charleston

Come and join other “bookworms”

When: 1st Monday in the month

Time: 2pm— 4pm

Cost: \$4

Where: Charleston Hall supper room

Home & Garden

Gardening Club “Bloomers” at the PAC

Do you love gardening, talking to other passionate people or just learning more? This is the group for you! Gardening tips, guest speakers, nursery visits, propagating and garden quizzes. (no digging required)

When: 1st Friday in the month

Time: 10am - 12 noon **occasionally longer outings*

Cost: \$7 (includes morning tea)

NEW..... Bloomers at the Hut at Aldgate

When: 3rd. Tuesday in the month

Time: 10am– 12 noon

Cost: \$7 (includes morning tea)

Social and Wellbeing

“Cooking with Friends” at the PAC

Come and cook new and interesting foods from different cultures, plus have a social morning with others and share the end results in a delicious sit down lunch

When: Thursdays (monthly)

Time: 10.30am to 1pm

Cost: \$7

Coffee and more....

Get out and about , have a cuppa, visit op-shops or see the sights!

When: 2nd Friday each month

Time: 10am—12 noon

Cost: \$5 plus morning tea at own expense

Where: Selected destinations throughout the region

Social and Wellbeing continued

Brain Bootcamp at the PAC

Boost your brain power with a range of mental and physical exercises, puzzles, trivia and games, lifestyle information and relaxation techniques.

When: 4th Friday each month

Time: 10am—12 noon

Cost: \$5 including morning tea

R.O.A.M.E.R.S (Retired older active men enjoying recreation socially) Calling all men to join our Men’s only group for monthly outings to interesting destinations.

When: 3rd Wednesday each month

Cost: \$7 plus lunch, and tour fees if applicable at own expense

Bookings: 8408 0573 or email: hwelsh@ahc.sa.gov.au

For the Night Owls

“Food with Friends “

Meal nights to different Hills venues

When: 4th Thursday each month

Time: 6-8pm with transport available

Cost: \$4 plus meal at own expense.

Let’s Do..” Entertainment and Meal”

We hold these evening events several times a year in different locations,. Fabulous entertainment and a home cooked meal all at a reasonable cost! Registered clients will automatically receive flyers of up-coming events in their area.

Zoo outings—bring out your wild side!

We have been very lucky to obtain a 12 month pass to both the Adelaide and Monarto Zoos and will be offering small bus trips to both parks over the coming year. We will be sending invitations to registered clients when there is a trip planned for your area (and will include door to door bus transport).