

## How to register for Positive Ageing?

**My Aged Care** is your starting point if you are wanting to come along to the Positive Ageing Programs. More importantly, you will need a **Social Support Group (SSG) referral code**. An assessment may be required, and if this is the case an assessor will come to your home to conduct an assessment face-to-face to determine your needs, and what other services you may benefit from. We encourage you to request that your SSG referral code is sent directly to the Adelaide Hills Council or you can provide the referral code to us personally.

My Aged Care - Contact Details:

Call: 1800 200 422

Online: [www.myagedcare.gov.au/contact-us](http://www.myagedcare.gov.au/contact-us)

## Feedback

### Your feedback is welcome

We're always looking for feedback on how we can improve our services.

### Have something to say?

Send us your ideas and suggestions for consideration in the newsletter.



## Information

### Can I attend Positive Ageing Centre Programs?

You may be eligible to attend if you are over 65, living in or around the Adelaide Hills community and in need of social support or other services.

We offer transport assistance for some of our programs. Pickup will be from home or at an arranged location. Priority is given to those who don't drive.

On **Extreme** Fire Danger Rating days, transport may not be available. The Centre will however remain open.

### Fire Danger Rating impacts

Whilst we endeavour to contact vulnerable clients, it is up to those using our transport to listen out for reports via radio or TV the night before. We will endeavour to send out text messages/make phone calls as soon as practical. If you are not sure, please give us a call.

#### 'CATASTROPHIC' FIRE DANGER RATING DAYS CENTRE CLOSURE

On **Catastrophic** Fire Danger Rating days (Mount Lofty Ranges) the Centre and all Council facilities will be **CLOSED. All programs** will be cancelled.

When this happens please activate your Bushfire Survival Plan and follow alerts.

Thank you and stay safe.

## Contact Details

63 Mount Barker Road  
Stirling SA 5152  
(08) 8375 7999  
Positive Ageing Centre Team Woodside

[positiveageing@ahc.sa.gov.au](mailto:positiveageing@ahc.sa.gov.au)



## Positive Ageing Programs 2024



***Fun, fitness, independence, skill building,  
new experiences, new friendships and  
connections; for everyone!***

(08) 8375 7999

[positiveageing@ahc.sa.gov.au](mailto:positiveageing@ahc.sa.gov.au)

## Regular Weekly Exercise Classes:

Maintain and improve your quality of life

*All at the Positive Ageing Centre (except walking group)*

*Times may change due to circumstances / term breaks.*

*If the instructor is away, we will endeavour to have a substitute teacher available.*

**All \$5 per class**

### TUESDAYS

**Chair Yoga**—Gentle program of stretching, strengthening exercises & relaxation while still practicing all the yoga techniques

**When:** Tuesdays **Time:** 1:30 – 2:30pm

### WEDNESDAYS

**Chair Pilates**—Whole body movement, mobility & strength building

**When:** Wednesdays **Time:** 12 – 12:45pm

**Mat Pilates**— A more challenging low impact class that enhances core strength for attendees who can get onto & up from the ground

**When:** Wednesdays **Time:** 1 – 1.45pm

### TUESDAYS & THURSDAYS

**Stronger for Longer**—Focusing on a selection of grouped rehabilitation exercises to help restore movement & reduce pain

**Times:** Tuesdays, 9.30am – 10:30am

Thursdays, 9 – 10:00am & 10 – 11am

### THURSDAY

**Tai Chi**— Low impact exercise that uses gentle movement that benefits your mind & body to maintain health & wellness

**When:** Thursday (9-11 week block / school terms)

**Time:** 1.30pm—2.30pm

### FRIDAY

**Zumba Gold** — A great keep fit opportunity that will be fun & rewarding, a great way to start your weekend

**When:** Fridays **Time:** 1pm—2pm

*All exercise classes are under the guidance of qualified instructors . Enjoy a cuppa after the class to catch up with friends for a social connection.*

## Regular Weekly Program:

**'Something on Monday'** at the Positive Ageing Centre (PAC)  
Mixed groups allowing for cognitive stimulation, reminiscing & connection with others in a friendly & supportive place

**When:** Mondays weekly **Time:** 10.30am—1pm

**Cost:** \$10 (includes a healthy lunch)

## Regular Monthly Programs:

### **'Book Club' for the Book Worms at PAC**

A safe place to talk about books & all kind of life / worldly matters. A new book will be issued monthly; audio & large print available. Share the highs & lows of the book, gain a new perspective from the plot & characters.

**When:** 1st Monday in the month (2nd if the Monday is a public holiday)

**Time:** 2 - 4pm

**Cost:** \$4

### **'Bloomers' Gardening Group' at PAC**

If you have a love for gardening, come & learn from our horticultural therapist. Share ideas, tips from other passionate people who also love gardening (no digging required).

**When:** 1st Friday in the month

**Time:** 10am - 12pm *\*occasionally longer—outings*

**Cost:** \$7 (includes morning tea)

### **'Cooking with Friends' at PAC**

Cook new & interesting foods from different cultures, come & enjoy a social morning with others & share the end results in a delicious sit down meal

**When:** 2nd Tuesday in the month

**Time:** 10.30am - 1.00pm

**Cost:** \$10

### **'Brain Boot Camp' at the PAC**

Boost your brain power with a range of mental exercises, puzzles, trivia & games, lifestyle information to keep the cognitive cogs turning.

**When:** 4th Friday each month

**Time:** 10am - 12 noon

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

**'Central Market' trips** —Date advised in the Newsletter

**Cost:** \$7

**Monthly Walking Group**—Details in the newsletter

Enjoy a walk at various hills / city locations, plus a cuppa & company (weather dependent)

## Social and Wellbeing

### **'Coffee Group' and more....**

Social connectedness is the basis of interpersonal relationships. Build your sense of belonging whilst having a cuppa & enjoying local cafes.

**When:** 2nd Friday each month

**Time:** 10am - 12.30pm

**Cost:** \$5 plus morning tea at own expense

**Where:** Selected destinations throughout the region

**'R.O.A.M.E.R.S** (Retired Older Active Men Enjoying Recreation Socially). Calling all fellas to join our men's only group for monthly outings to interesting destinations & mateship.

**When:** 3rd Wednesday each month (can vary)

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

### **'Food with Friends' - for the Night Owls**

Dinner nights to different hills venues (transport available)

**When:** 4th Thursday each month

**Time:** 6pm—8.30pm

**Cost:** \$5 plus meal at own expense

**Food with Friends Lunch program** is also offered — date advised in the Newsletter **Cost:** \$5

**A copy of our newsletter showing our great range of ever-evolving special events and outings is distributed bi-monthly.**

**PAC is committed to social inclusion, diversity & equity. We strive to remove unconscious bias, encourage respect & understanding so all our community can engage & thrive.**

**To book Positive Ageing Programs:**

**Call 8375 7999**

**For other services you may be able to access call the Hills Home & Community Support Team:**

**Call 8375 7998**