CITY OF PROSPECT

Social programs for seniors



Prospect Community Support





- Exercise programs
- Information sessions
- Movies and performances
- Shopping experiences
- Lunch and coffee outings
- Day trips
- Woodworking



2026

September

October

November

December

Help shape our program for 2027



Welcome to our final social program booklet for 2026. While slightly smaller than other issues, we've still packed it full of exciting social activities to help you see off the year in style!

If you can believe it, we're already thinking about our line-up of programs for 2027, but before we do, we'd love to hear your thoughts on how we can make our outings the perfect experience for you.

Whether you enjoy shopping trips, wildlife parks, scenic drives, lunches with friends, live events, or have a brand-new idea, this is your chance to have a say. Your feedback will help us create outings that are fun, engaging, and tailored to what our clients want most.

The survey only takes a few minutes to complete, but your input will make a big difference in shaping our future programs. Tell us where you'd like to go, what you'd like to do, and what would encourage you to join us more often.

Thank you for your ongoing support for the Prospect Community Support team and we can't wait to hear your ideas and to start planning your next adventures in 2027!

To fill out our survey visit **surveymonkey.com /r/outings-survey-b** or scan the QR code

Prefer to fill out the survey in a different way?

We can post you a hard copy or assist you in person to fill out the survey. Call us on **8342 8091**.

Scan me with your phone

Changes to how you book with us

Due to lower attendance, the following changes have been made to our booking process:

- Bookings will now open one month prior to each outing date. *For example, bookings for 13 November are open a month earlier on 16 October.*
- Reminders will no longer be sent for outings. Please ensure you add all bookings to your diary.

How to Book outings
from September onwards

1 Call **8342 8091** when bookings open. If we're unavailable or it's after hours, leave a message with:
   - Your name
   - The outing and date
   - Your phone number

2 Please wait for us to return your call or reply via text to confirm your booking request.

3 Please don't forget to add all bookings to your diary or calendar.

We appreciate your support and understanding as we implement these changes.

Subject to change

Every effort is made by the team to ensure event details are correct at the time of this booklet's published date. However, events are subject to change without notice due to circumstances out of our team's control. We will keep you informed of any changes or cancellations, and we appreciate your understanding.

Cancellations

We understand that illness and unexpected circumstances can arise. If you're unable to attend, please let us know as soon as possible so we can offer your place to another participant, especially when outings have waiting lists. Thank you for your consideration.

Call us on 8342 8091
Erica, Emma, Beverly

If you wish to be removed from the mailing list please contact the team

We foster a culture that is unconditionally inclusive and respectful of diversity – we welcome you. All of the social programs are coordinated by our qualified team and assisted by our dedicated volunteers.

What is CHSP?

When referring to an event, you may notice two different prices listed. This relates to the funding City of Prospect receives.

CHSP, or Commonwealth Home Support Program, is covered by funding received from the Australian Government Department of Health, Disability and Ageing, and with the support from City of Prospect, allows subsidised client contribution rates.

To access these social programs, you need to:

- Be 65+ years, or 50+ years for Aboriginal and Torres Strait Islander person
- Have a Social Support and Community Engagement referral with Prospect Community Support
- Live in the funded 'Eastern Region,' including City of Prospect and Town of Walkerville.

Please contact our team to discuss your options to attend our events at a Non-CHSP rate.

My Aged Care

My Aged Care can help you access services to improve your wellbeing and social connection within your community.

If you feel your needs have changed and you would like additional support with social activities or other services to support your wellbeing and independence, please discuss your situation with:

My Aged Care 1800 200 422

(Mon to Fri 8am-8pm, Sat 10am-2pm)

You can also contact them through the following methods:

- Contact National Relay Service (NRS) - ask to be transferred to 1800 200 422
- Translating and Interpreting service 131 450 - Mention language spoken and ask them to call 1800 200 422.

Services Australia (SA)

Aged Care Specialist Officer 1800 227 475

An Aged Care Specialist Officer (ACSO) provides free, face-to-face support to help you understand and access aged care services through My Aged Care. They can offer information, guidance, and assistance with a range of aged care matters.

Free appointments with an ACSO are available through video chat if you have a myGov account or in person at selected Services Australia service centres.

For more helpful and up-to-date information about aged care resources and services

Activity Levels

Please refer to  for each event, which indicates the level of activity required to attend the session.



Low
Minimal walking involved



Medium
Moderate amount of walking involved



High
We'll indicate any specific requirements

Should you have specific mobility or health concerns, please discuss the activity or event with our team to determine if it will suit your physical and mobility levels.

Key for events

You may notice some events include additional icons. These indicate the following features or requirements:

 identifies the activity level required

 food purchased at additional cost

Pick-up times

For many of our events, we are picking up a number of people from different locations, therefore we give an estimated pick-up timeframe of an hour.

Please be aware that the start time listed on each activity is the start of this one-hour pick up window, not your exact pick-up time.

For example, if an outing lists a 10am start, your volunteer driver may arrive at any time between 10am and 11am.

We will also no longer be offering a call on route option. Upon arrival to your residence, the bus will beep, and if you don't respond, the volunteer will knock on your front door.

Featured events

Wisdom and Wellness
Stay safe and well during summer

In our next Wisdom and Wellness session, we're focusing on ways to stay safe, healthy and connected during the summer months.

Join us to hear from a variety of speakers who will share practical advice on:

- Recognising and preventing heat-related illness
- Staying hydrated and keeping your home cool
- Preparing for extreme weather events and power outages
- Looking out for neighbours, family and friends during heatwaves
- Understanding when and how to seek medical assistance
- Accessing community support services during emergencies.

Knowledge, preparation and community spirit can help us all stay safe during the summer heat.

Bookings essential via **staysafeandwell.eventbrite.com.au** or call the team to book.

Limited transport available for CHSP City of Prospect and Town of Walkerville clients.
See page 11 for more details.

Come and Explore week
7-11 September

We're celebrating the great range of health, wellbeing and social programs available in your community across this special week, which also happens to be Women's Health Week.

Try our exercise classes, social groups, creative activities and Men's Shed! There'll be a free morning tea provided at some sessions, as well as a sausage sizzle at our Men's Shed.

This week is open to all CHSP participants, and you can join as many sessions throughout the week as you would like. Please call to book into any sessions you would like to attend. No transport will be provided.
See pages 8 and 9 for all available programs.

Come and explore your community between 7-11 September



Dance Moves

Our popular Dance Moves program is expanding to the Metro Eastern Region, making it easier for CHSP clients from neighbouring councils like Town of Walkerville, and Cities of Unley and Adelaide to join in.

This fun, partly chair-based class combines movement, music and social connection to support balance, mobility, wellbeing, memory and coordination.
See page 17 for more details.

Prospect Spring Fair

Mark your calendars for Saturday 31 October at Broadview Oval/Yarnta Tutu yarta for the long-awaited return of our Prospect Spring Fair.

Grab a bite to eat, browse over a hundred craft and artisanal stalls, including items made from our very own Men's Shed and Chat and Chisel programs, watch fantastic local talent on the main stage, jump on a ride, check out the inaugural Pie-Eating Contest, and don't forget to catch the iconic Mini-Dachshund Race.

Visit **prospect.sa.gov.au/springfair** for the latest updates.



Move, connect and have fun with NEW Dance Moves on a Friday

September

Please don't forget to add your bookings in your diary or on your calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Shopping Service** **Friendship Group** **Chat and Chisel**	2 **Men's Shed** **Aqua Fitness** **Dance Moves** Prospect	3 **Men's Shed** **Active Connections** **Prospect Precinct Bus Service**	4 **Shopping Service** **Strength for Life** **Dance Moves**
7 **Strength for Life** Come and Explore **Exercise classes** Come and Explore **Live concert and lunch** What's New Pussycat Shedley Theatre	8 **Shopping Service** **Friendship Group** Come and Explore **Chat and Chisel** Come and Explore	9 **Men's Shed** Come and Explore **Aqua Fitness** **Dance Moves Prospect** Come and Explore	10 **Men's Shed** **Active Connections** Come and Explore **Royal Adelaide Show**	11 **Shopping Service** **Strength for Life** Come and Explore
14 **Strength for Life** **Exercise classes** Prospect and Walkerville	15 **Shopping Service** **Friendship Group** **Chat and Chisel**	16 **Men's Shed** **Aqua Fitness** **Dance Moves** Prospect	17 **Men's Shed** **Active Connections** **Prospect Precinct Bus Service**	18 **Shopping Service** **Strength for Life** **Dance Moves**
21 **Strength for Life** **Exercise classes** Prospect and Walkerville	22 **Shopping Service** **Friendship Group** **Chat and Chisel**	23 **Men's Shed** **Aqua Fitness** **Dance Moves** Prospect **Movie and meal at Mitcham**	24 **Men's Shed** **Active Connections**	25 **Shopping Service** **Strength for Life** **Dance Moves**
28 **Strength for Life** **Exercise classes** Prospect and Walkerville **Gungellan Hotel Visit** McLeod's Daughters Country	29 **Shopping Service** **Friendship Group** **Chat and Chisel**	30 **Men's Shed** **Aqua Fitness** **Dance Moves** Prospect		

September Social Outings

MON
7 Sep



Prospect and Walkerville Exercise
Come and explore

9am or 10am at Prospect
Eliza Hall, Payinthi, Prospect

11:15am at Walkerville
Walkerville Town Hall, Walkerville

Both free

Low impact chair-based exercise classes.

MON
7 Sep



Live Concert and Lunch 'What's New Pussycat'

9:15am-3pm
Shedley Theatre, Playford Civic Centre
CHSP $30 / Non-CHSP $35

Join us for a fabulous concert celebrating the hits from the 60s. Sing along to timeless favourites, then after the performance enjoy a delicious lunch at the Grenville Centre.

MON
7 Sep
and
FRI
11 Sep



Strength for Life
Come and explore

10-11am
Nailsworth Community Hall
31 D'Erlanger Avenue Collinswood
Free

Circuit based training for over 50's by an accredited instructor.

TUE
8 Sep



Chat and Chisel and Friendship Group
Come and explore

10am-2pm, Chat and Chisel
Nailsworth Community Shed
10am-12:30pm, Friendship Group
Irish Harp Room, Payinthi, Prospect
Both free

Enjoy woodworking and good company at Chat and Chisel, or join a fun activity and meet new people at Friendship Group.

WED
9 Sep



Dance Moves
Come and explore

2pm (45 min classes) Eliza Hall, Prospect
CHSP $50/Non-CHSP $100 (10 session card)

Enjoy a fun, chair-based dance session that helps improve mobility, balance and cognitive wellbeing.

September Social Outings

WED
9 Sep



Men's Shed
Come and explore

10am-2pm

Nailsworth Community Shed
31 D'Erlanger Ave Collinswood

Free

If you enjoy woodworking, come along and join the men at the Shed. Work on a small woodworking project during the session, and enjoy a sausage sizzle whilst having a chat.

THU
10 Sep



Active Connections
Come and explore

9:30am-11:30am

The W – Walkerville Recreation Centre
39 Smith Street, Walkerville

Free

Come and enjoy a social game of pickleball, table tennis and more. Then relax and unwind with a free coffee and light refreshments.

THU
10 Sep



Royal Adelaide Show

9.30am-4pm

Wayville Showgrounds

CHSP $5 / NON CHSP $10

Enjoy exploring exhibits, entertainment, shopping, and food at your own pace. Transport is included. Show entry is usually provided but cannot be guaranteed. If required, admission costs will be at your own expense.

WED
23 Sep



Movie and meal at Mitcham

8:45am-3:30pm

Wallis Cinema Mitcham Shopping Centre

CHSP $35 / NON CHSP $45
Drinks at own expense

Enjoy morning tea at the cinema before you watch a new release movie. Then head to Hughes Lounge bar to enjoy a nice lunch.

MON
28 Sep



Gungellan Hotel Visit
McLeod's Daughters Country

10:15am-3:30pm

Gungellan Hotel - Freeling

CHSP $10 / NON CHSP $15 *Lunch at own expense*

Enjoy a relaxing lunch at the historic hotel in Freeling, famously featured in the hit TV series McLeod's Daughters. Soak up the country charm, explore this iconic filming location and savour a delicious meal.

October

Please don't forget to add your bookings in your diary or on your calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Men's Shed** **Prospect Precinct Bus Service** **IKEA Shopping and Lunch**	2 **Shopping Service** **Strength for Life** **Dance Moves**
5 **Labour Day** Public Holiday	6 **Shopping Service** **Friendship Group** **Chat and Chisel**	7 **Men's Shed** **Aqua Fitness** **Dance Moves** Prospect	8 **Men's Shed** **Live Concert Tina Turner Tribute** Golden Grove/Golden Grove Shopping Centre	9 **Shopping Service** **Strength for Life** **Dance Moves**
12 **Strength for Life** **Exercise classes** Prospect and Walkerville	13 **Shopping Service** **Friendship Group** **Chat and Chisel**	14 **Men's Shed** **Aqua Fitness** **Dance Moves** Prospect **Movie and meal Mitcham**	15 **Men's Shed** **Active Connections** **Prospect Precinct Bus Service**	16 **Shopping Service** **Strength for Life** **Dance Moves**
19 **Strength For Life** **Exercise classes** Prospect and Walkerville **Meal and mingle** Somerset Hotel	20 **Shopping Service** **Friendship Group** **Chat and Chisel**	21 **Men's Shed** **Aqua Fitness** **Dance Moves** Prospect	22 **Men's Shed** **Active Connections**	23 **Shopping Service** **Strength for Life** **Dance Moves**
26 **Strength for Life** **Exercise classes** Prospect and Walkerville	27 **Shopping Service** **Friendship Group** **Chat and Chisel**	28 **Men's Shed** **Aqua Fitness** **Dance Moves** Prospect **Wisdom and Wellness** Staying safe and well during summer	29 **Men's Shed** **Active Connections**	30 **Shopping Service** **Strength for Life** **Dance Moves**

October Social Outings

THU
1 Oct



IKEA Shopping and Lunch

10am-3pm
IKEA – Adelaide Airport
CHSP $5 / NON CHSP $10
Lunch at own expense

Browse an extensive range of home furnishing, décor and practical household essentials at IKEA. Take time to enjoy lunch in the IKEA Restaurant, where the famous Swedish meatballs are a favourite choice for many visitors, along with a variety of other delicious and affordable meal options.

THU
8 Oct



Shopping/Lunch and Live Show Tina Turner Tribute

10am-4pm
Golden Grove Shopping Centre and Golden Grove Arts Theatre
CHSP $30 / NON CHSP $35
Lunch at own expense

Enjoy shopping and lunch at The Grove Shopping Centre, featuring a wide range of specialty stores and a convenient food court with plenty of dining options. The afternoon concludes with a lively Tina Turner Tribute Show celebrating her greatest hits.

WED
14 Oct



Movie and meal Mitcham

8:45am–3:30pm
Wallis Cinema Mitcham Shopping Centre
CHSP $35 / NON CHSP $45
Drinks at own expense

Enjoy morning tea at the cinema before you watch a new release movie. Then head to Hughes Lounge bar to enjoy a nice lunch.

MON
19 Oct



Meal and mingle

10:30am-3.30pm
Somerset Hotel Para Hills
CHSP $5 / NON CHSP $10
Lunch at own expense

Catch up with friends over a delicious meal in a welcoming setting, with plenty of time for conversation and social connection.

WED
28 Oct



Staying safe and well during summer

10am-12pm
Eliza Hall, Payinthi, Prospect
CHSP Free / Non-CHSP $5

Stay safe, healthy and connected this summer. Learn about heat safety, hydration, emergency planning and community support. Bookings essential at **staysafeandwell.eventbrite.com.au** or call the team to book. For assistance, call us on 8342 8091. Limited transport available for CHSP City of Prospect and Town of Walkerville clients.

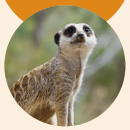
November

Please don't forget to add your bookings in your diary or on your calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Strength for Life Exercise Classes Prospect and Walkerville	**3** Shopping Service Friendship Group Chat and Chisel	**4** Men's Shed Aqua Fitness Dance Moves Prospect	**5** Men's Shed Active Connections Prospect Precinct Bus Service Gorge Wildlife Park and Cudlee Creek	**6** Shopping Service Strength for Life Dance Moves
9 Strength for Life Exercise Classes Prospect and Walkerville	**10** Shopping Service Friendship Group Chat and Chisel	**11** Men's Shed Aqua Fitness Dance Moves Prospect Movie and meal Mitcham	**12** Men's Shed Active Connections	**13** Shopping Service Strength for Life Dance Moves
16 Strength for Life Exercise Classes Prospect and Walkerville	**17** Shopping Service Friendship Group Chat and Chisel	**18** Men's Shed Aqua Fitness Dance Moves Prospect	**19** Men's Shed Active Connections Prospect Precinct Bus Service Seacliff Lifesaving Club and Scenic Drive	**20** Shopping Service Strength for Life Dance Moves
23 Strength for Life Exercise Classes Prospect and Walkerville	**24** Shopping Service Friendship Group Chat and Chisel	**25** Men's Shed Aqua Fitness Dance Moves Prospect Harbour Town and Lunch	**26** Men's Shed Active Connections	**27** Shopping Service Strength for Life Dance Moves
30 Strength for Life Exercise Classes Prospect and Walkerville				

November Social Outings

THU
5 Nov



Gorge Wildlife Park and Cudlee Creek Tavern

8:45am-4pm

Cudlee Creek

CHSP $10/NON CHSP $15 *Lunch at own cost*
+$20-23 park entry with concession card

Join us for a day exploring native animals and wildlife at Gorge Wildlife Park, followed by lunch at the Cudlee Creek Tavern.

WED
11 Nov



Movie and meal Mitcham

8:45am-3:30pm

Wallis Cinema
Mitcham Shopping Centre

CHSP $35 / NON CHSP $45
Drinks at own expense

Enjoy morning tea at the cinema before you watch a new release movie. Then head to Hughes Lounge bar to enjoy a nice lunch.

THU
19 Nov



Scenic Drive and Seacliff Lifesaving Club

9am–3:30pm

Seacliff and surrounding areas

CHSP $10 / NON CHSP $15
Lunch at own cost

Join us for a scenic coastal drive through Seacliff and surrounding seaside areas, followed by lunch at the Seacliff Surf Life Saving Club. Relax, enjoy the ocean views, and spend time with friends while exploring Adelaide's beautiful coastline.

WED
25 July



Harbour Town shopping and lunch

9:30am–3:30pm

West Beach

CHSP $5/NON CHSP $10 *Lunch at own expense*
Special goody bag included

Join us for a Black Friday shopping trip to Harbour Town, with time to explore amazing sales and grab some bargains ready for Christmas. Enjoy lunch from the food court at your own choice and cost. This great outing has it all plus you'll received a special goody bag filled with vouchers and exclusive offers.

December

Please don't forget to add your bookings in your diary or on your calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Shopping Service** **Friendship Group** **Chat and Chisel**	**2** **Men's Shed** **Aqua Fitness** **Dance Moves** Prospect **Kenton Valley Cherries and Rocking Horse Gumeracha**	**3** **Men's Shed** **Active Connections** **Prospect Precinct Bus Service**	**4** **Shopping Service** **Strength For Life** **Dance Moves**
7 **Last sessions for year** Returning Mon 11 Jan **Strength For Life** **Exercise Classes** Prospect & Walkerville	**8** **Last sessions for year** Returning Tue 12 Jan **Shopping Service** **Friendship Group** **Chat and Chisel**	**9** **Last sessions for year** Returning Wed 13 Jan **Men's Shed** **Dance Moves** Prospect **Aqua Fitness** **Movie and meal Mitcham**	**10** **Last sessions for year** Returning Thu 14 Jan **Men's Shed** **Active Connections**	**11** **Last sessions for year** Returning Fri 15 Jan **Shopping Service** **Dance Moves** **Strength For Life**
14 **End of Year Celebration for Weekly Programs** Hampstead Hotel	**15** **Last Tuesday service for the year** Returning Tue 12 Jan **Shopping Service**	**16**	**17**	**18** **Last sessions for year** Returning Fri 15 Jan **Shopping Service** *The team is taking a break from today, returning 11 Jan 2027*
21	**22**	**23**	**24** **City of Prospect will be closed from 1pm today** Reopening on Mon 4 January 2027	**25** ***Have a safe and Merry Christmas!***
28	**29**	**30**	**31** ***New Year's Eve***	

December Social Outings

WED
2 Dec



Kenton Valley Cherry Farm and Big Rocking Horse

9am-4pm
Kenton Valley and Gumeracha
CHSP $10 / Non-CHSP $15
Lunch at own expense

Join us at Kenton Valley Cherry Farm, followed by a visit to the iconic Big Rocking Horse in Gumeracha. Browse local produce, pick up Christmas gifts, explore the attractions, and enjoy time with friends in the beautiful Adelaide Hills.

WED
9 Dec



Movie and meal Mitcham

8:45am-3:30pm
Wallis Cinema
Mitcham Shopping Centre
CHSP $35 / NON CHSP $45
Drinks at own expense

Enjoy morning tea at the cinema before you watch a new release movie. Then head to Hughes Lounge bar to enjoy a nice lunch.

MON
14 Dec



End of Year Celebration for Weekly Programs

12–2pm
Hampstead Hotel
143 North East Rd Collinswood
Lunch & Drinks own cost
Make your own way to and from the venue
RSVP essential: Please call the team on 8342 8091 by Friday 27 November

Celebrate the end of another fantastic year with friends from our weekly programs. Join us for lunch, friendship and festivities as we come together to reflect on the year and celebrate connections we've made throughout 2026.

Programs invited

- Strength for Life
- Exercise Classes *Prospect and Walkerville*
- Friendship Group
- Chat and Chisel
- Aqua Fitness
- Men's Shed
- Dance Moves
- Active Connections

Regular events

Friendship and fun

Tuesdays
Weekly



Friendship Group

10am-12:30pm

Payinthi, Prospect

CHSP $20/Non-CHSP $30 (10 session card)

Connect with others as you enjoy a morning of bingo, card games, testing your skills with quizzes and word games, whilst enjoying a morning tea with friends.

Tuesdays
Weekly
During school term



Library Program
Generations of Fun

10:30am-12pm

Payinthi, Prospect

Free

Contact the Library to become an "Older Friend" at this regular Intergenerational Playgroup, where you'll share playtime with toddlers and their parents. It's a great way to have fun while boosting your sense of purpose and belonging.

Tuesdays
Weekly



Chat and chisel

10am-2pm

Nailsworth Community Shed/ Prospect Men's Shed

CHSP $40/Non-CHSP $80 (10 session card)

In the company of likeminded women and men, come to learn or further develop your woodworking skills through activities and projects. Couples and beginners welcome.

Wed/Thu
Weekly



Prospect Men's Shed

10am-2pm

Nailsworth Community Shed/Prospect Men's Shed

CHSP $40/Non-CHSP $80 (10 session card)

Looking for a welcoming space to connect? Our Men's Shed offers a friendly environment to enjoy a cuppa, develop new woodworking skills and build friendships. All experiences welcome.

Regular events
Let's stay active

Thursdays **Weekly**

During school term



Active Connections

- **9.30am (2-hour session)**
- **The W, Walkerville Recreation Centre**
  39 Smith Street, Walkerville
- **From $50 for 10 sessions**

Enjoy a social morning of court sports in a stunning new location. Try pickleball, table tennis, badminton and walking basketball with coach support, then relax over a barista-made coffee.

Mondays **Weekly**

exclude public holidays



Prospect and Walkerville exercise classes

- **9am and 10am (45min class) at Prospect**
  Eliza Hall, Payinthi, Prospect
- **11:15am (45min class) at Walkerville**
  Walkerville Town Hall, Walkerville
- **CHSP $40/Non-CHSP $50 (10 session card)**

Join our fun and gentle chair-based exercise classes to boost your fitness and well-being. Choose the site most convenient for you.

MON/FRI **Weekly**

exclude public holidays



Strength for Life 'Stay Strong'

- **9:30am and 10:30am (60 min classes)**
- **Nailsworth Community Hall**
- **CHSP $80/Non-CHSP $100 (10 session card)**
  Initial assessment worth $50 now free

Stay active, strong and confident with this personalised strength and balance program for people aged 50 and over.

WED/FRI **Weekly**



Dance Moves at Prospect

- **WED 2pm (45min classes) Eliza Hall, Prospect**
  FRIDAY details to be confirmed
- **CHSP $50/Non-CHSP $100 (10 session card)**

Enjoy a fun, chair-based dance session that helps improve mobility, balance and cognitive wellbeing. No experience needed.

Wednesdays **Weekly**



Aqua Fitness

- **12noon (poolside at 11:45am)** 45 min class
- **Adelaide Aquatic Centre**
  Jeffcott Rd, Nth Adelaide
- **CHSP $50/Non-CHSP $60 (10 session card)**

Boost your fitness and wellbeing with a low-impact water workout in shallow water. Suitable for all abilities, with qualified instructors.

Regular events

Community Bus services

1st and 3rd Thursdays **Monthly**



Prospect precinct bus service

10am–12:30pm

Prospect Road

$4 donation recommended

Browse local shops, visit Prospect Library, drop into the Welcome Space session in Payinthi or catch up with friends over a coffee with this free bus service that takes you to the heart of Prospect Road.

Operating on the first and third Thursday morning of each month, get dropped off at Payinthi (128 Prospect Road, Prospect) and either choose to make your own way back or catch a return ride from Vine Street Plaza.

This service is open to all City of Prospect residents aged 8+ years who can board and disembark the bus independently.

Bookings essential at prospect-precinct-bus service.eventbrite.com.au or call 8342 8091.

Door to door shopping service

9am-11:30am

Prospect Central Shopping Centre

$4 donation recommended

Every Tuesday and Friday morning from 9am, this service takes you to Prospect Central Shopping Centre for grocery shopping, banking, or socialising for around 90 minutes.

Tue and Fri **Weekly**



CITY OF PROSPECT

On behalf of Bev, Emma, Erica, Steve and our fabulous volunteers, we wish you, your family and friends a very merry Christmas and festive season, with happiness and good health throughout the New Year.

With love,

Prospect Community Support

8342 8091

admin@prospect.sa.gov.au



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