

Social Programs

for seniors

Welcome
2024

Performances

Friendship
Group

Strength For Life

MOVIE OUTINGS

**EXERCISE
CLASSES**

**Hotel
Lunches**

Aqua Aerobics

Shopping
Experiences

Information Sessions

Men's Shed

Prospect
Community
Support

2024
January
to April



Social Programs for seniors

The team absolutely enjoys creating these programs, as our activities, exercise programs and outings offer you the opportunity to meet like-minded locals and build meaningful relationships. Connecting with others also prevents isolation, as socialising is beneficial for your physical, mental and emotional wellbeing and an important part of staying well as you age.

We want to see YOU out and about!



Our social programs are designed for **YOU**.

We want to see **YOU** on our community buses heading off to local, metropolitan and hills venues, and seeing **YOU** attend our exercise classes to enjoy the benefits of physical activity. We need **YOU** to call the team, chat about our outings, groups and exercise programs – and book **YOURSELF** into the programs that interest **YOU**!

Come along and join in to keep **YOURSELF** connected with **YOUR** community.

Contact the team 📞 8342 8091 Denise, Erica, Emma

We welcome your feedback

Did you enjoy our activities in 2023?

Have you been somewhere interesting or know of venues that other people would enjoy?

Then let us know – **please complete and return the enclosed 'Have Your Say' form.**

By learning what you enjoy - and what you prefer not to do again - your preferences and suggestions will assist the team for future planning of our social programs.

We appreciate your time and effort in letting us know your thoughts.



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



Are you CHSP or Non-CHSP?

You might notice in the booklet there's two prices for our activities: CHSP and Non-CHSP. This relates to the funding City of Prospect receives.

CHSP – Refers to the funding received from the Australian Government Department of Health and Aged Care under the Commonwealth Home Support Program (CHSP) and with the support from City of Prospect allows the subsidised client contribution rates. This is referred to as the 'CHSP Rate'.

To access the CHSP rate -

- ✓ you need to be 65+ years
- ✓ be registered with My Aged Care (MAC)
- ✓ have a Social Support Group referral with Prospect Community Support
- ✓ live in the funded 'Eastern Region' including the Prospect or Walkerville council areas.

Non-CHSP

Not over 65 years? Not registered with MAC or don't have a referral? Please contact the team to discuss your eligibility to attend our programs which will involve you paying the 'Non-CHSP' (non-subsidised) price.



**PRICE
INCREASE
ALERT**

Strength For Life cost increase

Please note the client contributions to the Strength For Life program has been increased to reflect COTA's pricing guide. **Refer to the Let's Get Active pages for details.**

If you are experiencing financial difficulty contact the team to discuss your situation.

Please contact the team if you need further information 📞 8342 8091



Being on a waitlist

Depending upon bus capacity, volunteer availability, venue restrictions or client participation, the team will adjust participant numbers to suit.

This may mean that you are placed on a 'wait list' and not have a confirmed booking for that outing. If you are on a 'waitlist' and a seat becomes available, the team will contact you.

If an event is popular and we have many participants on a waitlist the team will endeavour to hold that event again in the future where you will be given priority to attend. *We thank you for your understanding.*



Priority of Service

On occasions where our events are popular and heavily booked, we will appreciate your understanding that our 'priority of service' may apply where we will need to prioritise and accept our CHSP participants first before our Non-CHSP participants.

Of course, the team will endeavour to keep couples and friends together as much as possible.

Thank you for your understanding.

For further information call 📞 8342 8091

Key to 'Special Event' information

- 🕒 *The first time* is the time you can expect the bus to pick you up from – this may take up to an hour
- The second time* is the approximate time you can expect to be back home
- 💰 Refers to the CHSP and Non-CHSP cost of the event
- 📍 Event location if not stated in the title
- 🍴 Advises if a meal is included or not in the cost
- 🚶 Identifies the activity level of the event

January 📅



Don't forget to add your bookings in your diary or on your calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Public Holiday	2 <i>City of Prospect office opens today for general council services</i>	3	4	5
8 <i>Prospect Community Support team returns today</i>	9 Shopping & Library Services <i>First Tuesday services today</i>	10	11	12 Shopping Service <i>First Friday service today</i>
15 Strength For Life <i>First Monday class today</i> Exercise Classes <i>Prospect & Walkerville First classes today</i>	16 Shopping & Library Services Friendship Group <i>First group today</i>	17 Aqua Aerobics <i>First class today</i> Men's Shed <i>First Wednesday session today</i>	18 Men's Shed <i>First Thursday session today</i>	19 Shopping Service Strength For Life <i>First Friday class today</i>
22 Strength For Life Exercise Classes <i>Prospect & Walkerville</i>	23 Shopping & Library Services Friendship Group	24 Aqua Aerobics Men's Shed	25 Men's Shed	26 Public Holiday
29 Strength For Life Exercise Classes <i>Prospect & Walkerville</i>	30 Shopping & Library Services Friendship Group	31 Aqua Aerobics Men's Shed		



Using the community buses

Most of our social events offer a door to door transport service. Please note that all participants using the community buses -

- must be able to board and disembark the bus independently,
- be able to navigate surroundings and make independent decisions.

Prior to using the bus ensure you have completed and returned the Community Bus Registration Form - call the team if you haven't done this yet, thank you.

Contact the team when -

- your medical or health situation changes (you may be required to complete a new Form).
- if you feel you can no longer independently use the community bus service.

Pick up location

Please note that the pick up location will be at a driveway at/near your home to avoid stepping down from the street verge or gutter.

Pick up times

Depending upon the number of participants being picked up and where they live, the team won't know exactly what time you'll be picked up - therefore, the time for events identifies when the pick-up time is 'from'. Please also be understanding and patient as the volunteer bus drivers need to drive according to traffic and weather conditions.

If you would like the bus volunteers to call you when they are en route to your home, contact the team to arrange this.



Activity Levels

This Activity Level Guide will assist you in deciding if an event is suitable for you. Please refer to the 'A' symbol for each event.

Should you have specific mobility or health concerns, please discuss the activity or event with the team to enable you to decide if the event is suitable for you and suits your physical and mobility levels.

Low - minimal walking is involved.

Medium - moderate amount of walking involved.

High - we will indicate any specific requirements for the individual outing.

Prospect Community Support do their best within their capacity to assess and arrange activities and events held here at Council or other locations and venues. All reasonable care and attention are given to provide a safe environment for you at these venues, as well as when travelling on Council's community bus.

February



Don't forget to add your bookings in your diary or on your calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Men's Shed	2 Shopping Service Strength For Life
5 Strength For Life Exercise Classes Prospect & Walkerville	6 Shopping & Library Services Friendship Group	7 Aqua Aerobics Men's Shed ☆ Wednesday Hotel Lunch Mawson Lakes Hotel	8 Men's Shed ☆ Littlewood Agapanthus Farm & Lunch Littlehampton	9 Shopping Service Strength For Life
12 Strength For Life Exercise Classes Prospect & Walkerville ☆ Chinese New Year Lunch St Peters	13 Shopping & Library Services Friendship Group	14 Aqua Aerobics Men's Shed ☆ A Day at the Beach Henley Beach	15 Men's Shed	16 Shopping Service Strength For Life
19 Strength For Life Exercise Classes Prospect & Walkerville ☆ A Day in the Hills Karkoo Nursery & Lunch at Oakbank	20 Shopping & Library Services Friendship Group	21 Aqua Aerobics Men's Shed	22 Men's Shed ☆ Performance at Murray Bridge 'The Magic of Motown'	23 Shopping Service Strength For Life
26 Strength For Life Exercise Classes Prospect & Walkerville ☆ Monday Hotel Lunch Mawson Lakes Hotel	27 Shopping & Library Services Friendship Group	28 Aqua Aerobics Men's Shed ☆ Talkies & Tea at The Regal 'Force of Nature - The Dry 2', Regal Theatre, Kensington	29 Men's Shed	

February ☆ Special Events

Wednesday Hotel Lunch

Mawson Lakes Hotel

📅 Wednesday 7 February

🕒 10.30am – 3.30pm 💰 CHSP \$5 / Non-CHSP \$10

👤 Purchase at own expense 🦶 Low

Enjoy the company of others as you enjoy a meal at Mawson Lakes Hotel, which offers a mix of culinary delights, including Mawson's Mega Schnitzels. Can't do this date? We'll also be at this location on Monday 26 February.

Littlewood Agapanthus Farm

Littlehampton

📅 Thursday 8 February

🕒 9.30am – 3pm 💰 CHSP \$20 / Non-CHSP \$25

👤 Morning tea included at the 'Farm', lunch meal at own expense

🦶 Medium/high - at the 'Farm', option to stroll around as it's 'up hill and down dale', please have good walking shoes.

Enjoy an informative presentation under 'the pavilion' while overlooking the 60 acre property delightfully named "Littlewood" located at Littlehampton in the picturesque Adelaide Hills. With over 100,000 Agapanthus plants to gaze upon, a 4 acre garden with a central glistening lake, it's hard to not fall in love at first glance with spectacular views.

Chinese New Year Lunch

Chef Dong, St Peters

📅 Monday 12 February

🕒 10.30am – 3pm

💰 CHSP \$5 / Non-CHSP \$10

👤 Purchase at your own expense 🦶 Low

2024 is the Chinese Year of the Dragon. Come and celebrate this event by enjoying a meal at this well-known Chinese restaurant. Here you will find an exceptional dining experience with authentic and dynamic dishes created by Chef Dong.

A Day at the Beach

Henley Beach

📅 Wednesday 14 February

🕒 9.30am – 3pm 💰 CHSP \$5 / Non-CHSP \$10

👤 Purchase at own expense or bring your own

🦶 Low to High (depending on where you go)

Spend a day at Henley Beach to explore at your leisure. Stroll along the esplanade enjoying the cafes and local shops. If you are adventurous, take a towel to swim and enjoy the sand between your toes!

February ☆ Special Events (continued)

A Day in the Hills

Karkoo Nursery & Lunch

📅 Monday 19 February

🕒 9am – 3.45pm

💰 CHSP \$10 / Non-CHSP \$15 📍 Oakbank

👤 Purchase at own expense 🦶 Low

Set in the beautiful site of the Johnston Brewery in Oakbank, enjoy this stunning site filled with plants, garden art, home and gift-wares. Lunch afterwards will be just down the road at the Oakbank hotel.

Performance at Murray Bridge

'The Magic of Motown'

📅 Thursday 22 February

🕒 8.30am – 3pm (starts at 11am)

💰 CHSP \$25 / Non-CHSP \$35

📍 Murray Bridge Town Hall

👤 Purchase at own expense or bring your own

🦶 Low/Medium

Enjoy this performance as you relive the music that revolutionized 1960's America featuring some of South Australia's best singers and musicians. The Magic of Motown will have you grooving and singing along to all your favourite Motown, Soul and RnB classics featuring hits from The Jackson 5, The Temptations, Diana Ross, the Supremes and many more.

Monday Hotel Lunch

Mawson Lakes Hotel

📅 Monday 26 February

🕒 10.30am – 3.30pm

💰 CHSP \$5 / Non-CHSP \$10

👤 Purchase at your own expense 🦶 Low

Enjoy the company of others as you enjoy a meal at Mawson Lakes Hotel, which offers a mix of culinary delights, including Mawson's Mega Schnitzels. Can't do this date? We'll also be at this location on Wednesday 7 February.

Talkies & Tea at The Regal

'Force of Nature - The Dry 2'

📅 Wednesday 28 February

🕒 9am – 1.30pm (starts at 10.30am)

💰 CHSP \$10 / Non-CHSP \$15

📍 The Regal Theatre, Kensington

👤 Morning tea included at the Theatre

🦶 Low/Medium

This upcoming Australian film is the sequel to the successful 2020 film 'The Dry' and based on the novel 'Force of Nature' by Jane Harper. Five women take part in a corporate hiking retreat but only four come out on the other side. Set in the Victorian mountain ranges you'll enjoy this thriller starting Eric Bana and Anna Torv.

When using the bus, don't forget ...

- To wear appropriate footwear and clothing, avoiding loose or baggy clothes to reduce tripping.
- To walk with your mobility aid to the bus door. The volunteer will place your walker in the back of the bus, allowing you to use the grab rails to enter the bus.
- Label your mobility aid (walker, walking stick) with your name or use a bright ribbon for easy identification.



Make sure you can identify your walking aid!

Bookings are essential

Please phone the team to book the regular activity you would like to join or the special event you wish to attend. *Bookings are essential as numbers are limited.*



Need to cancel a booking?

We understand things crop up and you need to cancel a booking – that's not a problem! We just appreciate you giving us as much notice as you can, as a lot of preparation and planning goes into arranging events and activities... *thank you.*

Subject to change

Every effort is made by the team when making bookings to ensure event details are correct. However, events are subject to change without notice due to circumstances out of the team's control – even the cinemas may change the movie at short notice! *Your understanding is appreciated.*

March



Don't forget to add your bookings in your diary or on your calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Shopping Service Strength For Life
4 Strength For Life Exercise Classes Prospect & Walkerville	5 Shopping & Library Services Friendship Group	6 Aqua Aerobics Men's Shed ☆ Chocolate & Cheese Experience Melba's & Woodside Cheese Wrights	7 Men's Shed	8 Shopping Service Strength For Life
11 Public Holiday	12 Shopping & Library Services Friendship Group	13 Aqua Aerobics Men's Shed ☆ Performance at Port Noarlunga 'All Shook Up'	14 Men's Shed ☆ Experience Brickworks Marketplace Torrensville	15 Shopping Service Strength For Life
18 Strength For Life Exercise Classes Prospect & Walkerville	19 Shopping & Library Services Friendship Group	20 Aqua Aerobics Men's Shed ☆ Wednesday Hotel Lunch The Gully Public House & Garden, Tea Tree Gully	21 Men's Shed ☆ Experience Harmony Day Migration Museum, City	22 Shopping Service Strength For Life
25 Strength For Life Exercise Classes Prospect & Walkerville ☆ Monday Hotel Lunch The Gully Public House & Garden, Tea Tree Gully	26 Shopping & Library Services Friendship Group	27 Aqua Aerobics Men's Shed ☆ Talkies & Tea at The Regal 'Mystery Movie', Regal Theatre, Kensington	28 Men's Shed Easter Shopping Service	29 Public Holiday

March ☆ Special Events

Chocolate & Cheese Experience Melba's Chocolates & Woodside Cheese Wrights

📅 Wednesday 6 March

🕒 9.30am - 3pm 📍 CHSP \$10 / Non-CHSP \$15

📍 Woodside 🍷 Purchase at own expense 🚶 Medium

Love Chocolate? Love Cheese? Come along to Melba's Chocolates and Woodside Cheese Wrights to enjoy this great combination. Melba's Chocolates boasts five production rooms and is home to a variety of well-known chocolates and sweets. Woodside Cheese Wrights is a family-owned artisan cheese factory with a superior range of award-winning cheeses. Time afterwards for lunch in Woodside at a venue of your choosing.

Performance at Port Noarlunga 'All Shook Up'

📅 Wednesday 13 March

🕒 8.45am - 3pm (starts at 11am)

📍 CHSP \$25 / Non-CHSP \$35

📍 Port Noarlunga Arts Centre

🍷 Purchase at own expense or BYO

🚶 Low/Medium

This concert has hits from Roy Orbison, The Beatles, The Rolling Stones, The Commitments, Queen and many more. Rock and roll tunes from the 50's through to today will have you up dancing and enjoying the party.

Shopping Experience Brickworks Marketplace Torrensville

📅 Thursday 14 March

🕒 10am - 3pm 📍 CHSP \$5 / Non-CHSP \$10

🍷 Purchase at own expense 🚶 Medium

The Brickworks Marketplace is a vibrant shopping centre catering to your everyday needs all in one location. Here you can shop at Big W, Woolworths Supermarket, Dan Murphy's, Tony & Mark's fresh produce, as well as individual boutique shops. Grab a coffee and a bite to eat at the many dining options.

Wednesday Hotel Lunch The Gully Public House Tea Tree Gully

📅 Wednesday 20 March

🕒 10.30am - 3pm

📍 CHSP \$10 / Non-CHSP \$15

🍷 Purchase at own expense 🚶 Low

Enjoy lunch at this historical 1854 Hotel with South Australia's biggest and most unique, beer garden. The hotel is built around century old trees and a stream. Can't do this date? We'll also be at this location on Monday 25 March.

March ☆ Special Events (continued)

Experience Harmony Day Migration Museum, City

📅 Thursday 21 March

🕒 9.30am - 3.30pm (starts at 10.30am)

📍 CHSP \$15 / Non-CHSP \$20

🍷 Purchase at own expense 🚶 Medium

For Harmony Day visit the Migration Museum to celebrate our diversity which brings together Australians from all different backgrounds. Join us for a tour that includes the latest exhibitions. Time after to stroll around Rundle Mall and enjoy lunch.

Monday Hotel Lunch The Gully Public House Tea Tree Gully

📅 Monday 25 March

🕒 10.30am - 3pm 📍 CHSP \$10 / Non-CHSP \$15

🍷 Purchase at own expense 🚶 Low

Enjoy lunch at this historical 1854 Hotel with South Australia's biggest and most unique, beer garden. The hotel is built around century old trees and a stream. Can't do this date? We'll also be at this location on Wednesday 20 March.

Talkies and Tea at The Regal 'Mystery Movie'

📅 Wednesday 27 March

🕒 8.30am - 1.30pm (movie starts at 10.30am)

📍 CHSP \$10 / Non-CHSP \$15

📍 The Regal Theatre, Kensington

🍷 Morning tea included at Theatre 🚶 Low/Medium

Mingle and chat over morning tea then sit back, relax and enjoy a new release movie at this beautiful theatre. Did you know this theatre was known as the Princess Theatre and opened on 24 November 1925? The theatre originally presented silent films and pantomimes accompanied by the Princess Theatre Orchestra.

Heading off to a lunch?



Special Dietary Requirements?

Please let us know.

If you have any dietary requirements when heading to a social outing that includes a lunch, be sure to let us know at the time of your booking.

With advance notice we can advise the venue, *thank you.*



Don't forget to add your bookings in your diary or on your calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Public Holiday	2 Shopping & Library Services Friendship Group	3 Aqua Aerobics Men's Shed	4 Men's Shed ☆ Thursday Hotel Lunch <i>Gum Hotel, Gumeracha</i>	5 Shopping Service Strength For Life
8 Strength For Life Exercise Classes <i>Prospect & Walkerville</i>	9 Shopping & Library Services Friendship Group	10 Aqua Aerobics Men's Shed ☆ A Day in the Hills <i>'Stirling'</i>	11 Men's Shed ☆ A Day in the Garden <i>Adelaide Botanic Gardens</i>	12 Shopping Service Strength For Life
15 Strength For Life Exercise Classes <i>Prospect & Walkerville</i> ☆ Monday Hotel Lunch <i>Gum Hotel, Gumeracha</i>	16 Shopping & Library Services Friendship Group	17 Aqua Aerobics Men's Shed	18 Men's Shed ☆ Performance at Murray Bridge <i>'Golden Days of Bandstand'</i>	19 Shopping Service Strength For Life
22 Strength For Life Exercise Classes <i>Prospect & Walkerville</i> ☆ Experience Prospect Air Raid Shelter <i>Prospect</i>	23 Shopping & Library Services Friendship Group	24 Aqua Aerobics Men's Shed ☆ Talkies & Tea at The Regal <i>'Mystery Movie', Regal Theatre, Kensington</i>	25 Public Holiday	26 Shopping Service Strength For Life
29 Strength For Life Exercise Classes <i>Prospect & Walkerville</i> ☆ Experience Marion Shopping Centre <i>Oaklands Park</i>	30 Shopping & Library Services Friendship Group			

April ☆ Special Events

Thursday Hotel Lunch
Gum Hotel, Gumeracha
📅 Thursday 4 April

🕒 10.30am – 3.30pm

💰 CHSP \$10 / Non-CHSP \$15

👤 Purchase at own expense ⬆️ Low

Meet new people as you enjoy lunch with others, in this beautiful hotel located in Gumeracha, a historical Adelaide Hills township. Can't do this date? We'll also be at this location on Monday 15 April.

A Day in the Hills
Stirling

📅 Wednesday 10 April

🕒 9.30am – 3.30pm 💰 CHSP \$10 / Non-CHSP \$15

👤 Purchase at own expense, or bring your own

⬆️ Medium/High (depending on where you go)

Explore this timeless village with its picturesque streets, located in the Adelaide Hills. Pack a picnic or enjoy lunch at a local venue.

A Day in the Garden
Adelaide Botanic Garden
📅 Thursday 11 April

🕒 9.30am – 3pm (Tour starts at 10.30am)

💰 CHSP \$5 / Non-CHSP \$10

👤 Purchase at own expense at the onsite café, or bring your own

⬆️ Medium/High (depending on where you go)

Learn some interesting facts on this tour of the Adelaide Botanic Garden. Time also to explore this oasis of beautifully landscaped gardens, majestic avenues and stunning architecture in the heart of the city.

Monday Hotel Lunch
Gum Hotel, Gumeracha
📅 Monday 15 April

🕒 9.30am – 3pm (Tour starts at 10.30am)

💰 CHSP \$5 / Non-CHSP \$10

👤 Purchase at own expense at the onsite café, or bring your own

⬆️ Medium/High (depending on where you go)

Learn some interesting facts on this tour of the Adelaide Botanic Garden. Time also to explore this oasis of beautifully landscaped gardens, majestic avenues and stunning architecture in the heart of the city.



April ☆ Special Events (continued)

Performance at Murray Bridge 'Golden Days of Bandstand'

📅 Thursday 18 April

🕒 8.30am - 3pm (starts at 11am)

💰 CHSP \$25 / Non-CHSP \$35

📍 Murray Bridge Town Hall

👤 Purchase at own expense or bring your own

🦿 Low/Medium

Australia's longest running TV pop show which was hosted by Brian Henderson and featured the Bandstand "Family of singers and dancers", has been recreated by award winning entertainers Eddie Daniels and Suzie Lee. Time for a bite to eat at nearby eateries within walking distance.

Experience Prospect Air Raid Shelter Prospect

📅 Monday 22 April

🕒 10am - 3.30pm (Tour starts at 11am)

💰 CHSP \$8 / Non-CHSP \$10

👤 Purchase at own expense

🦿 High - Several steep steps involved, closed footwear essential, walking aids not advised.

Pay your respects for Anzac Day as we visit the shelter and learn how our civil defence was planned. The tour also includes a short film made in 1942 that illustrates the efforts made to prepare the population for the event of air attack. Time after for lunch to enjoy the eateries on Prospect Road.



Talkies and Tea at The Regal 'Mystery Movie'

📅 Wednesday 24 April

🕒 8.30am - 1.30pm (movie starts at 10.30am)

💰 CHSP \$10 / Non-CHSP \$15

📍 The Regal Theatre, Kensington

👤 Morning tea included at the Theatre

🦿 Low/Medium

Mingle and chat over morning tea then sit back, relax and enjoy a new release movie at this beautiful theatre.

Experience Marion Shopping Centre Oaklands Park

📅 Monday 29 April

🕒 9.30am - 3.30pm

💰 CHSP \$5 / Non-CHSP \$10

👤 Purchase at own expense

🦿 Medium/High (depending on where you go)

Enjoy the largest mall in Adelaide that offers more than 342 stores. Bring your walking shoes and explore this popular shopping centre.



**Has there been a change in your personal circumstance?
Have your contact details changed?
Need more support at home?**

Contact the team 📞 8342 8091

Resources

We hope you find this information useful whether it's for yourself, family members or friends.

Aged Care Specialist Officers

1800 227 475 - Mon to Fri between 8am to 5pm.

An Aged Care Specialist Officer is part of My Aged Care face-to-face services. You can book an appointment at a service centre at Norwood, Marion, Port Adelaide, Salisbury, Victor Harbor.

Carer Gateway

1800 422 737 - Mon to Fri between 8am to 5pm.

This service encourages unpaid carers to access support services.

Care Finder

Through Adelaide PHN (Public Health Network) this service is to support vulnerable people who have no supports to access services. An advocacy service is available. Anglicare SA can assist Prospect/Walkerville residents - 1800 317 009

Multicultural Aged Care (MAC)

8241 9900 - Mon to Fri between 9am to 5pm.

MAC is South Australia's peak body that supports the culturally and linguistically diverse (CALD) communities through a range of services and social support.

Aged Rights Advocacy Service (ARAS)

8232 5377 - Mon to Fri between 9am to 5pm.

ARAS offers a free, confidential service to older people or their representative who are at risk of, or experiencing abuse from family or friends.

Translating and Interpreting Services (TIS) - 131 450

The TIS National immediate phone interpreting service is available 24 hours a day, every day of the year for the cost of a local call for any person who needs an interpreter - for people who do not speak English, and for businesses that need to communicate with their non-English speaking clients.

Contact the team if you need to discuss these service options 📞 8342 8091

Let's Get Active

What is Strength For Life?

Strength For Life (SFL) is an affordable way for older South Australians to gain strength and stay fit, promoting health and wellbeing for people aged 50+ years.

Regular strength and balance training under the supervision of accredited fitness professionals, is a low-risk activity that will help you stay active and maintain an independent lifestyle for longer. Muscle strength can be regained and maintained no matter your age or physical condition.

Strength training has been shown to –

- Improve balance and reduce risk of falling.
- Improved body composition (more muscle, less fat)
- Raise self-esteem and self-confidence and enhance mental wellbeing.
- Reduce lower back pain
- Alleviate the effects of chronic conditions such as arthritis, type 2 diabetes, osteoporosis and heart disease.
- Enhance older people's ability to undertake day to day activities.

Here's what other participants have said –

I am now fitter, stronger and have better posture than I had 20 years ago ... Mr A

My strength and balance have been highly improved, and I love the friendships I've made ... Mr J

I love Strength for Life because it caters for my individual needs ... Ms D



We're Kicking Goals

Have you heard about the amazing results that the participants at Strength For Life are achieving?

Here's what participants have told us –

Ms P has lost nearly 20 kilos which had improved her balance and flexibility. Looking fabulous with regained confidence she's enjoying life and socialising more!

Ms N has astounded her GP by improving her bone density in just 18 months.

Mr G has found that with improved strength and flexibility he's able to do more tasks around the house.

Mr T has more stamina and now takes more frequent and longer walks with his family.

Contact the team for more information 📞 8342 8091

Here are the details -

Strength For Life

📅 **Mondays & Fridays weekly – two classes**
(excluding public holidays)

🕒 **9.30am & 10.30am**
(1 hour classes)

💰 **10 session card - \$80**
(\$100 non-CHSP)
initial assessment - \$45

📍 **Nailsworth Community Hall**
31 D'Erlanger Avenue,
Collinswood

After an initial assessment by the accredited fitness professional instructors, a personalised program is specifically tailored to your fitness level, goals and any health considerations.

Call the team to arrange a 'Look N See' to observe the class 📞 8342 8091



Please bring your own water bottle.

Let's Get Active

WED

Aqua Aerobics

📅 **Wednesdays Weekly - one class**

🕒 **11.15am (45 minute class)**

💰 **10 session card - \$50 (\$60 non-CHSP)**

📍 **Adelaide Aquatic Centre
Jeffcott Road, North Adelaide**

Physical activity can be good for the heart, lungs, muscles and minds of older adults. However, it can be hard on well-worn joints and bones. This is where Aqua Aerobics can help!

Enjoy the health and well-being benefits from a low impact workout in shallow water by the Centre's qualified instructors. The resistance of the water helps tone muscles, build strength while improving cardiovascular health and general fitness. Enjoy these classes in the Centre's indoor heated pool all year round.

For further information regarding any of these classes, contact the team
📞 **8342 8091**



Please bring your own water bottle to these classes.

MON

Prospect Exercise Classes

📅 **Mondays Weekly* - two classes**

🕒 **9.30am & 10.30am (45 minute classes)**

💰 **10 session card - \$40 (\$50 non-CHSP)**

📍 **Payinthe (City of Prospect),
Eliza Hall
128 Prospect Road, Prospect**

Walkerville Exercise Classes

📅 **Mondays Weekly* - one class**

🕒 **11am (45 minute class)**

💰 **10 session card - \$40 (\$50 non-CHSP)**

📍 **Walkerville Town Hall,
Town of Walkerville
66 Walkerville Tce, Gilberton**

* excluding public holidays

Both the Prospect and Walkerville locations offer these chair-based exercise classes.

The classes are ideal if you are new to exercising or if your GP has advised you to commence with a gentle approach to improving your strength, flexibility and balance as well as improving general fitness and wellbeing.

Friendship And Fun

TUE

Friendship Group

📅 **Tuesdays Weekly**

🕒 **10am - 12.30pm**

💰 **10 session card - \$20 (\$30 non-CHSP) + we suggest a \$3 bus donation**

🚌 **Transport available**

📍 **Payinthe (City of Prospect),
Irish Harp Rooms,
128 Prospect Road, Prospect**

Come along to participate in some light-hearted fun in the company of others. Enjoy morning tea followed by bingo and card games along with testing your skills with quizzes, word games and other 'brain training' activities.

This is a great opportunity to socialise and meet new friends, or bring a neighbour and try this enjoyable friendship group together.



Please bring your own water bottle to these groups.

WED
THUR

Men's Shed

📅 **Wednesdays & Thursdays Weekly**

🕒 **10am to 2pm**

💰 **\$4 per session (\$5 non-CHSP)**

📍 **Nailsworth Community Hall
(rear of hall) 31 D'Erlanger
Avenue, Collinswood**

Located at the rear of Nailsworth Community Hall, the Men's Shed functions to provide a safe, welcoming and encouraging space for men to learn new woodworking skills, enhance existing skills and to develop valuable friendships.

Regardless of your background or abilities, come along to enjoy the mateship over a cuppa in a welcoming environment. Discover a place to connect, a community to belong to and mates that make it all worthwhile.

For further information regarding these groups, contact the team 📞 **8342 8091**

Tuesday and Friday Shopping*

If you need assistance with travelling to the shops for your weekly fresh food and grocery shopping, postal or banking needs please call to book in. With more than 40 stores in one location, Northpark Shopping Centre offers a convenient place to shop or catch-up with friends at a café.

This door to door service is on Tuesday and Friday mornings from 9am. Due to limited space on the buses, there is a 2-bag limit or 1 personal shopping trolley per person.



Tuesday Library Service*

This door to door service gives you the opportunity to borrow books, magazines, newspapers and DVDs. While at the Library, explore the Newmarch Gallery to catch the latest exhibitions.

*** These services are available for City of Prospect residents only. We suggest a donation of \$3.**



My Aged Care

My Aged Care can help you access services to improve your wellbeing and to remain connected with your community. If you feel your needs have changed and that you would like additional services – perhaps with cleaning, gardening or personal care - please discuss your situation with -

- **My Aged Care (1800 200 422 - Mon to Fri 8am to 8pm, Sat 10am to 2pm)**
- **your assessor**
- **Prospect Community Support team who can help you connect with the right person**

The social events outlined in this booklet are funded by the Australian Government Department of Health and Aged Care with support from City of Prospect under the Commonwealth Home Support Program (CHSP). To attend and be eligible for the subsidised client contribution rate –

- **You need to be 65+ years young**
- **registered with My Aged Care**
- **have a Social Support Group referral for Prospect Community Support**
- **live in Prospect or Walkerville council areas**

Contact the team 📞 8342 8091



Hot Weather Advice

As we age, we have a higher risk of heat-related illness, especially if we live alone, have medical conditions, or take certain medicines.

Physical changes happen as we get older, and we may be less likely to notice we are becoming overheated or dehydrated, and some medications can make this worse. Older people are also less able to cool their body by sweating.

Speak with your doctor or pharmacist for advice about medicines you are taking. If you are an older person or if care for someone elderly, the following tips may help:



Use air-conditioners and fans set to cool, put a wet cloth around your neck, or put your feet in a bowl of cool water.



Drink plenty of water throughout the day, even if you do not feel thirsty, and take a bottle of water wherever you go.



Swap large meals for smaller ones. Make cool meals, like salads, and avoid using ovens or stoves in hot weather – they can make your home much hotter.



Arrange for a friend or relative to visit you twice a day to check how you are and that you have everything you need to stay healthy in the heat.



Register with the free Red Cross Telecross REDi service on 1800 188 071. Trained Red Cross volunteers call older people up to three times a day to make sure they are well and coping in hot weather.



A trip to an air-conditioned public space, like the local library, cinema or shopping centre, may give you some relief from hot weather. But remember, avoid going outside in the hottest part of the day.

In a medical emergency, always call triple zero (000) for an ambulance

Prospect Community Support

8342 8091

admin@prospect.sa.gov.au

C22/933

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