

## 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 and Community Engagement (SSCE) referral code**. An assessment may be required, for eligibility.

My Aged Care - Contact Details:

Call: 1800 200 422

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

## Responding to text messages

Our preferred method of communication for outings and programs is via text message. If you could please respond as soon as possible, it would be greatly appreciated.

## Feedback

**Your feedback is welcome.**

We are always looking for suggestions and feedback on how we could improve our services. Or if you have any ideas, we would love to hear them and perhaps be able to schedule such in our up and coming Newsletter.



To book Positive Ageing Programs call 8375 7999

## Information

### Can I attend Positive Ageing Centre Programs?

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

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.

### Fire Danger Rating impacts

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

### Positive Ageing Centre

36 Nairne Road

Woodside

(08) 8375 7999 Positive Ageing Centre Team

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



## Positive Ageing Programs 2026



***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 and relaxation while still practicing all the yoga techniques.

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

### WEDNESDAYS

**Chair Pilates**—Whole body movement, mobility and 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 and 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 and reduce pain.

**Times:** Tuesdays, 9.30am – 10:30am

Thursdays, 9 – 10am and 10 – 11am (Chair Pilates)

### THURSDAY

**Tai Chi**— Low impact exercise that uses gentle movement to benefit your mind and body to maintain health and 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 and 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 and all kinds of life / worldly matters. A new book will be issued monthly; audio and large print available. Share the highs and lows of the book, gain a new perspective from the plot and 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 and 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 - 12noon *\*occasionally longer—outings*

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

**‘Cooking with Friends’ at PAC**

Cook new and interesting foods from different cultures, come and enjoy a social morning with others and 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 PAC**

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

**When:** 4th Friday in the month

**Time:** 10am - 12 noon

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

**‘Big Games Morning’ at PAC**

A fun, relaxing but challenging morning of new and favourite board games. A great way to socialise, exercise that brain muscle and enjoy a cuppa.

**When:** 3rd Friday in the month

**Time:** 10am—12noon

**Cost:** \$5

## Social and Wellbeing

**‘Coffee Group’ and more (transport)**

Social connectedness is the basis of interpersonal relationships. Build a sense of belonging while having a cuppa and enjoying local cafes at selected destinations throughout the region.

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

**Time:** 10am - 12.30pm

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

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

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** offered monthly— date and venue advised in the Newsletter **Cost:** \$5 / \$7 (transport)

**Central Market’ trips** —Monthly—date advised in the Newsletter **Cost:** \$7 (transport)

**Monthly Walking Group**—Details in the newsletter Enjoy a walk at various hills / city locations, plus a cuppa and company (weather dependent) **Cost:** \$5—7

**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 and equity. We strive to remove unconscious bias, encourage respect and understanding so all our community can engage and thrive.**

**For other services you may be able to access call the Hills Home and Community Support Team: Call 8375 7998**

**Please let us know if you become unwell and are not able to attend.**