

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 specifically, 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 (there may be 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 can be contacted on:
Ph **1800 200 422** or

Feedback

Your Feedback is Welcome

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



Information

Can I attend Positive Ageing Centre Programs?

If you are over 65, living in the community, in/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. 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.

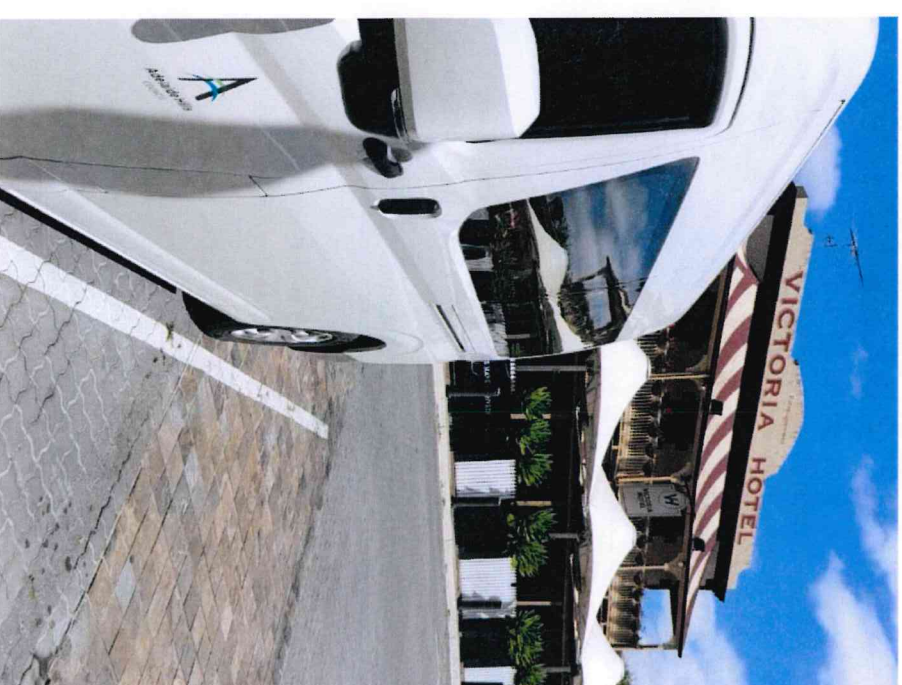
Contact Details

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

positiveageing@ahc.sa.gov.au



Positive Ageing Programs 2025



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

(08) 8375 7999 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 (Chair Pilates)

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 ish
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: 6—8.30pm ish
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 / 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.
83757998

Please let us know if you become unwell & are