

Aged Care Changes

Info & Updates

When you call My Aged Care to register staff will undertake a questionnaire with you over the phone, which will assist in determining your needs. In speaking with the 'Gateway' staff you can request to be referred directly to the Adelaide Hills Council's programs.

If you are wishing to access **further supports** via the Commonwealth Home Support (CHSP), /Home Care Packages Program you will need to contact the My Aged Care Gateway for a reassessment. Keep us in the loop if you should become eligible for any further services.

Phone: 1800 200 422

Internet: myagedcare.com.au

Following the Royal Commission, the Australian Government is working to deliver a reformed and improved aged care system. The Government aims to develop a better aged care service in consultation with older Australians and community stakeholders. Enquiries on the reforms or upcoming consultations can be sent to sah.implementation@health.gov.au

Special Events and Programs:

We are always looking for suggestions and ways to improve our programs, events, and outings. 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 at home, in and around the Adelaide Hills Council region and in need of social support, you may be eligible to attend.

Please refer to the **Aged Care Changes** on the previous page on how to register for our programs.

Fire Bans and Community Buses

A reminder to everyone that on days deemed Extreme Fire danger days, the Community Buses do not run, while the Centre remains open. Whilst we endeavour to contact vulnerable clients, it is up to those using the Community buses to listen out for reports via radio or television the night before. If you are not sure to ring the Centre before 9 am to confirm if the program will still be running.

CATASTROPHIC FIRE DANGER DAYS

When the CFS declares a **Catastrophic Fire Danger Day** for the 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.

Positive Ageing Programs

36 Nairne Road
Woodside SA 5244

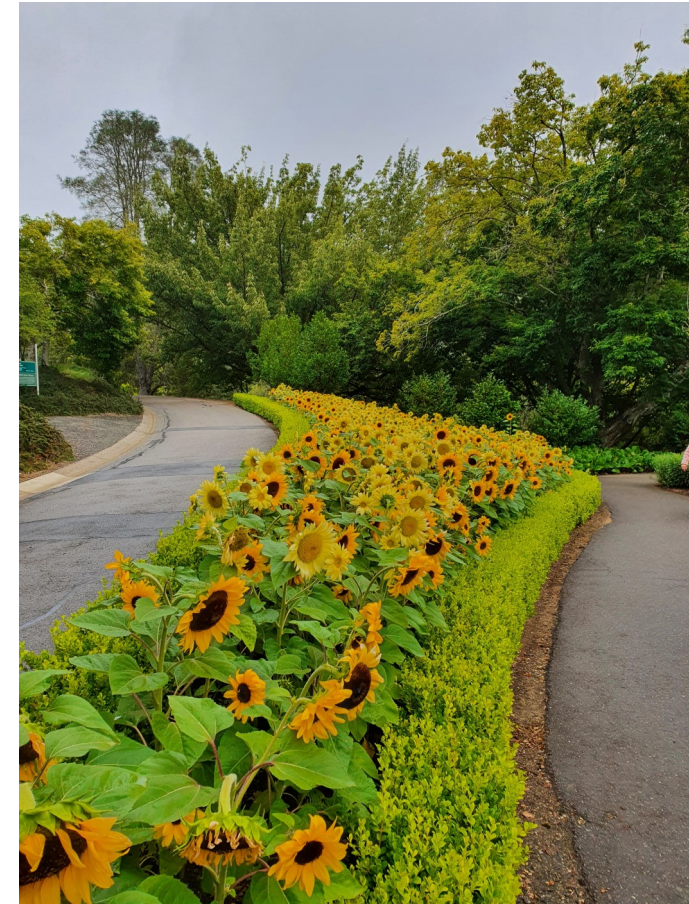
PO Box 44
Woodside SA 5244

(08) 8408 0400 |
positiveageing@ahc.sa.gov.au

ahc.sa.gov.au



Positive Ageing Programs 2023



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

(08) 8408 0400

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

All \$5 per class.

TUESDAYS

Chair Yoga

Gentle program of stretching, strengthening exercises and relaxation.

When: Tuesdays weekly. **Time:** 1.30 pm– 2.30pm.

WEDNESDAYS

Mat Pilates

Similar to above class utilising a mat. Attendees are encouraged to get onto and up from the ground.

When: Wednesdays weekly. **Time:** 12pm—12.45pm

Chair Pilates (x 2 classes)

Whole body movement, mobility and strength building.

When: Wednesdays weekly. **Time:** 1.1pm – 1.45pm & 2pm—2.45pm (depending on numbers)

TUESDAY & THURSDAYS

Stronger for Longer

Focusing on a selection of grouped rehabilitation exercises to help restore movement and reduce pain.

Times: **Tues** 9.30am—10.30am & **Thurs** 9.30am—10.30am

THURSDAY

Tai Chi

Low impact exercise that uses gentle movement that benefits both your mind and body to maintain health and wellness.

When: Thursday weekly (9-11 week blocks / school terms)

Time: 2pm-3pm

FRIDAY

Walking group Spring and Autumn months only.

Enjoy a walk at various Hills locations, plus a cuppa and the company.

When: Third Friday of the month **Time:** 10am—12noon

Zumba Gold

Another great keep fit opportunity that will be fun and rewarding, a great way to start your weekend.

When: Friday's weekly. **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:

Mind Matters at the Positive Aging Centre (PAC)

Mixed groups allowing for cognitive stimulation, reminiscing and connection with others in a friendly and supportive place.

When: Mondays weekly

Time: 10am—12noon / 11am—1pm

Cost: \$5/10 (\$10 includes a healthy lunch)

Includes a variety of programs to cater for different interests.

These may include bus outings, light exercise, games and quizzes.

Regular Monthly Programs:

Book Worms Book Club @ Charleston

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

Time: 2pm - 4pm

Cost: \$4

Where: PAC / Charleston Hall / Café's

Gardening Group "Bloomers" at the PAC

Do you love gardening, talking to other passionate people or just learning more? This is the group for you! Gardening tips, guest speakers, nursery visits, propagating and garden quizzes. (no digging required)

When: 1st Friday in the month

Time: 10am - 12noon **occasionally longer outings*

Cost: \$7 (includes morning tea)

"Cooking with Friends" at the PAC

Come and cook new and interesting foods from different cultures, plus have a social morning with others and share the end results in a delicious sit down lunch.

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 and physical exercises, puzzles, trivia and games, lifestyle information and relaxation techniques.

When: 4th Friday each month

Time: 10am - 12 noon

Cost: \$5 includes morning tea

Monthly trips to the Central Market—date advised in

Newsletter **Cost:** \$5

Social and Wellbeing

Coffee and more....

Get out and about, have a cuppa and see the sights!

When: 2nd Friday each month

Time: 10am - 12.30 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 fellows to join our Men's only group for monthly outings to interesting destinations.

When: 3rd Wednesday each month

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

For the Night Owls

"Food with Friends"

Dinner nights to different Hills venues (bus pick up available)

When: 4th Thursday each month.

Time: 6pm-8.30pm ish with transport available

Cost: \$5 plus meal at own expense.

A copy of our newsletter showing our great range of ever-evolving programs and events will be posted or emailed bi-monthly.

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

To book Positive Ageing Programs call the Adelaide Hills Council 84080400 and ask to be put through to Positive Ageing Programs / Hills Home & Community Support Team. Please let us know if you become unwell and are not able to attend.