

## About

We understand that being social and staying connected with your community is important for continued wellbeing.

You have interests, things you want to learn, achieve and do. We can connect you with a range of opportunities to continue these interests, take up new ones, make new friends or reconnect with those you haven't seen in a while.

Stay connected with  
your community

## Who is eligible?

The City of Burnside Home Support Program social activities are funded by the Commonwealth Home Support Programme (CHSP). To be eligible for services, you must be aged 65 years or older or 50 years or older if you are an Aboriginal or Torres Strait Islander person.

Before you can receive services you will need to contact **My Aged Care on 1800 200 422** for an assessment. My Aged Care will determine the services you are eligible for and then provide you with referral codes for these services. To access our social activities you will require a **Social Support Group referral code** from My Aged Care. To commence services, please phone us with your referral code.

## How can we help?

### Contact us, we are here to listen

Our friendly team is here to answer any questions you might have and connect you with the services you choose.

### Social

8366 4144

### An Australian Government Initiative

Funded by the Australian Government Department of Health through the Commonwealth Home Support Programme.

**Disclaimer:** Although funding for this Home Support Program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



City of Burnside

## Home Support Program

### Social Activities



## The Shed

The Shed program offers a friendly and safe meeting place for men and women to gather, chat and get involved in interesting projects. You can choose to participate in group projects or work on your own projects, it's up to you. Prior woodworking skills are not essential. If you're not into woodwork that's ok too, The Shed is also a social meeting place.

**Where:** The Shed,  
Conyngham Street, Glenside  
**When:** Mondays to Fridays,  
2 sessions per day  
**Duration:** 3 hours per  
session



**Contact 8366 4144**

## 3Rs: Respite, Recreation & Revitalisation

The 3Rs program allows isolated older adults to take part in weekly group activities and reconnect with their community. Activities include art, music, exercise, and outings. Make friends and learn some new skills, while offering carers a regular, planned break throughout the week.

**Where:** Various locations  
across the Eastern region  
**When:** 10 am – 2 pm  
Monday to Friday



## Ladies Afternoon Tea

A great opportunity to get to know other ladies in a relaxed and friendly atmosphere.

**Where:** Gartrell Church, 27A Prescott Tce Rose Park  
**When:** 1.30pm- 3.30pm Thursdays

**Contact 8366 4144**

## Knitting Group

Fancy some knitting and a good chat? Come and join our weekly knitting group. Beginners welcome.

**Where:** Burnside Community Centre

**When:** 10 am - 12 noon Tuesdays

**Contact 8366 4144**



## Social Bus Trips

Join us for a bus trip, make some new friends and visit some interesting locations around Adelaide. Trips include guided tours, movie trips, and lunch outings to local hotels and cafes.

**Where:** Bus departs  
Burnside Civic Centre

**When:** Please refer to  
separate activities  
calendar for dates.

**Bookings:** Limited seats  
available, bookings essential.

**Contact 8366 4144**



## Trivia

A great way to keep your brain healthy while having fun! Participate in a team to answer questions about famous people, music, fun facts and lots more.

**Where:** Burnside Community Centre

**When:** 9.30 am - 11.30am, 2nd and 3rd Tuesdays of the month.

**Contact 8366 4144**



## Men's Breakfast

Looking for a great way to catch up with other blokes in a relaxed and friendly atmosphere? Join us for some good food, great coffee and even better conversation at our weekly men's breakfast.

**Where:** Kensington Baseball Club, Newland Park, Erindale

**When:** 8.30 am – 10.30 am  
Mondays

**Contact 8366 4144**



## Bingo

Good old fashioned fun and friendly competition.

**Where:** Glenunga Hub

**When:** 1 pm - 3 pm  
Wednesdays

**Contact 8366 4144**



## Singing

Warm up your vocal chords, and have fun singing your heart out! Beginners welcome.

**Where:** Burnside Ballroom

**When:** 1.30 pm - 3 pm  
Mondays



## Chess

Chess sets provided. Beginners Welcome.

**Where:** Burnside Community Centre

**When:** 9 am to 11.30 am Tuesdays

**Contact 8366 4144**