



**Home Support Program**

# **Social Activities**



## **Social Activities Calendar**

July, August, September

**2024**

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# Welcome

## New Participants

The activities in this calendar are funded by the Commonwealth Home Support Programme.

A My Aged Care referral code for **Social Support Group** must be accepted by the City of Burnside Home Support Program prior to booking or attending any events.

**To contact My Aged Care, please phone 1800 200 422**

## Important Information

- For the safety of our volunteers, participants attending a bus trip outing must be able get on and off the bus independently.
- Should your health or mobility change, please contact Home Support Program staff to discuss other activities and support services available to you.
- Please do not attend the social programs if you are unwell. This includes if you have the flu, a cold or gastro.
- Please comply with any safety instructions provided by activity facilitators.
- Activities are subject to change during extreme weather events and capacity requirements. You will be notified if this occurs.

# Personal Information



## Has anything changed?

To ensure that we are providing the right services for your needs and requirements, Council needs to keep an up to date record of your current circumstances. Please remember to let us know if you have developed any of the following:

- New mobility issues.
- Difficulties with swallowing.
- A health condition which now requires you to use Ventolin or an Epipen.
- Other health changes which may impact your wellbeing and safety.

# Burnside Home Support News

Starts  
4 July

**NEW  
PROGRAM**

Thursdays

1.30 pm - 3.30 pm

Gartrell Church, Rose Park

Cost: \$5



Ladies, you are invited to participate in a weekly Devonshire afternoon tea in the picturesque Gartrell Church Café. This is a great opportunity for you to get to know other local ladies in a relaxed and friendly atmosphere.

**Further information, contact Matt 8366 4144**



**WE'RE ON FACEBOOK!**

Please like and follow us to stay informed with future social activities, reminders, changes to existing events and any other exciting Burnside Home Support news!

**@BurnsideHomeSupport**



# Burnside Home Support News

## DROP & SHOP

**NEW  
SERVICE**

**Thursday 4 July**

10 am - 3.30 pm

\$14 Return

Westfield Tea Tree Plaza

**Thursday 1 August**

10 am - 3.30 pm

\$14 Return

Harbour Town Shopping District

Drop & Shop is a transport service which operates once a month and offers to collect you from your front door or Hazelwood Park and drive you to one of two shopping destinations: **Westfield Tea Tree Plaza** or **Harbour Town Shopping District**. Once you have reached the destination you will have the opportunity to shop or grab coffee at your own leisure before the Community Bus returns at **2 pm** to pick you up and take you back to your designated drop off location.

### **Community Bus Schedule:**

Home Address: 10 am (first pick up will commence)

Hazelwood Park: 10.45 am (departure)



SHOPPING  
MALL

**You will need to have a  
referral code for Transport  
accepted by City of Burnside  
to access this service.**

**Phone 8366 4222 to book.**

# Burnside Home Support News



All social outings for July, August and September 2024 will be available to book from **MONDAY 24 JUNE 2024**



# Social Outing Booking FAQ

## How do I book social outings?

### [Booking Form Link](#)



For those who are using the electronic copy of this booklet, clicking on the purple link above will take you directly to our online booking sheet, where you will enter your personal details and select which outings you wish to attend. You can also manually find the online booking form by visiting our website at [www.burnside.sa.gov.au](http://www.burnside.sa.gov.au) and typing into the search bar **'Social Activities'**. You will be able to find the social booking form and this calendar.

Once the form has been submitted, you will automatically receive an email with a receipt number, stating that we have received your bookings. Please allow at least one week from submitting your form to hear back directly from us with official confirmation of your outings. Please take this into consideration when placing bookings mid calendar. Our main form of communication will be via email so please ensure you have regular access to your email inbox, as this is where you will find what you have been booked on, waitlisted for and how much you are required to pay.





# Social Outing Booking FAQ

## What if I still need help to make my bookings?

We can offer a personal one-on-one session to show you how to book online yourself using either your mobile phone, tablet or laptop. If you are interested in some extra assistance in the booking process please phone **8366 4222** to arrange a time to meet face to face with one of our staff.

Please ensure the mobile device you will be booking on has an internet connection outside of your home or has the ability to access the Wi-Fi network within Burnside Council to participate in the one-on-one session.



## What if I don't have internet?

We are here to help. If you do not have internet access and are unable to have a family member or friend assist with booking online, please call us on **8366 4193** or **8366 4222** and our staff will be happy to assist you.

# Social Outing Booking FAQ

## How do I know if I am attending or waitlisted?

Once your outings have been booked in, you will receive an email directly from **chsp@burnside.sa.gov.au** with a table stating which trips have been successfully booked and which ones you have been waitlisted for.

If you have been waitlisted for an outing our staff will email you stating there has been an opening and the total amount due to secure your spots on the outings. For those without email access we will directly call you to confirm.

## What about payment?

Full payment must be made at minimum one week prior to your first booked social outing. If you have not paid before the date of the outing you may be taken off the list and you will be unable to attend the trip.

To make payment you can call our staff directly on 8366 4222 to make a phone payment with your debit or credit card or alternatively if you will be coming into Council you may pay at the Customer Service Desk with your bank card or cash.



# Social Outing Transport

## Booking your transport for a social outing

When making a booking for a social outing, please tick the transport box when filling out the booking form if you require the use of the car service. When ticking this box consider yourself confirmed and booked into a car, unless we call to tell you otherwise (cars are reserved for health and medical appointments and take priority.)

There will be no specific times given for pick up, but we ask for you to please be ready up to **one hour prior** to the social outing departure time and our car will come and collect you within that time frame.

## Cost of transport service

Transport in the Community Car for health appointments and social trips costs **\$3.50 each way**. The volunteer driver can accept cash on the day or you can make payment at the customer service desk to purchase a 10 trip multi ticket for the Community Car service.

**You will need to have a referral code for 'Transport' accepted by City of Burnside to access this service.**



# Social Outing Pick Up

## Boarding the Community Bus

Attendees have the option to board the community bus from either of two locations: **City of Burnside Community Centre** or from **Hazelwood Park**.

Please note that if you choose to be picked up from Hazelwood Park when booking, this applies to all social outings you have selected, except any outings that we have stated we will not be providing pick up for. If you wish to change your pick up selection for any particular outings, please ensure you phone or email us stating which outings you wish to change your pick up location for.

If you are meeting the bus at City of Burnside Community Centre, please ensure you **arrive 10 minutes before departure time** at the meet up point. It is vital you arrive on time to avoid the outing running behind schedule. If you are visiting the Cafe or the Library beforehand, please be aware of the time. You will board the Community Bus directly across from the main doors to the Burnside Community Centre, in the designated bus bay.

## What if I am being picked up at Hazelwood Park?

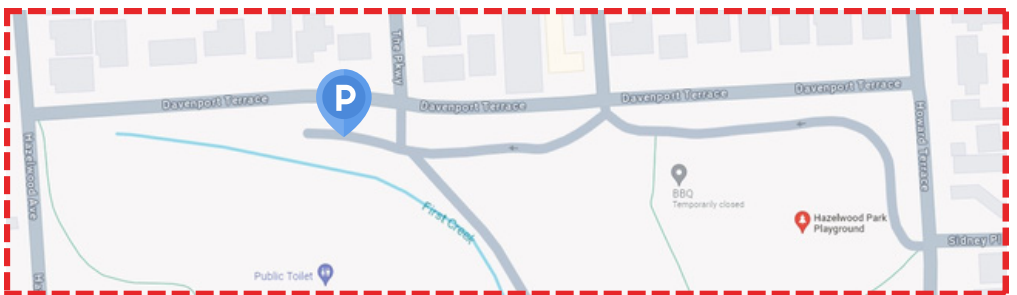
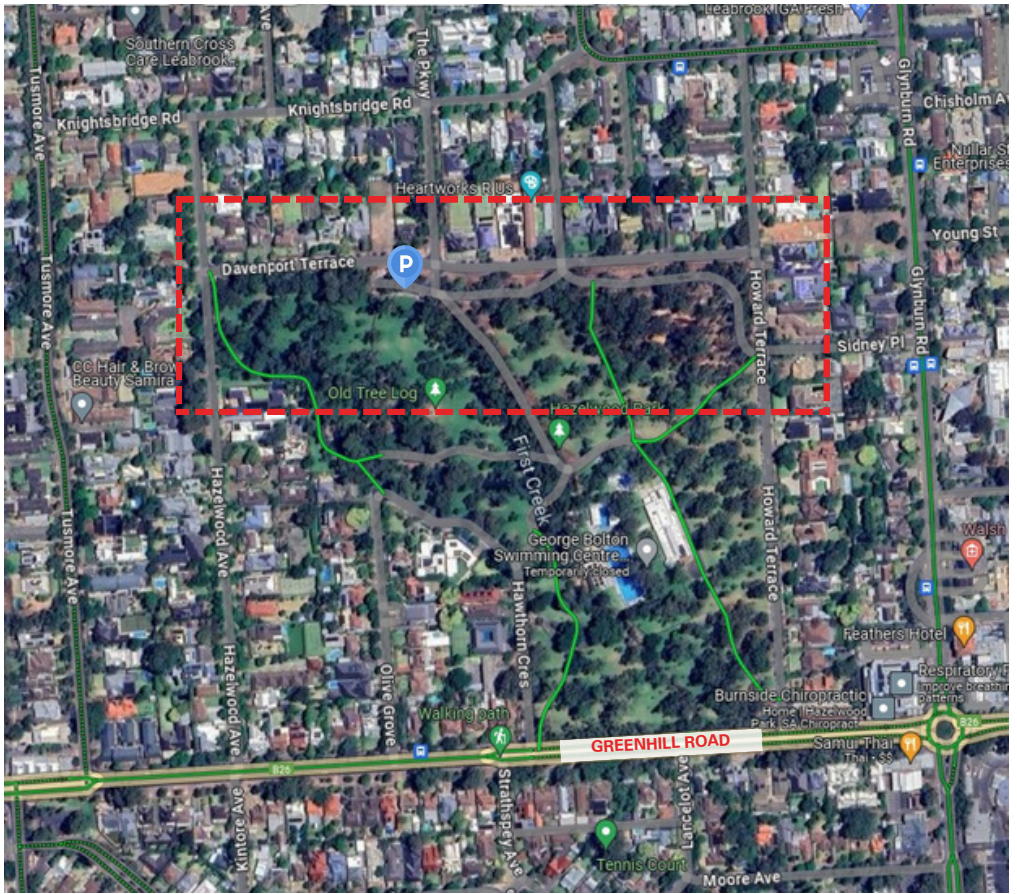
Hazelwood Park is located on Greenhill Road, just a three minute drive from Burnside Community Centre. The Community Bus will arrive in **car park west** which is located at the northern entry to Hazelwood Park.

Please park your car in the designated parking area opposite **The Parkway** off **Davenport Terrace**. The Community Bus will arrive at Hazelwood Park **30 minutes prior** to the event start time. The Community Bus will then continue on to the Burnside Community Centre to collect the other attendees.

If you will be running late to either locations please ensure you phone our staff on **8366 4193** or **8366 4222** to alert us.

# Social Outing Pick Up

## Map of Hazelwood Park



# Navigating The Social Outings Section



## Mobility Indicators

All social outing participants are required to be able to get on and off of the buses independently. Participants will also be required to independently move around during our outings - without the aid of our volunteers. To help identify which outings may be appropriate for you, each event will have a mobility indicator next to the outing details. This is to ensure the safety and wellbeing of our clients. Below shows three indicators stating which level of mobility may be required for a safe and pleasant trip with some examples of why the trip may have been classed a certain way. **Please do not leave your walking aids at home to attend an outing. These indicators have been put in place for your own safety.**

If you wish to discuss your mobility for any of the outings listed in this booklet or require further information on a location of a social outing, please phone our friendly staff on **8366 4222** before booking.

### High

Steep inclines, declines, large stairways, uneven terrain, not a walking frame friendly environment

### Medium

Walking tour, gravel paths, narrow access points, some steps/stairs

### Low

Easily accessible venue, even terrain, sit down lunch, bus tour, no steps/stairs

# Navigating The Social Outings Section

## Walking Indicators

We have also added a little shoe icon 👟 to indicate that a particular outing may have quite a lot of walking, so that even if the mobility level is of a low indicator, you are aware there may be a lot of walking involved. If you have any concerns with walking long distances or for long amounts of time, you can know from the get go when booking your outings.



## Menu Links

If you have received this booklet electronically you can take advantage of the imbedded menu links. To see the attached menu of an outing, please click on the **'Menu'** link of a social outing and a webpage or PDF will open up on your device and you will be able to directly see what is available on the menu and the costs to help plan your trips accordingly. Prices on each linked menu are subject to change at the discretion of the venue.

If you are using a hard copy of this booklet, you will not have access to these links, but we have included if seniors or lunch specials are available and a general starting price.



## Marche Club Luncheon

Rossini Function Centre

**\$7**

**Low  
Mobility**

**WEDNESDAY 3 JULY  
11.30 am - 3.30 pm**

- Interested
- Attending

Mache Club hosts a friendship luncheon on the first Wednesday each month. Join us for authentic Italian food, raffles, prizes and entertainment. Please note the lunch will consist of an alternate drop of a fish dish and a chicken dish, you may swap amongst yourselves if desired. An additional **\$20** is payable to the Marche Club on the day for your meal. The additional cost price also includes a coffee and dessert.

**Unfortunately the club can not cater for dietary or allergen requirements, please understand this when booking.**

## Drop & Shop\*

Westfield Tea Tree Plaza

**\$14**



**Low  
Mobility**

**THURSDAY 4 JULY  
10 am - 3.30 pm**

- Interested
- Attending

Drop & Shop is a transport service which operates once a month and offers to collect you from your front door or Hazelwood Park and drive you to Westfield Tea Tree Plaza. Once you have reached the destination you will have the opportunity to shop or grab coffee at your own leisure before the Community Bus returns at 2 pm to pick you up and take you back to your designated drop off location.

\*Please refer to page 4 of this booklet before booking.

**Phone Home Support on 8366 4193 to book in this transport service.**

Transport referral code with City of Burnside required.



## Percussion Miniatures Concert

Elder Hall Conservatorium

**\$22**

**Low  
Mobility**



**FRIDAY 5 JULY  
12 pm - 2.30 pm**

- Interested  
 Attending

Five outstanding percussion graduates of the Elder Conservatorium come together to perform a gripping program of percussion music.

Please note due to time restraints, we will not be stopping for lunch after the performance.

**Please note we will not be stopping for lunch after the performance.**

**Limited seats available when booking.**

**We will be taking the Hiace for this outing.**

**No pick up form Hazelwood Park for this outing.**

## This Is My Life Performance

Lunch at The Warradale

**\$27**

**Low  
Mobility**



**TUESDAY 9 JULY  
10 am - 3.30 pm**

- MENU**  Interested  
 Attending

Trish Hart brings to life the story of Dame Shirley Bassey. The show features the inimitable singer's life story, glittering career and fabulous hits such as Goldfinger, Big Spender and Diamonds are Forever.

**Limited seats available when booking.**

**We will be taking the Hiace for this outing.**

**Seniors meals from \$19.**

All drinks and meals at attendees own cost on the day.

## Exeter Hotel Lunch

Semaphore

**\$7**

MENU

- Interested
- Attending

**Low  
Mobility**

**FRIDAY 19 JULY  
11 am - 3 pm**

Enjoy a lovely meal at the Exeter Hotel located just down the street from Port Adelaide's dock and Port Creek. Their menu is inspired by their local South Australian suppliers and producers and includes succulent steaks, wholesome pastas, fresh seafood and all the pub classics you know and love done just right.

**Lunch menu \$20.**

All drinks and meals at attendees own cost on the day.

## Christmas in July Celebrations

The Haus Hahndorf

**\$37**

- Interested
- Attending


**Low  
Mobility**

**MONDAY 22 JULY  
11.15 am - 3.30 pm**

The Haus Hahndorf are hosting Christmas in July! A preselected menu is on offer including one main meal and dessert. Any drinks will be an additional cost on the day, payable by the attendee.

**Please see the included menu for this function to the right of this page for further details. You will be required to select your main dish when booking online or over the phone.**

SENIORS



*christmas in July*

## MENU

### MAIN COURSE

#### **Fish & Chips**

Fisherman direct, wild caught German beer battered Coorong Mullet (2 fillets) served with Haus fries, leafy salad & aioli

#### **Roast Turkey Combo (GF)**

Roast turkey & champagne leg ham, festive cranberry stuffing served with creamy mash potato, roasted maple pumpkin, green beans, Haus glaze & cranberry sauce

### DESSERTS

#### **Warm Plum Pudding**

Served with Haus brandy custard and Chantilly cream

## St Peter's Cathedral Tour

Lunch at Cathedral Hotel

**\$17**

**Medium  
Mobility**

**MENU**

- Interested  
 Attending

**FRIDAY 26 JULY  
10.15 am - 3 pm**

Picturesque St Peter's Cathedral is one of the most iconic Adelaide landmarks and important part of the cities heritage. We are privileged to be able to partake in a tour through the cathedral with experienced and knowledgeable tour guides. Listen as they conduct an informative and educational tour focusing on the history and religious symbolism of the building and discussing the numerous beautiful artworks within the Cathedral. There are a few stairs and a fair bit of standing for this tour.

**Lunch menu \$22 includes a soft drink.**

All drinks and meals at attendees own cost on the day.

## Peninsula Hotel Lunch

Taperoo

**\$7**

**Low  
Mobility**

**MENU**

- Interested  
 Attending

**MONDAY 29 JULY  
11.30 am - 3 pm**

Join us for lunch at the freshly renovated, quirky Peninsula Hotel in Taperoo. From the mid-century vintage adornments to the iconic caravan and bus. The Peninsula is famous for its unique and unexpected moments waiting to be discovered and shared. Its menu welcomes diners to take a small step into the unknown, inviting them to try new flavours and textures that will be sure to delight.

**Seniors menu from \$17.90.**

All drinks and meals at attendees own cost on the day.

# August 2024

## Drop & Shop\*

Harbour Town Shopping District

**\$14**



**Low  
Mobility**

**THURSDAY 1 AUGUST  
10 am - 3.30 pm**

- Interested
- Attending

Drop & Shop is a transport service which operates once a month and offers to collect you from your front door or Hazelwood Park and drive you to Harbour Town Shopping District. Once you have reached the destination you will have the opportunity to shop or grab coffee at your own leisure before the Community Bus returns at 2 pm to pick you up and take you back to your designated drop off location.

**\*Please refer to page 4 of this booklet before booking.**

Phone Home Support on 8366 4193 to book in this transport service.

Transport referral code with City of Burnside required.

## Marche Club Luncheon

Rossini Function Centre

**\$7**

**Low  
Mobility**

**WEDNESDAY 7 AUGUST  
11.30 am - 3.30 pm**

- Interested
- Attending

Mache Club hosts a friendship luncheon on the first Wednesday each month. Join us for authentic Italian food, raffles, prizes and entertainment. Please note the lunch will consist of an alternate drop of a fish dish and a chicken dish, you may swap amongst yourselves if desired. An additional **\$20** is payable to the Marche Club on the day for your meal. The additional cost price also includes a coffee and dessert.

**Unfortunately the club can not cater for dietary or allergen requirements, please understand this when booking.**

# August 2024

## Shadows To Light Performance

Elder Hall Conservatorium

**\$22**

**Low  
Mobility**

**FRIDAY 9 AUGUST  
12 pm - 2.30 pm**

- Interested
- Attending

Shadows To Light is an orchestral performance full of poignant lyricism. Trauermusik is one of the composer's own personal favourites and a new work by teenage Conservatorium student Kristopher Man.

**Please note we will not be stopping for lunch after the performance.**

**Limited seats available when booking.**

**We will be taking the Hiace for this outing.**

**No pick up form Hazelwood Park for this outing.**

## Beyond Blindness Information Session

Burnside Library

**FREE**

**Low  
Mobility**

**MONDAY 12 AUGUST  
11 am - 12 pm**

- Interested
- Attending

For over 75 years Beyond Blindness has provided a range of services for people who are blind or vision impaired. Their focus is to promote and assist their members in maintaining their independence and individual lifestyles.

Join us for this information session to learn more about how to support someone who is blind or vision impaired and the assistance that is available.

Tea and coffee provided on the day.

**No pick up available for this event. If you have a transport referral code you may book the car to pick you up.**

# August 2024

## It Takes Two Performance

Lunch at The Warradale

**\$27**

**MENU**

- Interested
- Attending

**Low  
Mobility**

**TUESDAY 13 AUGUST  
10 am - 3.30 pm**

Husband and wife duo Rohan Watts and Melanie Smith bring you the iconic harmonies of Marvin Gaye and Tammi Terrell, Sonny and Cher, Kenny Rogers and Dolly Parton. It Takes Two celebrates the magic of two voices blending in perfect harmony.

**Limited seats available when booking.  
We will be taking the Hiace for this outing.**

**Seniors meals from \$19.**

All drinks and meals at attendees own cost on the day.

## Prince Room Restaurant Lunch

Campbelltown

**\$7**

**MENU**

- Interested
- Attending

**Low  
Mobility**

**MONDAY 19 AUGUST  
11.45 am - 2.30 pm**

Come and join us for a sensational Chinese-Malaysian meal at the iconic Prince Room Restaurant. Serving Adelaide for over 30 years with it's simple yet delicious menu, there is sure to be something that caters to everyone.

**Lunch Specials from \$16.90.**

All drinks and meals at attendees own cost on the day.

# August 2024

## Barossa Chateau Experience

Lyndoch

**\$37**



**Medium  
Mobility**

- Interested
- Attending

**FRIDAY 23 AUGUST  
9.30 am - 3 pm**

Come on an adventure north of Adelaide to the lovely town of Lyndoch where the marvellous Barossa Chateau is located. Sit down and enjoy a lovely Devonshire tea, peruse the small art and antiques gallery and finish the day off enjoying a platter and wine. Bus fare, Devonshire Tea, tour, platter and wine all included in this price.

## Victor Harbor Whale Watching

Lunch at Hotel Victor

**\$7**

**Low  
Mobility**

**MENU**

- Interested
- Attending

**MONDAY 26 AUGUST  
9.45 am - 3 pm**

We set off to the coast of Victor Harbor to try our luck with some whale watching. We will be driving along the cliffs in hopes to see these magnificent creatures in their natural habitat. Join us after for a delicious meal at the spectacular Hotel Victor.

**Senior meals \$20.**

All drinks and meals at attendees own cost on the day.



# September 2024

## Mount Lofty Botanic Garden Tour

Lunch at Bridgewater Inn

MENU

- Interested
- Attending

**\$14**

Low  
Mobility

**MONDAY 2 SEPTEMBER**

**10 am - 3 pm**

Join us on a guided bus tour of Mount Lofty Botanic Garden. First opened in 1977, the crescent-shaped Mount Lofty Botanic Garden is situated on 100 hectares on the eastern slopes of Mount Lofty in the Adelaide Hills. The cooler, wetter location suits plants from temperate climates which are difficult to grow on the Adelaide Plains.

**Senior meals \$20 one course.**

**Senior meals \$27 to course, includes tea or coffee.**

All drinks and meals at attendees own cost on the day.

## Marche Club Luncheon

Rossini Function Centre

- Interested
- Attending

**\$7**

Low  
Mobility

**WEDNESDAY 4 SEPTEMBER**

**11.30 am - 3.30 pm**

Mache Club hosts a friendship luncheon on the first Wednesday each month. Join us for authentic Italian food, raffles, prizes and entertainment. Please note the lunch will consist of an alternate drop of a fish dish and a chicken dish, you may swap amongst yourselves if desired. An additional **\$20** is payable to the Marche Club on the day for your meal. The additional cost price also includes a coffee and dessert.

**Unfortunately the club can not cater for dietary or allergen requirements, please understand this when booking.**

# September 2024

## Drop & Shop\*

Westfield Tea Tree Plaza

**\$14**



**Low  
Mobility**

**THURSDAY 5 SEPTEMBER  
10 am - 3.30 pm**

- Interested
- Attending

Drop & Shop is a transport service which operates once a month and offers to collect you from your front door or Hazelwood Park and drive you to Westfield Tea Tree Plaza. Once you have reached the destination you will have the opportunity to shop or grab coffee at your own leisure before the Community Bus returns at 2 pm to pick you up and take you back to your designated drop off location.

**\*Please refer to page 4 of this booklet before booking.**

Phone Home Support on 8366 4193 to book in this transport service.

Transport referral code with City of Burnside required.

## Backbeat 60 Concert

Lunch at The Warradale Hotel

**\$27**

**Low  
Mobility**

**MENU**

- Interested
- Attending

**TUESDAY 10 SEPTEMBER  
10 am - 3.30 pm**

Join BackBeat 60 as they explore the songs and stories of this fabulous musical moment. Be immersed in the irresistible sounds of this glorious era as rock 'n' roll evolved into 60s pop.

**Limited seats available when booking.**

**We will be taking the Hiace for this outing.**

**Seniors meals from \$19.**

All drinks and meals at attendees own cost on the day.

# September 2024

## Greenhill Wines High Tea

Summertown

**\$42**

**Low  
Mobility**

**FRIDAY 13 SEPTEMBER  
11.15 am - 2.30 pm**

- Interested  
 Attending

Greenhill Wines Cellar Door, Café and Winery is an exciting new food and wine venture located in the Greenhill Vineyard off Greenhill Road at Summertown. Dr Paul and Penny Henschke want to share their love of good food and wine in an exquisitely renovated 1880s settlers cottage set amongst vines with a stunning panoramic view of the picturesque Piccadilly Valley and eucalypt forested Mount Bonython. We will be partaking in high tea during our visit.

**There will be an option to partake in a wine tasting with cheese at an added cost of \$15 on the day, payable by attendee.**

**Please let us know when booking if you may be interested.**

## Wynn Vale Dam Board Walk

With lunch at Waterloo Station Hotel

**\$7**



**High  
Mobility**

**MENU**

- Interested  
 Attending

**MONDAY 16 SEPTEMBER  
9.30 am - 3 pm**

Get your walking shoes on and join us for a lovely stroll around Wynn Vale Dam Circuit. This 2.8km return track is paved, level and flat. Please ensure you bring a water bottle, appropriate footwear, sunscreen and a hat for protection.

**Please note this trip is a walking specific outing. You must be fit and able to walk the duration of the trail. We are unable to split the group up if you are not wanting to partake in the walk at all. Please take this into consideration when booking.**

**Senior meals from \$16.**

All drinks and meals at attendees own cost on the day.

# September 2024

## Whispers of Wind and Strings

Elder Hall Conservatorium

Interested

Attending

**\$22**

**Low  
Mobility**

**FRIDAY 20 SEPTEMBER**

**12 pm - 2.30 pm**

Five outstanding percussion graduates of the Elder Conservatorium come together to perform a gripping program of percussion music.

**Please note we will not be stopping for lunch after the performance.**

**Limited seats available when booking.**

**We will be taking the Hiace for this outing.**

**No pick up form Hazelwood Park for this outing.**

## Old Tailem Town Pioneer Village

With lunch at Riverside Hotel

**MENU**

Interested

Attending

**\$32**



**High  
Mobility**

**MONDAY 23 SEPTEMBER**

**9.15 am - 4 pm**

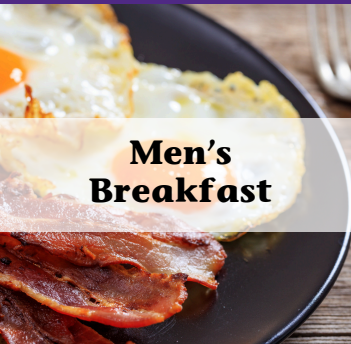
Come with us to visit the historic Old Tailem Pioneer Village. There are over one hundred and ten buildings for you to visit, all furnished within their periods and set in their most natural locations. Due to time restrictions we will only be able to spend 2 hours at this location, so may not get to view everything.

**Terrain will be gravel. The entire outing is a walk through self guided tour, walking through old buildings with steps and uneven flooring, so high mobility will be required. Please keep this in mind when booking.**

**Meals from \$12.90.**

All drinks and meals at attendees own cost on the day.

# Social Programs



## Men's Breakfast

Men's Breakfast is a fantastic program for men wanting to get out and socialise with other men in a friendly, relaxed environment. Breakfast and coffee provided.

Monday 8.30 am - 10.30 am  
Kensington Baseball Club, Newland Park  
\$10



## The Shed

The Shed offers a friendly meeting place for older men and women to gather, chat and get involved in interesting projects.

Monday - Friday  
9.30 am - 12.30 pm and 1 pm - 4 pm  
The Shed, 6 Conyngham St, Glenside  
\$5



## The 3Rs

The 3Rs (Respite, Recreation and Revitalisation) Program allows isolated older adults to take part in weekly group activities and reconnect with their community. Join in with art, music, exercise and outings.

Monday - Friday 10 am - 2 pm  
Various Locations  
Cost: \$15



## Ladies Afternoon Tea

Ladies, you are invited to participate in a weekly Devonshire afternoon tea in the picturesque Gartrell Church Café. This is a great opportunity for you to get to know other local ladies in a relaxed and friendly atmosphere.

Thursday 1.30 pm - 3.30 pm  
Gartrell Church, 27A Prescott Terrace, Rose Park  
\$5

# Special Interest Activities



## Knitting

Whether you're already a knitter or always wanted to learn, come along for the chatter, coffee and a laugh. Knitting assistance is available and beginners are welcome.

Tuesday 10 am - 12 pm  
Burnside Community Dining Hall  
Gold Coin Donation



## Chess

Chess boards and pieces are available at the Civic Centre for you to come in for a friendly game of chess or to practice playing out your best chess moves.

Tuesday 10 am - 12 pm  
Bill Dean Lounge, Burnside Community Centre  
Free



## Let's Get Trivial

Every 2nd and 3rd Tuesday of the month come and test your general knowledge with some trivia fun. Morning tea, coffee, prizes and bonus live musical performance included.

Tuesday 9.30 am - 11.30 am  
Burnside Community Hall  
\$5



## Bingo Bonanza

Join us for an afternoon of bingo fun! Afternoon tea, jokes, bonus true or false rounds and prizes included.

Wednesday 1 pm - 3 pm  
Glenunga Hub, 70 Conyngham Street, Glenunga  
\$5

# Come And Try Classes



## Come And Try Singing

Our singing group meets weekly with a pianist to sing an array of tunes both classical and modern day. No experience required.

Monday 1.30 pm - 3 pm  
Burnside Ballroom  
\$5



## Come And Try B.Balanced

This group class teaches functional movement and standing postures designed to challenge and improve your balance with the use of both dumbbells and resistance bands.

Monday 1 pm - 2 pm  
Burnside Community Hall  
\$5



## Come And Try Pilates

Increase your strength, balance, flexibility and muscle tone with weekly group Pilates classes. Beginners welcome. Please BYO Yoga mat.

Wednesday 10.45 am - 11.45 am  
Burnside Town Hall  
\$5



## Come And Try Yoga

Intended to improve your strength and balance. These group yoga classes are designed for the older adult. Beginners welcome. Please BYO Yoga mat.

Friday 11.45 am - 12. 45 pm  
Burnside Community Hall  
\$5

# Come And Try Classes



## Come And Try Contemporary Dancing

For seniors with a focus on balance, fitness and coordination. Sessions are held by a professionally trained dancer.

Wednesday 10 am - 11.15 am  
Friday 12 pm - 1.15 pm  
Masonic Hall, 1 Fisher Street, Tusmore  
\$5

# Fitness And Wellbeing



## Boxfit

Boxfit is a non-contact, non-competitive boxing group created to improve your fitness, strength and coordination. This weekly boxing group is tailored to seniors and run by a qualified fitness instructor.

Tuesday 2 pm - 3 pm  
Wellness Space, Burnside Community Centre  
\$15



## Small Group Training

Join a circuit based class combining strength, cardio and flexibility workouts, followed by a relaxing cool down and stretch.

Wednesday 8.15 am, 9.30 am, 10.45 am  
Burnside Community Hall  
\$15





# Suggestions

We are always looking for feedback and suggestions. If there are any social outing locations, programs or classes you would like to see our Home Support Program provide, please phone our friendly staff on 8366 4193 to put forward your suggestions.

## Contact Us

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

**Phone: 8366 4193**

**Email: [chsp@burnside.sa.gov.au](mailto:chsp@burnside.sa.gov.au)**

**Website: [burnside.sa.gov.au](http://burnside.sa.gov.au)**

**For more information on social programs  
please contact the staff below:**

**Evan 8366 4176**

The Shed/Men's Breakfast

**Matt 8366 4144**

Fitness and Wellbeing/Come and Try/Special Interest/ 3Rs

**Jenny 8366 4222**

Social Outings - Bus Trips/Transport

