



Connecting Communities

# Coastal Community Activities Guide



# 5 Ways To Wellbeing

*Make the 5 your ways*

Research from around the world shows you can improve your wellbeing and happiness by doing five simple things as part of your day: connect, be active, keep learning, be aware and help others.

Doing these five actions can help you cope better with stress and to live longer, happier and healthier, in ways that are good for you and others! So regardless of how well, young or old you are, everyone can benefit from giving the 5 Ways to Wellbeing a try. Do them at work, home or school. It costs nothing and is easier than you think! Here are some ideas to get started:



## Connect



Connect with people around you; with family, friends, neighbours or people you meet, at work, school or at the shops. Think of these social connections as important in your life and spend time developing them. Building these relationships will support and strengthen you every day.



## Be Active



Keep your mind and body active. Step outside your house or go for a walk or run. Play a sport, dance, ride a bike or do some gardening. Find something you enjoy and do it regularly. Exercising makes you feel good and helps to clear your mind.



## Keep Learning



Try something new or rediscover a past interest. Learn to sew, read a new book, listen to a radio program or take on a new role at work. Learn to play a musical instrument or do a computer course. Learning can be fun. It can give you a sense of achievement and build your confidence.



## Be Aware



Be aware of the world around you; notice the changing seasons and the beautiful sights, smells and sounds as you do your daily activities. Notice how you feel. Try this as you walk, eat lunch or wait for a train. Being aware of the 'here and now' can help you feel calm and reduce stress.



## Help Others



Do something kind for a friend or stranger. Thank someone, smile or say hello. Give your time to a community group or help a neighbour. Helping others can give you a sense of purpose and belonging, build friendships and make your community a better place.

- [5waystowellbeing.org.au](http://5waystowellbeing.org.au)
- 03 8345 5459
- [info@5waystowellbeing.org.au](mailto:info@5waystowellbeing.org.au)
- <https://www.youtube.com/channel/UCrSJnWAsl3LAuwFjp6Rwqcg/videos>



The Royal  
Melbourne Hospital

This project is funded by the Royal Melbourne Hospital Foundation

# Arts and Craft

## **Embroiderers Guild of SA South Coast Branch**

Founders Pavilion, Cameron Street Port Elliot  
Showgrounds

2<sup>nd</sup> and 3<sup>rd</sup> Thursday's each month 10:00am-2:30pm

Lynett Cobb 0491 038 303

All welcome



## **Goolwa Community Centre**

25 Cadell Street Goolwa

Phone 8555 3941

Various art & craft groups –sewing, macramé, charcoal drawing, oil painting, mixed media and leatherwork

Contact Community Centre for term program

## **Goolwa Visual Arts Group**

Goolwa Scout Hall 2 Daniel Ave Goolwa

Tuesdays

Phone 0418 852 307 for times

Email [goolwavisualarts@gmail.com](mailto:goolwavisualarts@gmail.com)

## **Knit and Natter**

Riverside Retirement Village clubroom, 192 Liverpool Road Goolwa

2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month

Jenny 0410 279 909

Knit for charity – open to anyone who would like to come along

### **Port Elliot Patchworkers**

Port Elliot Institute Hall – The Strand Port Elliot  
2<sup>nd</sup> and 4<sup>th</sup> Tuesdays every month. 10:00am 2:00pm  
Robin Lawrie 0439 862 424

### **Quilting Group in Goolwa**

Goolwa Uniting Church Activity Centre, 1 Collingwood Street Goolwa  
1st and 3rd Tuesday of every month BYO craft and lunch (10am)  
Open Door 8555 2589

### **Yarn Craft**

Goolwa Community Centre, 25 Cadell Street Goolwa  
Monday and Tuesday 12.30-3.00pm  
Phone 8555 3941

Bring your wool and knit crochet and chat – special projects are always on the go



# Singing & Music

## Sing Australia

Anglican Church Hall, Cadell Street, Goolwa

Monday 1.30 - 3.30 pm

Liz Bettess 0475 798 186

Jenny Gogel 0412 154 917 Pam Busby 0432 718 238

## Goolwa Band

Centenary Hall, Cadell St, Goolwa (entry from rear door)

Rehearsals: Tuesday evenings - 6 for 6:30 to 8:30pm

Paul 0439 172 259

The band plays a variety of big band, jazz and popular music at community events within the Alexandrina Council area.

## Smile 'n Drum

Goolwa Surf Life Saving Club, Beach Road Goolwa

Monday 12. - 1pm (during school term)

Vickie 0488 999 141

Hand drumming with African and contemporary influences

## Riverport Singing Group

Church of Christ, Porter & Wildman Street, Goolwa

(dependent on COVID restrictions)

Thursday 1.30- 3.00pm

Helen - 0407 607 726 –please call first

Singing for creativity, breathing, exercise, memory and fun



## **Ukulele Group of Goolwa (UGG)**

Anglican Church Hall Cadell Street Goolwa

Thursdays 10-12pm

Email - [goolwaukuleles@gmail.com](mailto:goolwaukuleles@gmail.com)

## **Dancing**

### **Line Dancing SA – Beginners**

Holy Evangelist Church Hall, 23 Cadell Street, Goolwa

Friday 1:30pm – 3:30pm

Sue, Line Dancing SA 8281 4767

Enter via Crocker Street

### **Line Dancing – Island Boot Scooters**

Coorong Centre, Hindmarsh Island

Wednesday's – 10.00-12.00pm

Shirley 0474 472 535

### **Scottish Country Dancing**

Middleton Hall, 1 Walker Place, Middleton

Mondays during school term 4.30 - 6.30 pm

Dawn 0438 642 164 Anne 0431 829 973

No partner needed



# Exercise

## **Fleurieu Aquatic Centre - YMCA**

4 Ocean Road, Chiton, Phone 7078 4150

Tier 2 – Monday to Friday various times

## **YMCA Group Fitness Classes Resthaven**

Tuesday to Friday Goolwa 1 Loveday street 8574 5111

Thursday Strathalbyn 9 Rankine street 8536 8737

For the active older person. Keep fit, Active Stretch, Strength and Balance





## **Gardening Groups**

### **Cittaslow Community Garden Goolwa**

Kessel Road Goolwa

Tuesday 9.00-12.00pm

### **Alexandrina Community Nursery**

Kessell Road (near Council depot)

Fridays 9.00am -4.00pm

Ben Simon 0418 828 949

### **Hindmarsh Island Landcare Nursery**

Tuesday 9-12.00pm

Working bees Tuesday of each month

Jill Masters 0497 911 419



# Physical Activity



## **Alexandrina Walkers**

Meet under the RSL veranda, BF Laurie Lane Goolwa

Thursday's 9.00am

Claire 0429 008 199

Heart Foundation Walking Group - Coffee and chat after at a local café

## **Dragon Boat Paddling**

Coorong Dragons - contact 0416 685 965

Victor Dragons – contact Morag Craig 0409 692 240

Sue Hill 0415 220173

Goolwa River Dragons - contact 0429 648 609

## **Goolwa Croquet Club**

Goolwa Oval, Goyder Street

Monday and Wednesdays 10:30-12

Liz Brydson 0417 640 399

Jan Greenfield 0409 098 343

## **Chi Ball**

Anglican Hall Cadell street Goolwa

Friday 10am

Heather 0431 828 871

## **Chilates**

Pioneer Hall, 1 Walker Place, Middleton

Tuesdays (school term) 9.30-10.30

Combination of Tai Chi, weights, Shibashi, dance etc.



## **Chair Yoga**

Goolwa Surf Life Saving Club, Beach Road Goolwa

Tuesday 11.00 -12.00 am

Heather 0422 375 820

For all fitness levels

## **Chair Yoga**

Coorong Centre Hindmarsh Island (next to Harcourts)

Thursday 10:10 - 11:10 am

\$10 Class

Starting January 19<sup>th</sup> 2024 classes run school term

Pandora 0412 821 716

## **Floor Yoga**

Coorong Centre Hindmarsh Island (next to Harcourts)

Monday 9-10am

\$10 class

Starting January 16<sup>th</sup> 2024 classes run school term

Pandora 0412 821 716

## **Fleurieu Aquatic Centre**

50 Ocean Road Hayborough

Phone 7078 4150

Fitness lap swimming, swimming instruction, hydrotherapy  
social water volleyball, SFL Aqua 50+



## **Friday Gentle Walk and Cuppa group**

Meet across from the Riverview café, Liverpool Road Goolwa

20 Minute walk

Fridays 9.30am weather dependent

Contact Jules via Goolwa South Coast Facebookers group

or 0438 575 576 indication of intention to attend appreciated

### **Goolwa & District Bicycle Users Group (GADBUG)**

Goolwa Wharf area – near Hectors café

Wednesday, Friday and Sunday 8.30 (8.00am during Dec Jan and Feb)

General meetings Anglican Church Goolwa (phone or email for details)

Anne 0431 829 973 email [gadbug@gmail.com](mailto:gadbug@gmail.com)

Check Bike SA website for more details

### **Goolwa Rowing Club**

Hindmarsh Island

Saturday and Sunday mornings 7.00am when the weather is good

Please ring Diana in the first instance- 0407 194 206

Email [dtebneff@gmail.com](mailto:dtebneff@gmail.com) or check out the Facebook page

<https://www.facebook.com/goolwarowingclub>

### **Goolwa Tai Chi Group**

Monday 8.00 am The Barrage and Thursday 10.00am RSL grounds

Trish Steele 0421 464 224

### **Tai Chi with Jen**

Tuesday 10.00am- Goolwa Aquatic Club, Barrage Rd

Tuesday 6:00pm- Holy Evangelist Church Hall

27 Cadell Street, Goolwa (enter via Crocker Street)

Jen 0412 595 102



### **Goolwa Uniting Strollers and Walkers**

1 Collingwood St Goolwa Open Door 8555 2589

Mondays 8:15 am (daylight savings) & 8:45 am other months

Heart Foundation Variety of fitness levels catered for, cuppa afterwards

Walks take place between Goolwa and Victor Harbor

### **Loving Life in Middleton Walking group**

Meet Chapman Road beach car park, Corner Chapman Road /Surfers Parade Middleton

Thursdays 10.30 am

Cheryl Willie [cherylsfitness@gmail.com](mailto:cherylsfitness@gmail.com) phone 0402 936 563

General medium speed for around 30-45 mins

### **Pickleball**

Goolwa Sports Stadium, Glendale Grove Goolwa

Mondays and Saturdays 10.00-12.00pm

Mix of tennis, badminton and table tennis – All abilities

Email [hello@pickleballsouthaustralia.org.au](mailto:hello@pickleballsouthaustralia.org.au)

### **Yoga**

Goolwa Scout Hall- 2 Daniel Ave, Goolwa

Wednesday 6.00 pm

Sindy 0439 881 796

### **Zumba**

Coorong Centre Hindmarsh Island (next to Harcourts)

Tuesday 9-10am

\$10 Class

Starting January 17<sup>th</sup> 2024 classes run school term

Pandora 0412 821 716

## **Table Tennis -Great Southern**

Port Elliot Institute, 16 The Strand, Port Elliot

Practice -Thursdays 7.30 pm

Social - Friday 10.30-2.00 pm

Phone 045073 5212

Competition played Winter, Summer and Autumn



## **Social groups, Cards, Games & Clubs**

### **Active Retried Persons Association (ARPA)**

Port Elliot Institute Hall, 16 The Strand Port Elliot

Mondays 9.30

Susan 0413 591 003 Barbra 0408 374 570

Cards, games and table tennis

### **Adult Fellowship**

Goolwa Uniting Church Activity Centre, 1 Collingwood Street Goolwa

1.30 – 3.30pm

4<sup>th</sup> Tuesday of the month February to November

Open Door 8555 2589

## **Bridge**

South Lakes Golf Club  
Mondays 1.15 -4.00pm  
Anne 0459 403 841

## **Community Lunch**

Goolwa Uniting Church, 1 Collingwood Street Goolwa  
Wednesdays 11- 1 pm  
Open Door 8555 2589

## **Church of Christ -Friendship Group**

Porter Street & Wildman Street Goolwa  
Every Tuesday (except school holiday) 9.30-12.00pm  
Phone 8555 1008  
Craft, cards, indoor carpet bowls and table tennis

## **Cuppa and Chat**

Holy Evangelist Church Hall  
23 Cadell Street, Goolwa. Enter via Crocker Street  
Friday from 10.00am

## **Goolwa Friendship Circle**

Holy Evangelist Church Hall  
27 Cadell Street, Goolwa. Enter via Crocker Street  
10.00-11.30 2<sup>nd</sup> Tuesday of the month



## **Fleurieu Pride**

Email [fleurieupride@gmail.com](mailto:fleurieupride@gmail.com) or

FB <https://www.facebook.com/FleurieuLGBTIQ> for details

## **Mahjong**

Coorong Quays Hindmarsh Island

Tuesday 1.00- 4.00pm

Gill Oliver 0499 188 728

Experienced and learners all welcome



## **Mahjong**

Riverside Retirement Village Hall, 192 Liverpool Road, Goolwa

Tuesday 1.00-4.00pm all welcome

Phone 8555 3699

## **Games @ Goolwa**

Anglican Church Hal, Crocker St, Goolwa

Wednesday 2.00pm- 4.00pm

## **Goolwa Men's Probus**

Garden Room Goolwa Hotel, Cadell Street

2<sup>nd</sup> Monday every month 10:00am

Wayne 0414 573 959



### **Men's Breakfast**

Goolwa Uniting Church, Activity Centre, 1 Collingwood Street Goolwa  
Every Wednesday 8 am  
Open Door 8555 2589

### **Peninsula Playreaders – Goolwa**

Church of Christ, Porter Street, Goolwa  
Thursdays 1.30-4.00pm  
Maggie 8554 3144    Chris 0421 428 450

### **Port of Goolwa Mixed Probus**

Garden Room Goolwa Hotel, Cadell Street  
1st Monday of every month 10.00am  
Pam 0417 802 258

### **Port Elliot and Middleton Mixed Probus**

Pioneer Hall, Walker Place, Middleton  
Last Monday every month 10:00am  
Graham 0430 011 457

### **Women of Worth (WOW)**

Goolwa Uniting Church, Activity Centre, 1 Collingwood Street Goolwa  
1st Saturday of the Month 10 -11.30 am Activity Centre  
Open Door 8555 2589  
Guest speakers, entertainment, cuppa and chat

### **U3A Connects**

Various places and times on the Fleurieu for breakfast, lunch and coffee mornings

### **U3A Connecting Through Conversations**

Conference Room, Open Door, Collingwood Street Goolwa  
3<sup>rd</sup> Friday of the month 10am -12pm

### **U3A Discovering History**

Conference Room, Uniting Church, Collingwood Street Goolwa  
Monthly 3<sup>rd</sup> Wednesday on the month 10.00am

### **U3A Garden Growers**

Cittaslow Community Garden, 145 Kessell Road Goolwa  
4<sup>th</sup> Thursday of the month 1.00pm

### **U3A Goolwa Local History Group**

Anglian Church Hall, Crocker Street Goolwa  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday 10.00am

### **U3A Reading Shakespeare's Plays**

Conference Room, Open Door, Collingwood Street Goolwa  
2<sup>nd</sup> and 4<sup>th</sup> Tuesday 10.00am fortnightly

### **U3A Riverside Book Group**

Goolwa Community Centre, 25 Cadell St. Goolwa  
3<sup>rd</sup> Monday 10.00 am

### **U3A Words Plus**

Conference Room, Uniting Church, Collingwood Street Goolwa  
2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 1.30- 3.30 pm

**Membership of U3A required for all U3A groups**

**Contact U3A for more information <https://www.u3afleurieu.org/>**





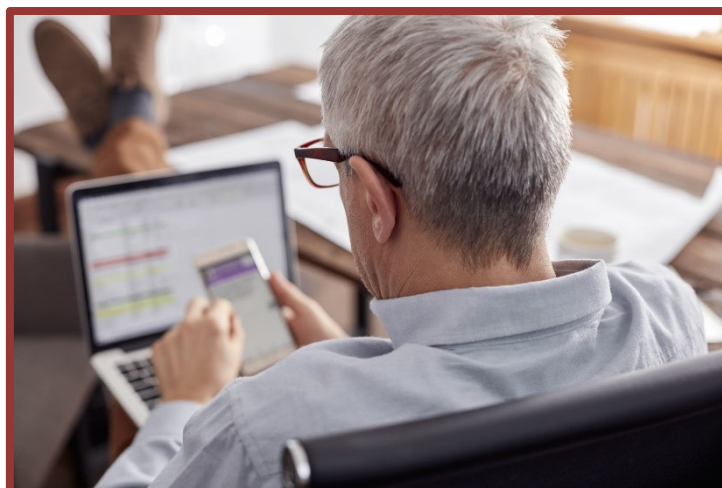
## **Technology**

### **Computer Lessons**

Goolwa Community Centre, 25 Cadell Street, Goolwa 8555 3941  
Tuesdays 10.00-3.00pm & Fridays 9.00-12.00pm – bookings required

### **Tech Savvy Seniors**

Various days and times. Contact Alexandrina Libraries 8555 7000  
Subjects range from introduction to online shopping to how to use your android phone.



## **Fundraising and Community Groups**

### **Lions Club of Goolwa**

Not for profit service club

Margaret MacDonald (Secretary) 0458 217 600

### **Goolwa Rotary Club**

Garden Room Goolwa Hotel, Cadell Street

2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month 6.30 for 7.00pm

Greg Casson 0417 854 409

### **Royal Flying Doctor Fleurieu Support group**

Middleton Tavern 11.00 am.

3<sup>rd</sup> Thursday of the month

Duncan Norris 0468 611 766

## **Special Interest**

### **Armfield Slip and Boatshed**

Traditional boat building and preservation of significant wooden boats

Usually open Tuesday 9.00 - 4.00 and Friday 1.00 - 4.00pm

56 Riverside Drive Goolwa

More details and contacts at <https://www.facebook.com/armfieldslip>

### **Cockle Train – StreamRanger Heritage Railway**

Volunteering opportunities in a variety of roles

Contact via email [hrmanager@steamranger.org.au](mailto:hrmanager@steamranger.org.au)

[www.facebook.com/SteamRangerHeritageRailway](http://www.facebook.com/SteamRangerHeritageRailway)

### **Genealogy research**

11 Cadell Street Goolwa

Phone 8555 7000

Tuesdays and Wednesdays, History room, Goolwa Library

Bookings essential

### **Goolwa Branch of National Trust (SA)**

11 Porter Street, Goolwa

Open Saturday and Sunday afternoons

Seeking new members and supporters

Contact Jill Presgrave 8555 3311

### **Southern Fleurieu Historical Museum**

1 Wright Street, Port Elliot

Thursday and Sundays 10.00 -3.00 pm

Email – [secretary@sfhmuseum.net.au](mailto:secretary@sfhmuseum.net.au)

Phone 0427 114 189 [sfhmuseum.net.au/](http://sfhmuseum.net.au/)

Open to anyone with an interest of preserving the past

### **PS Oscar W**

Seeking volunteers to maintain and crew the PS Oscar W

Contact Secretary Mark Commane 0407 717 812

Email [psoscarw@gmail.com](mailto:psoscarw@gmail.com)



### **The Shed – A well-equipped workshop for men and women**

Tolarno Drive, Coorong Quays, Hindmarsh Island

Monday (excluding public holidays), & Wednesday 9.30 - 4.00pm,  
Saturday's by appointment

Ros Shepard 0488 031 834 John Phillips 0419 841 670

# Young People

## **Active Youth 13Y-15Y**

4 Ocean Road Chiton

Phone 7078 4150 [fleurieuaquatic@ymca.org.au](mailto:fleurieuaquatic@ymca.org.au)

FB <https://www.facebook.com/fleurieuaquaticcentre>

## **Alexandrina Youth Theatre & Film**

Centenary Hall, Cadell Street Goolwa

Phone 8555 7289 [jaw@alexandrina.sa.gov.au](mailto:jaw@alexandrina.sa.gov.au)

Monday 4.00-6.00pm (school term)

Young people 12-18 years develop skills in all aspects of theatre

## **Little Rock 'n' Read – Goolwa**

Goolwa Library 11 Cadell Street Goolwa

Tuesdays 10.0-10.30 am during school term

Singing, story time and craft for little ones

## **School Holiday Programs**

Keep a look out for program information available

[Alexandrina Arts and Culture](#)

[Goolwa Community Centre](#)

[Goolwa Library](#)

[YMCA – Fleurieu Aquatic Centre](#)

Check out a collated program of school holiday programs and events from across the region at [School Holiday Activities | Alexandrina Council](#)

## **Youth United**

Goolwa Uniting Church Activity Centre, 1 Collingwood Street Goolwa

Tuesdays 4.00-6.30 pm for Years 6, 7 and 8 students

Open Door 8555 2589

# Volunteer Opportunities

## Southern Volunteering

Fleurieu Peninsula Service

Tuesday and Thursday 9.00 -1.00pm

Contact 8552 7858 [regional@svsa.org.au](mailto:regional@svsa.org.au)

Website [svsa.org.au](http://svsa.org.au) for more information

Download the [Southern Volunteering handbook](#) - a guide to volunteering and the steps involved in the process of gaining a volunteer position

Download the [Helping from Home](#) resource to explore different ways to volunteer remotely

## Volunteer SA & NT

Peak body for volunteering – connects people and organisations

Country callers 1300 135 545

Monday to Friday 10.4pm

Website [Volunteer SA & NT](#)





For any questions, additions or alterations to the information contained in this guide please contact Alexandrina Council.

Phone: 08 8555 7000

Email: [alex@alexandrina.sa.gov.au](mailto:alex@alexandrina.sa.gov.au)