

Community Connect 2020 Program

Goolwa and Port Elliot



Participate in Wellness

Wellness is an active process of making choices towards a healthy and fulfilling life.

This includes opportunities that connect people to their community.

Community Hub, 1 Loveday Street, Goolwa

Contact Community Connect on 8555 7230



Supported by
Government of South Australia
Department for Communities
and Social Inclusion

Supported by the
Australian Government
Department of Health

Community Connect Program – make it happen!

The Community Connect program is an initiative of Alexandrina Council and is funded by the Australian Government, South Australian Government and Alexandrina Council.

Fees - Subsidies for reduced fees may apply if you are aged 65 years or over, and eligible for the Commonwealth Home Support Program (CHSP). Fees are stated in the program.

Medical Clearance - A current medical clearance is required for all exercise programs and can be obtained from the Community Hub.

Transport - Please contact Community Connect for information about transport options.

www.alexandrina.sa.gov.au

To receive this program electronically send your name and email address to alex@alexandrina.sa.gov.au



Let's get connected...



MONDAY OUTING

A full day outing involving a stop for lunch and scenic drive or destination of interest

2nd & 4th Monday of the month
10am to approx. 3pm

\$5.00 + cost of food/drinks CHSP subsidised or \$10.00 non-subsidised

Various locations

Eligibility criteria applies, please contact staff for more information 8555 7230

SOCIAL EVENTS

We also offer a range of social events and activities throughout the year, such as morning teas, lunches and celebrations.

Various dates and locations

Please contact staff for more information 8555 7230

HEAT & WAX + CUPPA & CHAT

Therapy for aching hands and joints. Great for arthritis. Stay on and have a chat over a cuppa!

Monday, Wednesday & Friday
9am – 10.30am

\$3.00 CHSP subsidised or \$5.00 non-subsidised

Community Hub

CARDS AND GAMES

Enjoy an afternoon of various games – Crib, 500, Bolivia Rummiking and others...

Tuesday, Wednesday & Thursday
1pm – 3.30pm

\$3.00 CHSP subsidised or \$5.00 non-subsidised

Community Hub



Let's get connected...

COMMUNITY GARDEN

Join an enthusiastic bunch of gardeners to nurture home grown produce

Wednesday
9am – 12 noon

Free

Cittaslow Community Garden,
Kessell Road, Goolwa



PUB LUNCH

Meet old and new friends at the monthly pub lunch at the Goolwa Hotel

First Thursday of the month
12 noon – 2pm

Purchase your own lunch

Goolwa Hotel

COFFEE CRAWL

An afternoon bus trip involving a stop for afternoon tea

Third Thursday of the month
1pm – 4pm

\$3.00 + cost of food/drinks CHSP subsidised or \$10.00 non-subsidised

Various locations

Eligibility criteria applies, please contact staff for more information 8555 7230



INTERGENERATIONAL ACTIVITIES

We also offer opportunities to engage in intergenerational activities such as regular visits to the local children's centre and kindergartens, with the blend of activities creating opportunities for all ages to connect

Various times and locations

Please contact staff for more information 8555 7230

Activate yourself...

STRENGTH FOR LIFE: LIVE LONG, LIVE STRONG

Build strength and resilience through tailored exercises for your body

**Monday 9am – 10am; 10am – 11am
Friday 11am – 12 noon**

**One-off assessment \$35.00
Classes \$8.00**

Community Hub



ACTIVE STRETCH

Fit ball and mat work focussing on improving posture and core strength. Classes are 45-50mins with additional time for socialising

**Tuesday 9am – 10am
Thursday 9am – 10am**

**\$5.00 CHSP subsidised or
\$10.00 non-subsidised**

Community Hub



YOGA

Stretch, strengthen and align body and mind with a variety of chair based exercises

Tuesday 11am – 12 noon

**\$5.00 CHSP subsidised or
\$10.00 non-subsidised**

Community Hub

Activate yourself...

KEEP FIT

A low impact aerobic exercise to build strength, balance and flexibility.

Classes are 45 minutes with additional time for socialising.

Mon	11am - 12 noon
Tues	10am - 11am Strength & Balance (S&B)
Wed	9am - 10am 10am - 11am (S&B) 11am - 12noon (S&B)
Fri	9am - 10am 10am - 11am (S&B)

**\$5.00 CHSP subsidised or
\$10.00 non-subsidised**

Community Hub



HEART FOUNDATION WALKING GROUP

Walk along the river with the group and then maybe have a coffee!
All paces welcome – slow, medium and fast.

Thursday 9am onwards

Free

Community Hub

Activate yourself...



CHIBALL

Cultivate harmony, balance and wellbeing physically and emotionally. Movements inspired by tai chi, dance, yoga and pilates are practiced with a coloured ChiBall infused with a matching fragrance

Thursdays (30 January to 9 April)
10am – 11am

\$5.00

Community Hub



MARCHING LADIES SOCIAL CATCH UP

The Marching Ladies meet to socialise and share a cuppa

Thursday 9am – 10am

Free

Community Hub



Express yourself...

EXPRESSIVE ARTS

Explore different mediums to create personal works of art and enjoy a laugh along the way

Monday 1.30pm – 3.30pm

\$3.00 CHSP subsidised or
\$5.00 non-subsidised

Community Hub



SMILE & DRUM

Learn hand drumming with African and contemporary influences

Monday
1.30pm – 3pm

\$10.00

Community Hub



Express yourself...

CRAFTY CREATIONS

Meet new people and socialise as you create crafty items

Tuesday 1pm – 3.30pm

\$3.00 CHSP subsidised or \$5.00 non-subsidised

Community Hub



HEART SING SOUL SING

Singing workshops for creativity, breathing and body exercise, memory, and fun

Tuesday 1.30pm – 3.30pm

\$5.00 CHSP subsidised or \$10.00 non-subsidised

RSL Hall, 10 The Strand, Port Elliot

CREATIVE EXPRESSIONS

An art and craft program to enhance wellbeing by self-expression through different mediums

Wednesday 9am – 11.30am

\$3.00 CHSP subsidised or \$5.00 non-subsidised

Community Hub



Other opportunities... at the Hub

ALCOHOLICS ANONYMOUS

Tuesday

7pm – 9pm

1300 222 222

www.aa.org.au

HOME AND AWAY (UIT EN THUIS) WITH REMBRANDT LIVING – THE ART OF LIFE

**A social group for over 65s
celebrating Dutch coffee, games,
entertainment and culture –
everyone welcome!**

Thursday 1pm – 4pm

**Contact Jeffrey
0434 797 783**

TRUE HEIGHTS DANCE COMPANY - DANCE CLASSES -

Friday

5pm – 7pm

Contact Star

0414 860 447

DANCE 2 MOVE

**An adapted creative movement
class drawing on contemporary
and other dance styles and techniques.
Suitable for people with movement
and balance concerns resulting from
Parkinson's, MS, Stroke, Arthritis or less
mobility from ageing.**

Thursday 11.15am – 12.15pm

\$10.00

**Contact Tammy
0432 849 981**



Other opportunities... at the Hub

CRAFT FRIENDSHIP GROUP

An afternoon of craft and company – bring your own projects or get involved with existing projects. Everyone welcome.

Fourth Friday of the month

2pm – 5pm

Contact Pat Steele
0427 388 982
or Heather Perryman
0409373 450

NEIGHBOUR- HOOD WATCH

First Friday of the month, 2pm - 4pm

Contact Pat Salter
0414 923 961

GRANDPARENTS GROUP

Fleurieu Families and Grandparents For Grandchildren are providing an opportunity for grandparents to get together to have a coffee and a chat about issues regarding their grandchildren.

Third Friday of the month

1.30pm For those with grandchildren
2.15pm Shared afternoon tea for both groups
3pm Alienated grandparents

Contact Leann 8551 0542 or
Colleen 8212 1937

YAC - YOUTH ADVISORY COMMITTEE

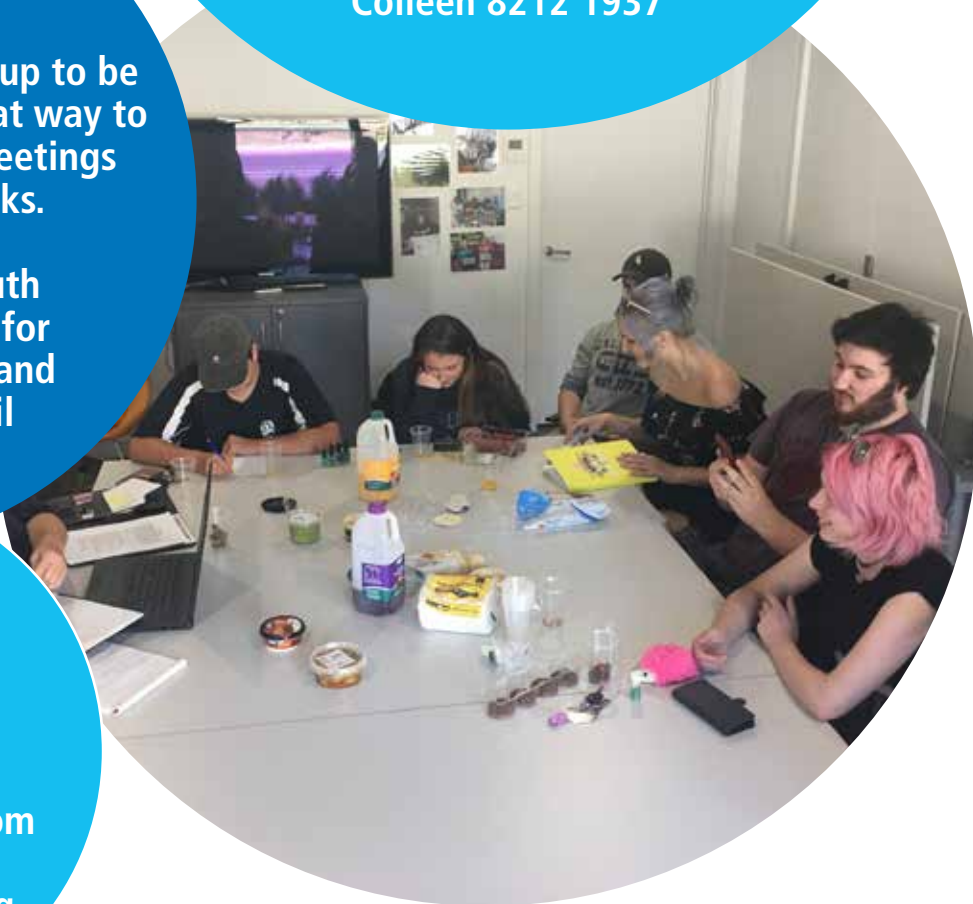
YAC is a fun and social group to be involved with, and is a great way to make friends. Informal meetings are held every 3 weeks.

Contact Lucretia, Youth Development Officer for City of Victor Harbor and Alexandrina Council
0418 811 780

U3A SOUTH COAST

Various programs and courses

Contact
u3afleurieu@gmail.com
or visit
www.u3afleurieu.org





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Community Hub, 1 Loveday Street, Goolwa**

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