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
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...

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 Rummikings and others…

Tuesday, Wednesday & Thursday
1pm – 3.30pm

$3.00 CHSP subsidised or $5.00 non-subsidised

Community Hub

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
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.

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<td>Mon</td>
<td>11am - 12 noon</td>
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<td>Tues</td>
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<td>Strength &amp; Balance (S&amp;B)</td>
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$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

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

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
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
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

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

NEIGHBOURHOOD WATCH
First Friday of the month, 2pm - 4pm
Contact Pat Salter
0414 923 961

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
Community Connect - Goolwa and Port Elliot
Community Hub, 1 Loveday Street, Goolwa

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8555 7230

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