

Ageing Well Week

1–6 October 2026

A showcase of what's on offer at the City of Unley's community centres to help you stay healthy, active and connected as you age.



Everyone Welcome!

Come along and meet new people, discover local programs and enjoy a warm, welcoming community atmosphere.

DATE AND TIME	CENTRE	ACTIVITY
 Thur 1 Oct 12pm–1pm	 Unley Community Centre 18 Arthur St, Unley	- Enjoy a delicious homemade soup and roll from our Circuit Cafe – Free of charge - Watch the Tai Chi and Line dancers in action 
 Fri 2 Oct 10.30 – 11.30am	 Fullarton Park Community Centre 411 Fullarton Rd, Fullarton	- View the newest Hughes Galley Art Exhibition - Join the Social Art Group - Morning tea provided 
 Fri 2 Oct 10am – 11am	 Clarence Park Community Centre 72 East Ave, Black Forest	- Attend a workshop exploring Enduring Power of Attorney, Advance Care Directives, Estates, and more! Please note: This event is part of our 'Not Dead Yet' series. Bookings are essential call 8293 8166 - Morning tea provided 
 Tue 6 Oct 10–11am	 Goodwood Community Centre 32 Rosa St, Goodwood	- Enjoy an Intercultural Exercise Group demonstration - Hear personal stories about connection, wellbeing, physical activity and staying socially engaged as we age - Morning tea provided 

We look forward to seeing you there!



Morning tea provided

All events are free and open to everyone. Bookings essential for the workshop on Fri 2 Oct.

THE CITY of

Unley