

# EngAGE UNLEY



## Buddies & Belles Christmas Celebration – A Morning to Remember

Our Buddies and Belles Christmas break up celebration was a wonderful way to round off the year, bringing together around 75 participants, partners, volunteers and staff for a morning full of laughter, generosity and community spirit.

We were incredibly fortunate to welcome sporting legend Paul Bagshaw, joined by Bruce “Dizzy” Raymond OAM, who entertained the crowd with a fantastic performance. Bruce also interviewed Paul, sharing stories that had everyone engaged and smiling. It was truly a special highlight of the morning.

The celebration also saw an overwhelming display of generosity, with our groups coming together to donate food and toys in support of Baptist Care. We would like to extend our heartfelt thanks to everyone who contributed, including:

- Our wonderful Buddies and Belles participants
- Drakes Wayville
- Target Unley
- The Unley Night Owls
- Unley staff members

Your kindness and community spirit made a real difference and helped spread Christmas cheer to those who need it most.

Thank you to everyone who attended, donated and helped make this celebration such a memorable and meaningful way to close out the year. We are truly grateful for the ongoing support that makes our CHSP programs so special.

## Little Joys of Autumn

Autumn is a wonderful time to step out together and enjoy our community.

Cooler mornings and mild days make it perfect for walking groups, shared outings, and catching up with friends.

The sound of footsteps on fallen leaves, a friendly chat along the way, or a warm drink enjoyed after a walk —

it's these moments that bring us together.

As the season changes, we're reminded of the value of staying connected, getting out and about, and sharing experiences with others.

A group walk, a bus outing, a social catch-up — these are the simple joys of autumn.

# Commonwealth Home Support Program (CHSP)

The City of Unley provides a range of services and supports funded by the Commonwealth Home Support Program (CHSP).

A current My Aged Care referral is required to access all CHSP identified programs and services, including Social Support, Respite, Domestic Assistance, Gardening and Community Car Transport.

For more information or support with the process, contact **My Aged Care** on [1800 200 422](tel:1800200422) to arrange a referral.

## My Aged Care referral codes are required for the following CHSP services and supports:

- **Domestic Assistance referral code:**  
Cleaning, Laundry / Bed Changing and Shopping from a list.
- **Home Maintenance – minor home maintenance and repairs referral code:**  
Basic Handyman, Window Cleaning, Gutter Cleaning and Spring Cleaning.
- **Social Support Individual – Accompanied activities referral code:**  
Accompanied Shopping Support, Friendly Visiting, Technology Assistance, Wellbeing phone calls.
- **Social Support Group referral code:**  
Wellbeing Bus trips, Breakfast programs, Tai Chi, Better Balance and Walking groups.

## Co-contribution costs apply to services and supports depending on your level of income

**Level 1:** Aged or Disability Pensioner or hold a Commonwealth Seniors Health Card

**Level 2:** Individuals who DO NOT hold a Commonwealth Seniors Health Card

If you would like more information on the contribution costs, please contact one of our team members for a copy of our Client Contribution Schedule.

## Contact phone numbers:

- **In Home Support Program:**  
Domestic, Home Maintenance and Modifications: **8372 5198**
- **Wellbeing Program:**  
Shopping Assistance, Respite, Bus Trips, Tai Chi, Better Balance, Walking Groups, Breakfast Programs: **8372 5191**
- **Community Transport:**  
Volunteer Car Transport and Community Bus: **8372 5131**

## Contact email addresses:

- **In Home Support Program:**  
[chsp@unley.sa.gov.au](mailto:chsp@unley.sa.gov.au)
- **Wellbeing Program:**  
[WellbeingProgram@unley.sa.gov.au](mailto:WellbeingProgram@unley.sa.gov.au)
- **Community Car Transport:**  
[SocialTransport@unley.sa.gov.au](mailto:SocialTransport@unley.sa.gov.au)



# City of Unley to Exit Commonwealth Home Support Program (CHSP)

At its meeting on Tuesday, 27 January, Council made the difficult decision to withdraw from the delivery of **Commonwealth Home Support Program (CHSP)** services, effective **30 June 2026**. This decision was not made lightly, with a comprehensive review of the recent changes to the Aged Care Act announced by the Federal Government undertaken.

The aged care operating environment has changed significantly, with the Aged Care Act 2024 and the Responsible Persons framework introducing strengthened governance, compliance and accountability obligations for councils, elected members and senior officers involved in aged care service delivery. After careful consideration, Council determined that continuing to deliver CHSP services would present ongoing financial, operational and regulatory risks that are not sustainable over the long term, and that exiting the program is in the best interests of the community and the organisation.

## What happens next

CHSP services will continue for a transition period, with Council supporting existing active clients until 30 June 2026. During this time, Council will work closely with the Federal Government and alternative aged care providers to support a smooth transition for clients, with continuity of care and wellbeing at the centre of all planning.

## Ongoing commitment to active ageing

While Council will no longer deliver CHSP services beyond 30 June 2026, our commitment to supporting active ageing in the City of Unley remains strong.

Council will continue to deliver and support a wide range of programs and services for older residents through our libraries, community centres and open spaces, and will explore new ways to support residents to age well in our community.

## ANZAC Day

Every Anzac Day, we pause to reflect on the courage and sacrifice of those who served our nation. This day reminds us of the enduring values of mateship, resilience, and unity. A cherished tradition is baking and sharing Anzac biscuits—a simple act that connects us to history and to one another.

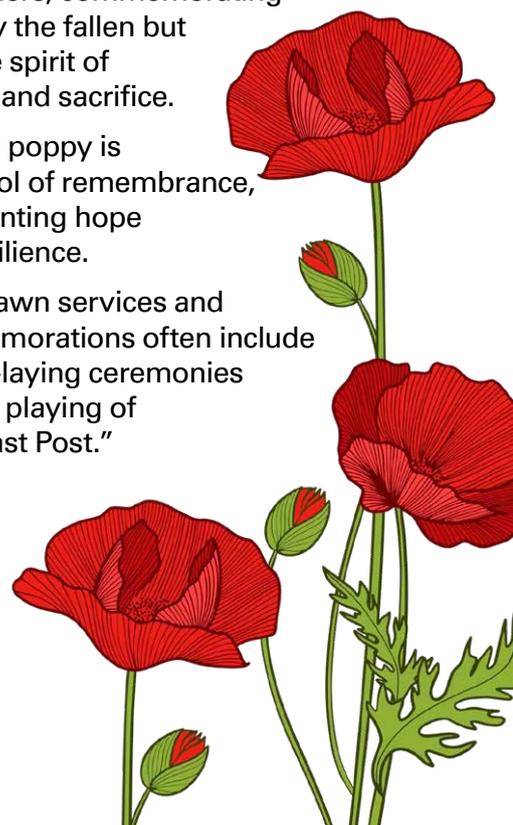
## Reflecting on Anzac Day

Anzac Day marks the anniversary of the Gallipoli landings on 25 April 1915, when soldiers of the Australian and New Zealand Army Corps (ANZAC) faced extraordinary challenges. Today, it stands as a National Day of Remembrance for all Australians and New Zealanders who served in wars, conflicts, and peacekeeping missions.

For more about the history of Anzac Day, visit [www.anzac.gov.au](http://www.anzac.gov.au).

## Did You Know?

- Anzac Day is a cornerstone of national identity for Australians and New Zealanders, commemorating not only the fallen but also the spirit of service and sacrifice.
- The red poppy is a symbol of remembrance, representing hope and resilience.
- Local dawn services and commemorations often include wreath-laying ceremonies and the playing of "The Last Post."





# ANZAC Day Dawn Service

Join us this ANZAC Day as the RSL Unley Sub-Branch, together with the City of Unley, hosts our annual **Dawn Service on 25 April** at the **Soldiers Memorial Gardens** (206 Unley Road, Unley).

We encourage our community to arrive from 5:30am for a 5:40am start.

This moving service is one of the largest in South Australia and brings together an Australian Defence Force Catafalque Party, the Unley Concert Band, 617 Squadron AAFC, a piper, and contributions from local schools, community groups, and veterans.

ANZAC Day is a time for reflection, remembrance, and coming together. We warmly welcome all members of the community to join us for this significant and meaningful commemoration.

## ANZAC Biscuit Recipe



### A Taste of History

Anzac biscuits became a symbol of home-front support during World War I. Families and friends baked these treats to send to loved ones overseas because they stayed fresh on the long voyage. By baking and sharing these biscuits, we continue a tradition that links us to the spirit of those who served.

### Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup sugar
- ¾ cup desiccated coconut
- 125g butter
- 2 tbsp golden syrup
- 1 tsp bicarbonate of soda
- 2 tbsp boiling water

### Method

1. Preheat oven to 160°C.
2. In a bowl, combine oats, flour, sugar, and coconut.
3. Melt butter and golden syrup in a saucepan.
4. Dissolve bicarbonate of soda in boiling water and stir into the butter mixture.
5. Combine the wet and dry ingredients.
6. Roll into small balls and place on a lined baking tray. Flatten slightly.
7. Bake for 15–20 minutes or until golden brown.

### Storage & Serving

Store cooled biscuits in an airtight container for up to two weeks.

Perfect for sharing with friends or gifting to neighbours — delicious with tea or coffee.

For more Anzac biscuit recipes, visit [Taste.com.au](http://Taste.com.au) or call their helpline at **1300 655 336**.



# Autumn Wellness Tips for You

As the weather cools and autumn arrives, it's a great time to focus on your health and wellbeing. Here are some simple tips to help you stay happy, healthy and active this season:

## Stay Active Every Day

Gentle activities like short walks, stretching or indoor exercises help keep your muscles and joints moving. Staying active also supports balance, mood and overall fitness.

## Eat Well for Immune Health

Autumn brings delicious seasonal fruits and vegetables such as apples, pears, pumpkin and sweet potato. These are packed with vitamins and fibre — great for your immune system and digestion. Remember to drink plenty of water too!

## Get Vaccinated

Flu shots and COVID-19 boosters are recommended for older adults to help stay protected during the cooler months. Speak to your GP or pharmacist for guidance.

## Dress in Layers

Temperatures can change throughout the day. Wearing layers helps you stay comfortable and avoid chills, which can affect joints and circulation.

## Stay Connected

Even if it's cooler outside, keep in touch with friends, join group activities or simply have a chat with someone — it's great for your mood and overall wellbeing.



## Wellbeing Calls – A Friendly Check-In



Over the coming weeks, you might receive a friendly phone call from one of our wonderful volunteers, Hermin or Julia. These calls are part of our commitment to supporting your wellbeing, especially after the recent summer weather.

We'd love to check in and see how you've been managing during the warmer months, have a quick chat, and ask whether you'd like to receive similar wellbeing calls in the future. It's also a lovely way to stay connected with you.

There's no need to worry – these calls aren't about anything formal, just a friendly hello and a chance to make sure you feel supported. If you'd prefer not to receive calls, that's absolutely okay too.

If you have any questions, please contact the CHSP team on [8372 5198](tel:83725198).



# Community Car Transport – Stay Connected, Stay Active!



# Unley Community Bus – Your Connection to Freedom & Friendship



Transform your daily routines with our Community Car Transport service—so much more than just rides to medical appointments. We're here to support you in staying engaged with life:

- **Social Events** – Don't miss out on community programs, workshops, or clubs you love.
- **Personal Appointments** – Whether it's banking, shopping, or paperwork, we've got you covered.
- **Loved Ones** – Enjoy quality time with friends and family with easy, stress-free transport.

Our dedicated team of friendly volunteers ensures every journey is smooth and safe. Medical trips are our top priority, but we're equally committed to helping you maintain the social connections that enrich your life.

Book a ride by reaching out to our Community Transport Coordinator at [8372 5414](tel:83725414).

Let's keep you connected to your community, to your health, and to the people who matter most.

Step inside our friendly door-to-door Community Bus, designed to bring convenience, community, and care to your daily journeys. Whether you're heading out for shopping, an appointment, or a leisurely outing, our dedicated volunteers and City of Unley team are here for you.

## Who We Serve

This service is open to all City of Unley residents who are transport disadvantaged, frail, aged, or living with a disability. There's no age limit—if you can get on and off the bus by yourself and carry your own items, you're welcome.

## Your Support Makes a Difference

To help keep this service running smoothly, we kindly ask for a \$6 donation per round trip.

## Join the Journey

Getting started is easy. Just register online or by calling on [8372 5414](tel:83725414), and you'll be ready to book your trips.

## Additional Ingle Farm Community Bus Trip



We are offering a special one time trip to Ingle Farm Shopping Centre on Wednesday, 29 April. Be sure to register your name to secure a spot.

### How to Book:

To book these services or for more information, please contact us on [8372 5198](tel:83725198).

We look forward to having you on board!

# Prepare your home now for winter and learn how to reduce energy bills

**Are you power bills causing you concern? Would you like to reduce your energy use, while still staying comfortable?**

Contact the Energy Advisory Service for FREE, independent advice to help you understand and reduce your energy bills. This State Government service is there to provide you with trusted, personalised advice through a simple phone call.

Give them a call and let them help you save energy at home.

Hours: Monday to Friday, 9am – 4.30pm

Phone: [8204 1888](tel:82041888) or [1800 671 907](tel:1800671907)  
(free call from fixed lines)

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

You can also collect a copy of their 'Home Heating and Cool Guide' for practical advice on how to keep your home warm and comfortable this winter (and cool in summer). Collect a printed copy from the Civic Centre.

Top tips for winter warmth include:

- Thick curtains (with pelmets at the top) are an effective way to insulate windows, keeping rooms warmer in winter.
- Ceiling insulation can reduce heat lost through your ceiling by up to 35%.
- Let the sunshine into your home to help heat it up for free.
- Seal up gaps, use a door snake and draught proofing to keep heating costs down.
- Close doors and only heat the areas you need.

Extra layers of clothing, hot water bottles, wheat bags or inexpensive electric rugs and blankets can help you to heat yourself and not the room.



# Autumn is the season for apples, pears, pomegranates, quinces, oranges, mandarins and limes.

If you have fruit trees at home but are finding it hard to keep up with picking the ripe fruit, Fruit Share Adelaide may be able to help.

Fruit Share Adelaide is a not for profit, volunteer run organisation. They have a team of volunteers committed to preventing food waste by picking unwanted or surplus fruit, which is then distributed to food charities and the community.



If you have excess produce, they would love to hear from you.

Their volunteers can visit and harvest it for you — you keep some to enjoy yourself, and the rest is shared with food charities and the community.

Sign up your fruit trees via their website ([fruitshareadelaide.com.au](http://fruitshareadelaide.com.au)) or contact them at [info@fruitshareadelaide.com.au](mailto:info@fruitshareadelaide.com.au) or [0408 914 139](tel:0408914139).

# Social Support Programs

**Our CHSP social and wellbeing programs help participants stay active, enjoy community life, maintain independence, and support overall wellbeing.**

Participants are expected to be able to move and walk independently. For the safety and enjoyment of all, we reserve the right to review or adjust participation if necessary. If your health changes significantly, please let us know — we may be able to suggest an alternative program or service that better suits your needs.

**For more information or to make a booking:**

Email: [wellbeingprogram@unley.sa.gov.au](mailto:wellbeingprogram@unley.sa.gov.au)

Phone: 8372 5191 or 8372 5198

A My Aged Care Social Support Group referral code is required to join our social programs and activities. In some cases, a Social Support Individual referral code may also be needed. To arrange a referral code, contact My Aged Care on [1800 200 422](tel:1800200422).



## Belles Breakfast

### Good Food, Great Company

Belles Breakfast is a warm and welcoming social program for women, offering the perfect opportunity to connect, chat and enjoy a delicious meal with others in your community. It's a relaxed space to make new friends, enjoy positive social support and take a well deserved break — all without having to cook!

Each week, we feature guest speakers or engaging activities after breakfast, making every Thursday morning unique and full of fun.

Join us Thursdays at the Unley Park Sports Club.



## Better Balance Classes

### Strengthen, Stabilise and Stay Confident

Our Better Balance classes are designed to help improve balance, strength and overall confidence. Led by our friendly Accredited Exercise Physiologist, Jenny, you'll enjoy a range of targeted exercises focused on fall prevention and building endurance — all in a supportive, social setting.

These fun, low impact sessions are a great way to stay active and steady on your feet.

Join us every Thursday at the Fullarton Park Community Centre.



## Easy Paced Walking Group

### Walk, Chat & Enjoy

Love the idea of walking but find most groups a little too fast? Our Easy Paced Walking Group is just for you! Enjoy a relaxed 30–40 minute stroll around the local area, walking at your own pace with plenty of time to rest if needed. All abilities and mobility devices are welcome.

After the walk, we head to a nearby café for a cuppa and a chat — a lovely way to stay active and social.

We meet every Tuesday at Unley Oval.



## Tai Chi at Unley Oval Hub

### Move Mindfully, Feel Better

Experience the gentle art of Tai Chi, an ancient Chinese practice that blends slow, flowing movements with deep breathing and focused awareness. Often called “meditation in motion,” Tai Chi is a calming, low impact exercise that can help reduce stress and anxiety, lift your mood, and improve balance, energy and overall wellbeing.

Everyone is welcome — it’s suitable for all fitness levels and a wonderful way to start your week.

Join us every Monday at the Unley Oval Community Hub.

# City of Unley CHSP Individual Social Support Programs

The City of Unley CHSP Individual Social Support service is designed to help you stay independent, active and connected? Our one-on-one support ensures that you get the personal assistance you need, when and where you need it.

A **My Aged Care Social Support Individual referral code** is required to participate in our one-on-one services.



## Friendly Visiting – A Cuppa, a Chat, and a Smile

Sometimes all it takes is a friendly face and a good conversation to lift your spirits. Our Friendly Visiting program brings regular visits from a caring volunteer or support worker right to your home — giving you the chance to connect, laugh and enjoy some company.

Whether it's sharing a cuppa, swapping stories, talking about your favourite hobbies or simply having someone to chat with, these visits offer meaningful social connection that can brighten your week and make each day a little richer.

Why wait? Reach out today to arrange your friendly visit and enjoy the comfort of good company at home.



## Need a Hand with your Shopping?

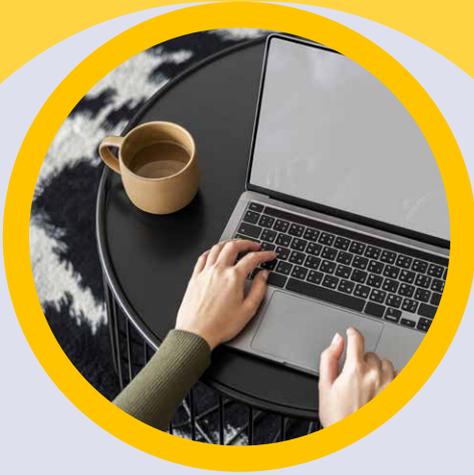
If the weekly shop is starting to feel like too much, or you'd simply like someone to go with you, we can help. We can assist you with your shopping by supporting you in person.

You stay in control — we're just there to lend a helping hand.

If you'd like to know more or book some shopping support, please contact our CHSP team



# City of Unley CHSP Respite Support



## Struggling with Technology or Everyday Tasks at Home?

### We Can Help!

Whether it's your smartphone, tablet, computer or even everyday household tasks, the City of Unley Commonwealth Home Support Programme is here to lend a hand.

Our friendly volunteers provide one on one support in your home for tasks such as:

- Sending emails or making video calls
- Setting up devices, apps or streaming services like Netflix
- Re channelling your TV or programming your remote
- Adjusting clocks and timers around your home
- Browsing the internet safely
- Managing photos, contacts and files
- Online shopping or paying bills

No matter your experience level, we can help you feel more confident and make life a little easier.

Book a session today — there is no charge for this service, so let us take the stress out of technology and small everyday tasks!



## Flexible Respite Services – Support for Carers

### Because carers need care too

Caring for an older loved one is meaningful, but it can also be physically and emotionally demanding. If you're feeling stretched or simply need time to recharge, the City of Unley CHSP team is here to support you.

With a My Aged Care referral, eligible residents can access three to four hours of flexible daytime respite each week. While your loved one is supported at home or out enjoying the community, you can take a well deserved break — whether that's resting, catching up on errands or enjoying some time just for yourself.

You don't have to do it alone.

Contact us to learn how our flexible respite service can support you in your caring role.



# Ageing Well in Unley Book Club 2026

**Read. Reflect. Connect**

Whether you're curious about ageing well or simply enjoy good books and conversation, you'll be warmly welcomed.

**10.15am–12pm**

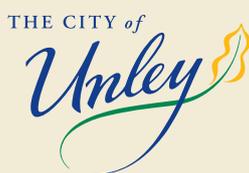
**Second Friday of every month  
Unley Civic Library**

- Inspiring non-fiction on longevity and positive ageing
- Compelling fiction with characters who age gracefully... or not!

**FREE REGISTRATION**

**To join, contact:**

**Jill Andrews, Active Ageing Officer,  
8372 5111 or  
jandrews@unley.sa.gov.au**



# Unley Community Centre welcomes you to the Circuit Café.

**A friendly, community orientated meal service nestled in the Unley Community Centre at 18 Arthur Street.**

**A great place to meet new people, catch up with friends and enjoy a delicious, affordable meal.**

**Opening Hours**

Monday: 9:30am- 1pm

Tuesday, Thursday

and Friday: 11:30am- 12:15pm

**Cost:** Soup \$3, Main \$8, Dessert \$3,  
Takeaway Soup \$4

Unley Community Centre  
18 Arthur Street, Unley

**Bookings Essential, Phone 8372 5128**

# Reboot

Unley Libraries' digital literacy program offers a range of classes designed to spark your curiosity, build confidence and help you get the most out of today's technology. Bring along your device and enjoy learning in a fun, relaxed and interactive environment.

Take a look at what's coming up over the next few months!

## March

**Information Literacy :  
Understanding digital  
news and media**

Wednesday 4 March  
10.30am – 12pm  
**Unley Civic Library**

Understand how to critique news sources and information to better understand the world around you.

This session will provide you with resources to understand why news is being presented to you the way it is, as well as explain the differences between misinformation and disinformation.

Please note that this is a digital skills session and not one to discuss political views.

\$5, bookings essential.



## April

**Beginner Streaming  
Services : What are they  
and how to use them**

Wednesday 6 May  
10.30am – 12pm  
**Unley Civic Library**

Want to know what the fuss is all about with Netflix, Disney Plus and Spotify, without having to subscribe?

Come along to this session to see how they work and what they have to offer. We'll also be demonstrating our free streaming service- Kanopy during this session too.

\$5, bookings essential.



## May

**File Management  
Basics : Where did that  
file go and how to find  
it again.**

Monday 4 May  
1pm – 2.30pm  
**Goodwood Library**

Learn the basics of management your digital documents, photos and videos on your own device. Within this session we will cover how to apply naming conventions and tags to your files, how to create folders to store your documents and the differences between storing files on hard drives, external drives and online cloud services.

Beginners welcome.

Please bring your own device, as well as any necessary account and log in details.

\$5, bookings essential.



**Buying and Selling on  
Facebook Marketplace**

Monday 30 March  
10.30am – 12pm  
**Goodwood Library**

Buying and selling online can be a great way to discover bargains and turn any of your unwanted items into cash.

Attendees are encouraged to have already joined Facebook before attending.

Please bring your own device, as well as your device's log in details and Facebook account details.

\$5, bookings essential.



## For more information

Contact our Libraries, phone 8372 5100 or visit our website [unley.sa.gov.au/tech-help](https://unley.sa.gov.au/tech-help)

# CHSP WELLBEING BUSTRIPS MARCH 2026 CALENDAR

No early  
bookings please

Bookings open Wednesday 18 February 2026 at 9am Telephone 8372 5191 or 8372 5198.

If you are unable to attend a bus trip after booking, please provide a minimum of 24 hours' notice.

This will allow time to contact others on the waiting list. Cost of bus trip: Level 1- \$9, Level 2- \$12, \$3 transport each way to Fullarton Park Community Centre from home.

WEDNESDAY  
4 MARCH 2026

## Z WARD : BEHIND THE WALLS - GUIDED TOUR, GLENSIDE



For almost 90 years, Z Ward at Glenside housed South Australia's "criminally insane". Built in the late 1800s, the ward accommodated patients deemed unfit for prison, as well as those considered a risk to themselves or others. Z Ward closed in 1973.

Today, visitors can explore this fascinating and historically significant site. After our tour we will make our way to the Britannia Hotel for lunch.

Accessibility: The upper level is accessible by stairs only. The lower level is accessible for mobility aids.

**Time:** 10 am to 2.30 pm

**Cost:** Guided Tour \$25 (concession), Lunch at own cost – Senior's discount 20%

TUESDAY  
10 MARCH 2026

## LUNCH AT ALDINGA HOTEL, ALDINGA



Enjoy a relaxed day out as we travel south, taking in scenic views and coastal surrounds along the way. We'll finish the journey with a delicious lunch at the Aldinga Hotel, where you can sit back, enjoy good food, and share great company — all without having to cook.

A lovely day out combining fresh sea air, friendly conversation, and a classic pub lunch.

**Time:** 11.30 am to 3.30 pm

**Cost:** Lunch at own cost- Senior's menu available when presenting your seniors card

WEDNESDAY  
18 MARCH 2026

## MORNING TEA, HAMDORF CAFE, HAHNDORF



Join us for a delightful outing to Hamdorf Café in the heart of Hahndorf! This welcoming café isn't just about beautiful coffee and delicious meals — it's a place with heart, giving everyone a fair chance to be part of the workforce.

After enjoying your morning tea, make sure to explore the café's miniature guinea pig village — a charming, tiny replica of Hahndorf that's unlike anything you've seen before.

A wonderful way to enjoy good food, warm company, and a truly unique experience in one of Adelaide Hills' most picturesque towns.

**Time:** 10.15 am- 1.30 pm

**Cost:** Morning Tea at own cost. Entry to the Guinea Pig Village \$5

MONDAY  
23 MARCH 2026

## LONG WALK - BRIGHTON TO SEACLIFF - 2KM WALK (FLAT, EASY AND SCENIC)



Stretch your legs and enjoy a refreshing walk along the beautiful Brighton to Seacliff foreshore. Feel the fresh sea breeze, take in the stunning coastal views, and enjoy the natural beauty of Adelaide's coastline.

After our walk, we'll stop at the Seacliff Hotel for a relaxed lunch, a chance to refuel before heading home.

**Time:** 10 am - 2.30 pm

**Cost:** Lunch at own cost. Seniors 10% off main menu.

# WHAT'S ON MARCH 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<p><b>Tai Chi</b> 10 am – 11 am</p> <p><b>Community Shopping Bus Gaganis Bros &amp; Omega Foods, Hindmarsh</b> Pick up from 9 am Return 12 noon</p>	<p><b>Walking Group</b> 10 am – 11 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm</p>	<p><b>Pasadena Shopping Centre</b> Pick up from 9 am Return 12 noon</p> <p><b>Wellbeing Bus Trip</b> Z Ward: Behind the Walls Guided Tour 10 am to 2.30 pm</p>	<p><b>Belles Breakfast</b> 9 am – 11 am</p> <p><b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm</p> <p><b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm</p>	<p><b>Buddies at Breakfast</b> 8.30 am – 10.30 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Castle Plaza</b> Pick up from 9 am Return 1 pm</p>
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><b>PUBLIC HOLIDAY ADELAIDE CUP</b></p>	<p><b>Walking Group</b> 10 am – 11 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm</p> <p><b>Wellbeing Bus Trip</b> Lunch at Aldinga Hotel 11.30 am to 3.30 pm</p>	<p><b>Burnside Shopping Centre</b> Pick up from 9 am Return 12 noon</p>	<p><b>Belles Breakfast</b> 9 am – 11 am</p> <p><b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm</p> <p><b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm</p>	<p><b>Buddies at Breakfast</b> 8.30 am – 10.30 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Castle Plaza</b> Pick up from 9 am Return 1 pm</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p><b>Tai Chi</b> 10 am – 11 am</p>	<p><b>Walking Group</b> 10 am – 11 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm</p>	<p><b>Community Shopping Bus – Westlakes Shopping Centre</b> Pick up from 9 am Return 12 noon</p> <p><b>Wellbeing Bus Trip</b> Morning Tea- Hamdorf Cafe, Hahndorf 10.15 am to 1.30 pm</p>	<p><b>Belles Breakfast</b> 9 am – 11 am</p> <p><b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm</p> <p><b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm</p>	<p><b>Buddies at Breakfast</b> 8.30 am – 10.30 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>Tai Chi</b> 10 am – 11 am</p> <p><b>Wellbeing Bus Trip</b> Long Walk Brighton to Seacliff 10 am to 2.30 pm</p>	<p><b>Walking Group</b> 10 am – 11 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm</p>	<p><b>Community Shopping Bus – Mitcham Shopping Centre</b> Pick up from 9 am Return 12 noon</p>	<p><b>Belles Breakfast</b> 9 am – 11 am</p> <p><b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm</p> <p><b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm</p>	<p><b>Buddies at Breakfast</b> 8.30 am – 10.30 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p>
<b>30</b>	<b>31</b>			
<p><b>Tai Chi</b> 10 am – 11 am</p>	<p><b>Walking Group</b> 10 am – 11 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm</p>			

# CHSP WELLBEING BUS TRIPS APRIL 2026 CALENDAR

No early  
bookings please

Bookings open Wednesday 11 March 2026 at 9am Telephone 8372 5191 or 8372 5198.

If you are unable to attend a bus trip after booking, please provide a minimum of 24 hours' notice.

This will allow time to contact others on the waiting list. Cost of bus trip: Level 1- \$9, Level 2- \$12, \$3 transport each way to Fullarton Park Community Centre from home.

WEDNESDAY  
1 APRIL 2026

## LUNCH AT THE LOCAL, CLAYTON BAY



Escape for a delightful outing to The Local in picturesque Clayton Bay! Savour a delicious lunch in a relaxed and welcoming setting, while soaking up the peaceful waterside views. A perfect way to enjoy good food, fresh air, and a change of scenery all in one trip.

**Time:** 11 am to 4 pm

**Cost:** Lunch at own cost

MONDAY  
13 APRIL 2026

## ROYAL FLYING DOCTORS SERVICE TOUR, ADELAIDE AIRPORT



Join us for a fascinating behind-the-scenes tour of the Royal Flying Doctor Service at Adelaide Airport. Learn about the vital work this iconic Australian organisation does to provide emergency medical care and health services to people living in remote and regional areas

After the tour, we'll head to the Rex Hotel to relax and enjoy a delicious lunch together.

Please note: enclosed shoes must be worn to attend the RFDS tour.

**Time:** 10.30 am to 2.30 pm

**Cost:** No cost for the tour, donations are welcomed. Lunch at own cost.

WEDNESDAY  
22 APRIL 2026

## LONG WALK - EUCALYPTS TRAIL, KUITPO FOREST



Escape into nature on the Eucalypts Trail in Kuitpo Forest. This gentle 2 km loop takes you through beautiful stands of towering eucalyptus trees, offering fresh forest air and a peaceful environment to stretch your legs. After the walk, enjoy lunch at the Meadows Hotel.

**Time:** 10 am to 2.45 pm

**Cost:** Lunch at own cost - Senior's meals available

TUESDAY  
28 APRIL 2026

## BRUNCH AT CAFE KOMODO, PROSPECT



Enjoy a relaxed and enjoyable brunch outing at Café Komodo in Prospect, a much-loved café that has been part of the local community for over 20 years. Tucked away down a lane, Café Komodo offers a vintage setting with an eclectic mix of furniture, plates, teaspoons and people. This inclusive space, reminiscent of times gone by, is the perfect spot to enjoy a delicious brunch.

**Time:** 10 am to 12.30 pm

**Cost:** Brunch at own cost

# WHAT'S ON APRIL 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		01	02	03
		<p><b>Community Shopping Bus – Pasadena Shopping Centre</b> Pick up from 9 am Return 12 noon</p> <p><b>Wellbeing Bus Trip</b> lunch at The Local 11 am to 4 pm</p>	<p><b>Belles Breakfast</b> 9 am – 11 am</p> <p><b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm</p> <p><b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm</p>	<p><b>PUBLIC HOLIDAY GOOD FRIDAY</b></p>
06	07	08	09	10
<p><b>PUBLIC HOLIDAY EASTER MONDAY</b></p>	<p><b>Walking Group</b> 10 am – 11 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm</p>	<p><b>Community Shopping Bus – Burnside Shopping Centre</b> Pick up from 9 am Return 12 noon</p>	<p><b>Belles Breakfast</b> 9 am – 11 am</p> <p><b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm</p> <p><b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm</p>	<p><b>Buddies at Breakfast</b> 8.30 am – 10.30 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Castle Plaza</b> Pick up from 9 am Return 1 pm</p>
13	14	15	16	17
<p><b>Tai Chi</b> 10 am – 11 am</p> <p><b>Wellbeing Bus Trip</b> Royal Flying Doctors Service Tour, Adelaide Airport 10.30 am to 2.30 pm</p>	<p><b>Walking Group</b> 10 am – 11 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm</p>	<p><b>Community Shopping Bus – Westlakes Shopping Centre</b> Pick up from 9 am Return 12 noon</p>	<p><b>Belles Breakfast</b> 9 am – 11 am</p> <p><b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm</p> <p><b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm</p>	<p><b>Buddies at Breakfast</b> 8.30 am – 10.30 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p>
20	21	22	23	24
<p><b>Tai Chi</b> 10 am – 11 am</p>	<p><b>Walking Group</b> 10 am – 11 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm</p>	<p><b>Community Shopping Bus – Mitcham Shopping Centre</b> Pick up from 9 am Return 12 noon</p> <p><b>Wellbeing Bus Trip</b> Long Walk- Kuitpo Forest 10 am to 2.45 pm</p>	<p><b>Belles Breakfast</b> 9 am – 11 am</p> <p><b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm</p> <p><b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm</p>	<p><b>Buddies at Breakfast</b> 8.30 am – 10.30 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p>
27	28	29	30	
<p><b>Tai Chi</b> 10 am – 11 am</p>	<p><b>Walking Group</b> 10 am – 11 am</p> <p><b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon</p> <p><b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm</p> <p><b>Wellbeing Bus Trip</b> Brunch at Cafe Komodo 10 am to 12.30 pm</p>	<p><b>Once off</b> Ingle Farm Shopping Centre Pick up from 9 am Return 12 noon</p>	<p><b>Belles Breakfast</b> 9 am – 11 am</p> <p><b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm</p> <p><b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm</p>	

# CHSP WELLBEING BUSTRIPS MAY 2026 CALENDAR

No early  
bookings please

Bookings open Wednesday 15 April 2026 at 9am Telephone 8372 5191 or 8372 5198.

If you are unable to attend a bus trip after booking, please provide a minimum of 24 hours' notice.

This will allow time to contact others on the waiting list. Cost of bus trip: Level 1- \$9, Level 2- \$12, \$3 transport each way to Fullarton Park Community Centre from home.

WEDNESDAY  
6 MAY 2026

## LUNCH AT THE GREENMAN INN, ASHBOURNE



Savour a country lunch outing at the historic Greenman Inn in Ashbourne. Built in 1865, this charming country pub originally served as the area's post office and general store before evolving into the warm, welcoming venue it is today. Set amongst gum trees in the picturesque Fleurieu region, The Greenman Inn blends old school country charm with a modern seasonal menu that celebrates local produce and regional wines. Come enjoy lunch in a relaxed setting — a perfect way to spend a leisurely afternoon.

**Time:** 11.30 am to 3 pm

**Cost:** Lunch at own cost

MONDAY  
11 MAY 2026

## TOUR OF THE PICCADILLY CINEMA, NORTH ADELAIDE



Join us for a special behind-the-scenes visit to the iconic Piccadilly Cinema in North Adelaide. This guided tour will take us through the beautifully restored heritage cinema, where you'll learn about its fascinating history and what goes on behind the scenes.

Following the tour, we'll enjoy a relaxed morning tea featuring mini muffins, sandwich platters, and tea and coffee.

**Time:** 9.30 am to 12.30 pm

**Cost:** Tour, morning tea, tea and coffee - \$20

TUESDAY  
19 MAY 2026

## MORNING TEA AT ATELIER CRAFTERS



Enjoy a relaxed morning tea outing at Atelier Crafters in the beautiful Adelaide Hills. This charming destination combines a cosy café with a delightful mix of locally made art, home wares, gifts and handcrafted items. After your morning tea, you're welcome to wander through the gallery and gift space to discover unique South Australian art, ceramics, woodwork and more, all in a lovely village setting.

**Time:** 10 am to 12.30 pm

**Cost:** Morning Tea at own cost

MONDAY  
25 MAY 2026

## LONG WALK - MORIALTA FALLS VALLEY WALK, MORIALTA



Join us for a refreshing walk through the beautiful Morialta Conservation Park as we walk the Morialta Falls Valley Walk. This scenic walk is approximately 2 kilometres and offers stunning views, gentle gradients and the chance to enjoy nature at its best. After the walk, we'll head to Wattle Park Bakery to enjoy lunch together.

**Time:** 10 am to 2.30 pm

**Cost:** Lunch at own cost

# WHAT'S ON MAY 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>01</b>
				<b>Buddies at Breakfast</b> 8.30 am – 10.30 am  <b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon  <b>Castle Plaza</b> Pick up from 9 am Return 1 pm
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
<b>Tai Chi</b> 10 am – 11 am  <b>Community Shopping Bus Gaganis Bros &amp; Omega Foods, Hindmarsh</b> Pick up from 9 am Return 12 noon	<b>Walking Group</b> 10 am – 11 am  <b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon  <b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm	<b>Community Shopping Bus – Pasadena Shopping Centre</b> Pick up from 9 am Return 12 noon  <b>Wellbeing Bus Trip</b> Lunch at the Greenman Inn, Ashbourne 11.30 am to 3 pm	<b>Belles Breakfast</b> 9 am – 11 am  <b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm  <b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm	<b>Buddies at Breakfast</b> 8.30 am – 10.30 am  <b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon  <b>Castle Plaza</b> Pick up from 9 am Return 1 pm
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Tai Chi</b> 10 am – 11 am  <b>Wellbeing Bus Trip</b> Tour of the Piccadilly Cinema, North Adelaide 9.30 am to 12.30 pm	<b>Walking Group</b> 10 am – 11 am  <b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon  <b>Unley Central</b> Pick up from 1 pm Return time 3.30 pm	<b>Community Shopping Bus – Burnside Shopping Centre</b> Pick up from 9 am Return 12 noon	<b>Belles Breakfast</b> 9 am – 11 am  <b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm  <b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm	<b>Buddies at Breakfast</b> 8.30 am – 10.30 am  <b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon  <b>Castle Plaza</b> Pick up from 9 am Return 1 pm
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Tai Chi</b> 10 am – 11 am	<b>Walking Group</b> 10 am – 11 am  <b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon  <b>Castle Plaza</b> Pick up from 9 am Return 1 pm  <b>Wellbeing Bus Trip</b> Morning Tea at Atelier Crafers 10 am to 12.30 pm	<b>Community Shopping Bus – Westlakes Shopping Centre</b> Pick up from 9 am Return 12 noon	<b>Belles Breakfast</b> 9 am – 11 am  <b>Better Balance</b> 10 am, 11 am, 12 noon and 1 pm  <b>Community Shopping Bus – Unley Central and Swim Centre</b> Pick up from 9 am Return 1 pm	<b>Buddies at Breakfast</b> 8.30 am – 10.30 am  <b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Tai Chi</b> 10 am – 11 am  <b>Wellbeing Bus Trip</b> Long Walk, Morialta 10 am to 2.30 pm		<b>Community Shopping Bus – Mitcham Shopping Centre</b> Pick up from 9 am Return 12 noon		<b>Buddies at Breakfast</b> 8.30 am – 10.30 am  <b>Community Shopping Bus – Unley Central</b> Pick up from 9 am Return 12 noon

# Our recent adventures

What a fantastic few months it's been! From our wonderful Buddies and Belles Christmas celebration to our exciting bus trips and Blokes' Day Out adventures, there have been so many smiles, laughs and special memories made.

A huge thank you to everyone who joined in, shared stories and helped make each outing so enjoyable. Your energy and community spirit are what make our CHSP programs so special — and we can't wait to see you on the next adventure!

