

EngAGEING UNLEY

THE CITY of
Unley

NOVEMBER/DECEMBER 2023
JANUARY 2024 EDITION

Welcome...

to our monthly newsletter
for residents who access the
City of Unley Commonwealth
Home Support Program (CHSP)

Would you like to get this
Newsletter and other
information by email?

Send your details to
wellbeingprogram
@unley.sa.gov.au



For bus trip or social
program suggestions email
wellbeingprogram@unley.sa.gov.au

Commonwealth Home Support Program

We are pleased to advise that the Unley Council has accepted a 12-month funding extension from the Commonwealth Government to continue the delivery of Council's current Commonwealth Home Support Program (CHSP) until June 2025. This ensures that our valued clients can continue to receive the same services from us until this time. As you may be aware, as part of the Commonwealth Government's Aged Care Reform a new model of service delivery is being developed and is due to come into effect on 1 July 2025. The Commonwealth Government's new model is likely to result in one single aged care system, called the "Support at Home Program". This will replace the current four

systems (CHSP, Home Care Packages, Short-term Restorative Care/ Respite Program and Living and Residential Care).

While the details of this model are still being developed, Council will continue to deliver services until the new model comes into effect, this ensures consistency for our clients and no immediate change to the service/s you receive. Noting that the services Council provide are funded by the Commonwealth Government and we are required to deliver these in line with our Grant Agreement and the Aged Care Quality Standards. We will keep our clients updated as we receive further information from the Commonwealth.

Funded by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



Dear Valued Clients and Amazing Volunteers,

As the delightful holiday season approaches, we would like to extend our warmest wishes to each and every one of you. Merry Christmas!

To our extraordinary volunteers, we cannot thank you enough for your dedication and commitment. Your contributions have made a significant impact on the lives of many, and we are in awe of your unwavering spirit. We are truly blessed to have you as part of our team.

During this festive season, we hope you find joy in the company of loved ones, embrace the warmth of laughter, and create cherished memories. May the spirit of Christmas bring you peace, happiness, and renewed hope for the coming year.

Once again, we extend our heartfelt gratitude to our valued clients and incredible volunteers.

Merry Christmas and Happy New Year!

Christmas Closure Dates:

Please note the Civic Centre will be closed on the following dates:

Monday 25 December 2023

Tuesday 26 December 2023

Wednesday 27 December 2023

Thursday 28 December 2023

Friday 29 December 2023

Monday 1 January 2023

The Civic Centre will re-open at 8.30am on Tuesday 2 January 2024.

Car Transport Christmas closure dates:

22 December 2023 to 5 January 2024

The last date for transport in 2023 will be Thursday 21 December 2023.

Transport available again from Monday 8 January 2024.

Our fabulous volunteers will enjoy a well-earned break of 2 weeks over the Christmas / New Year Period.

Wellbeing and Social Programs

Tai Chi class: finish 18/12/23

Classes recommence 15/1/24

Better Balance: finish 14/12/23

Classes recommence 18/1/24

Easy Paced Walking Group: finish 19/12/23

Recommence 16/1/24

Belles Breakfast: finish 14/12/23

Recommence 18/1/24

Buddies at Breakfast: finish 8/12/23

Recommence 19/1/24

Community Bus closure dates

There will be no community bus services running on 25 December 2023 to 1 January 2024 inclusive.

Services will recommence on Tuesday 2 January 2024.



Please let us know if your circumstances change or your health has declined, as it is important that we are providing the right supports for you to enable you to maintain your independence, increase your wellbeing and reach your goals. You do not need to wait until your next review with the City of Unley Commonwealth Home Support Program if further supports or services are required.

Belles Breakfast

Belles Breakfast is a social program for women offered by the Commonwealth Home Support Program (CHSP). Belles Breakfast is a wonderful opportunity if you'd like meet people, socialise and form friendships while enjoying a freshly cooked breakfast.



Besides the social benefits, it's a chance to relax, let someone else do the cooking while meeting other women in your community. There are so many benefits in regular connections and positive social support.

Held on Thursday mornings at the Unley Park Sports Club, 8 Northgate St, Unley Park.

Time: 9 to 11am

Guest speaker or facilitated activity following the breakfast each week.

All-inclusive cost: Level 1: \$13, Level 2: \$19

All participants must be registered with the City of Unley Commonwealth Home Support Program and have a current My Aged Care Social Support Group referral to attend. Please contact the **Wellbeing Program** on 8372 5191 for further information.

Community Car Transport

Do you have a loved one in a nursing home who you would like to visit but you can't get there? Perhaps you would like to visit a local café, or you need to get to a craft or hobby store? If so, then our volunteer drivers may be able to assist you.



In addition to supporting residents to get to medical and health-related appointments, the Community Car program recognises the importance of being able to stay connected with the community. Transport is also available to attend social programs, get to hairdressing appointments, visit family and friends and more. Transport depends on the availability of volunteers, and medical transport always takes priority.

Current program guidelines and fees apply, and new clients will require a My Aged Care referral.

Please contact the **Community Transport Coordinator** to request further information or to discuss your transport needs on 8372 5405.

Spring Cleaning Support

Now that we are well into Spring and the weather is getting warmer, it's probably a good time to think about doing those cleaning chores before the busy Christmas season.

We can provide you with 2-hour spring cleaning service every 6 months to cover the following:

- Sweeping, vacuuming, mopping floors (internal)
- Cleaning bathroom/s, toilet/s, and laundry (wet areas)
- Wiping over kitchen benches, stovetop
- Cleaning cupboards (inside and out)
- Cleaning microwaves and ovens (inside and out)
- Dusting window ledges, skirting boards, light fittings, blinds, and furniture.
- Sweeping front/back porch/entryway
- Ironing
- Changing bed linen, hanging out laundry
- Cleaning fridge, freezer (inside and out)
- Cleaning behind and/or under furniture as appropriate and safe.

Please phone the **In-Home Support Team** on **8372 5198** to book this service.

***My Aged Care Home Maintenance Referral is required for this service.**

Healthy In The Heat

Everyone is at risk of heat-related illness during hot weather and heatwaves.

Some people are more at risk than others, including babies and young children, pregnant people, older people (especially those living alone), people with chronic illnesses (renal, cardiovascular, diabetes and mental health), people with mobility issues, and people who take regular medication.

Follow these simple steps to stay healthy in the heat:

- Check your fans and air-conditioners to make sure they are working, and that filters, pads and air vents are clean.
- Check the weather forecast so you know when hot weather is coming.
- Drink plenty of water and always take water with you when you go out. Avoid caffeine and alcohol as they can lead to dehydration.
- Avoid going out in the heat.
- Keep curtains, blinds and windows closed during the day to keep your home cool.
- Cool off with a cold shower or bath.
- Never leave children or pets in a parked car.
- Avoid taking babies or young children out in the hottest part of the day.
- If you exercise outside, do it early in the day or late in the evening when the temperature is cooler and try to stay in the shade.

Older people and hot weather

As you age, you can have a higher risk of heat-related illness, especially if you live alone, have medical conditions, or if taking certain medicines.

Physical changes happen as you get older, and you may be less likely to notice you are becoming overheated or dehydrated, and some medications can make this worse. Older people are also less able to cool their body by sweating.

Some medicines can make you more prone to sunburn and heat stress, so it is important to watch for signs of being affected by hot weather.

Always speak with your doctor or pharmacist for more advice about the medicines you are taking.

Follow these tips to help stay healthy in the heat if you are an older person:

- Arrange for a friend or relative to visit once or twice a day to check how you are and that you have everything you need to stay healthy in the heat.
- Use air-conditioners and fans set to cool.
- Put a wet cloth around your neck or put your feet in a bowl of cool water.
- Drink plenty of water throughout the day, and take a bottle of water wherever you go so you do not become dehydrated.
- Swap large meals for smaller ones. Make cool meals, like salads, and avoid using ovens or stoves in hot weather.
- A trip to an air-conditioned public space, like the local library, cinema, or shopping centre, may help you keep cool and give you some relief from hot weather. Avoid going outside in the hottest part of the day.
- If you are a carer of an older person, check on them each day during very hot weather, and ensure they are familiar with the steps above.
- The Red Cross Telecross REDi is a free service for older people to receive a phone call by a trained Red Cross volunteer to ensure they are well and coping in hot weather. Register by calling **1800 188 071**.

Source Government of South Australia SA Health website sahealth.sa.gov.au

Social Support Programs

The Commonwealth Home Support Program (CHSP) provides social and wellbeing programs to assist people to participate in community life and to feel socially included through structured activities that develop, maintain, or support independent living and social interaction, whilst facilitating your wellness and reablement goals.

The CHSP requires all participants of our social programs to be able to mobilise and walk independently. We reserve the right to review or withdraw participation in any program activity or service should we have concerns about you being physically able to manage without support or if there is a significant decline in your health. Should you be unable to participate independently, we have other programs and services available.

A current My Aged Care referral is required to access each service type. Please speak to a member of our team for further information or alternatively you can contact **My Aged Care** on [1800 200 422](tel:1800200422) to arrange your own referral should you require one.

For more information on all our programs and to make a booking contact the **Wellbeing Program** on [8372 5191](tel:83725191) or email wellbeingprogram@unley.sa.gov.au

Tai Chi Class



Tai Chi is an ancient Chinese martial art practiced as a graceful form of exercise. It involves movements performed in a slow, focused manner accompanied by deep breathing. Benefits of Tai Chi include decreased stress, anxiety and depression, and improved mood, energy and stamina, balance and agility.

Join us on **Mondays** at Unley Oval Community Hub, 1 Trimmer Terrace, Unley.

Class 10-10.45am.

Cost: Level 1 - \$9 per class;
Level 2 - \$12 per class

Better Balance Classes



Better Balance classes are specifically designed improve your balance. Our Accredited Exercise Physiologist, Jenny, will guide you through a range of exercises targeted at preventing falls. The class aims to enhance your balance and confidence while building strength and endurance- all in a fun and social environment.

Join us on **Thursdays** at Fullarton Park Community Centre, 411 Fullarton Road, Fullarton.

Classes at 11am and 12 noon.

Cost: Level 1 - \$9 per class;
Level 2 - \$12 per class

Easy Paced Walking Group



Do you enjoy walking but find other walking groups are too fast and you can't keep up? Join our easy-paced group for a 30 to 40 minute walk around the local area, at your own pace. After the walk, join the group for coffee and conversation at a local café. All abilities and mobility devices are welcome, with rests along the way for those who need them.

The group meets at **10am** on **Tuesday** mornings at Unley Oval.

Cost: Gold coin donation.

Social Support Programs

Buddies at Breakfast



Are you a man aged 65+ looking for a social group program?

Join us for great food and excellent conversation at our weekly men's breakfast. Share a joke and a laugh; it's a great way to catch up with other blokes in a relaxed, friendly environment.

Every Friday at Unley Park Sports Club, 8 Northgate St, Unley Park.

Time: 8.30 to 10.30am

Full cooked breakfast with coffee and fruit salad.

Enjoy a variety of guest speakers each week.

All-inclusive cost:
Level 1: \$13, Level 2: \$19.

Social and Wellbeing Program Etiquette

The City of Unley Commonwealth Home Support Program promotes an environment where participants feel welcomed, supported, safe and happy. The service values respect, tolerance, inclusiveness, and equity. Any participants who demonstrate behaviour or use language that is not supportive of these values may be refused access to these programs.



Community Bus

The Unley Community Bus is a 'door to door' service that picks passengers up from their home and transports them to a range of shopping centres. This service is provided by volunteers and coordinated by the City of Unley staff.

This service is intended for all residents living in the City of Unley Council area, there is no age barrier. Residents must be able to board

and disembark the bus independently and be independent while at the destination. A Helper will be onboard the bus to assist passengers with walkers and bags. We ask a \$5 donation for the round trip.

If you would like to access the Community Bus services please phone the **Community Bus Coordinator** on [8372 5131](tel:83725131) for further information.

Community Bus Out & About Tours for November and December 2023

If you are interested in joining the Community Bus program to attend an Out & About tour, please contact the **Community Bus Coordinator** on [8372 5131](tel:83725131) for more information.

Day	Destination	More information	Times
Tuesday 28 November 2023 Bookings open Tuesday 14 November 2023	Stirling Village It's always a pleasure to walk Stirling's charming main street, which is a riot of colour in both Spring and Autumn. Stirling is now recognised for it's spectacular streetscape that changes with the seasons throughout the year. Stirling - Four seasons a thousand reasons! Then enjoy a lovely lunch at The Stirling Hotel. They have a variety of lovely meals available where seniors card holders receive 25% discount (excludes small & share menu meals).	Bus donation \$8 Lunch at own cost	10:00am – 10:30am Bus commences pick-ups
			12:30pm – 1:00pm Lunch at The Stirling Hotel
			1:30pm – 2:30pm Travel home
Wednesday 13 December 2023 Bookings open Wednesday 29 November 2023	Christmas Movie at Mount Barker Cinema Enjoy a drive up to Mount Barker and a Christmas movie at the lovely Mount Barker cinema. Movie title to be advised closer to the date. Lunch will then be at Auchendarroch House just across from the cinema.	Bus donation \$8 Lunch at own cost	9:30am – 10:00am Bus commences pick-ups
			12:30pm – (time may change depending on movie) Lunch at Auchendarroch House
			2:00pm – 3:00pm Travel home



CHSP Wellbeing Bus Trips Information

We would appreciate at least 24 hours notice of all bus trip cancellations. This allows other participants to attend.

IMPORTANT INFORMATION

- Transport to and from the Fullarton Park Community Centre for bus trips is \$2.50 each way.
- Cost for BusTrips: Level 1- \$8.50, Level 2- \$11.50
- The bus leaves from Fullarton Park Community Centre; please arrive 15 minutes early.
- Bus trips leave Fullarton promptly, return times are an estimate.
- To be eligible for this program we require a Social Support Group referral from My Aged Care. You can contact **My Aged Care** on [1800 200 422](tel:1800200422), or with your consent we can do this on your behalf.
- To make a bus booking contact **Wellbeing Program** on [8372 5175](tel:83725175) or [8372 5191](tel:83725191) or email wellbeingprogram@unley.sa.gov.au
- When booking on the bus trips please choose your top two preferences. We will then place you on the waitlist for any other trips.
- If you are not able to go on a trip after booking in, please notify staff on [8372 5175](tel:83725175). If a vacancy becomes available for the trips you are wait-listed for, we will contact you to see if you would like to come along. This will help to ensure that everyone has an opportunity to attend.

CHSP WELLBEING BUSTRIPS NOVEMBER 2023 CALENDAR

Bookings open Tuesday 31 October at 9am - Telephone 8372 5175 or 8372 5191

If you are unable to attend a bus trip after booking a seat, please provide a minimum of 24 hours' notice. This will allow time to contact others on the waiting list and for another participant to attend.

**WEDNESDAY
15 NOVEMBER**



CONTINENTAL TARALLI BISCUITS, MAGILL & LUNCH AT THE REPUBLIC, NORWOOD

Continental Taralli Biscuits is a South Australian family-owned business specialising in gourmet Mediterranean savoury crackers. They produce a range of delicious artisan biscuits including Taralli, Tarallini, Almond Bread & Biscottini. Learn about the products, try some delicious samples and then the chance to buy something from the shop. Afterwards we will enjoy lunch at The Republic, Norwood.

Time: 10.30am – 2pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost (seniors' menu available).

**MONDAY
20 NOVEMBER**



LUNCH AT THE OLD MILL, HAHNDORF

Set in the beautiful heritage building on Hahndorf's historic main street the Old Mill offers a relaxed dining experience. Join us for lunch and view the vintage Model T Fords on display.

Time: 11.30am – 2.30pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost (seniors' menu available).

**WEDNESDAY
29 NOVEMBER**



LONG WALK – WITTUNGA BOTANIC GARDENS & LUNCH IN BLACKWOOD

Contrasting against suburban Blackwood, the 13-hectare Wittunga Botanic Garden is a hidden oasis. Join us on a walk through the gardens as we discover water-wise plants from Australia and South Africa, and an extensive collection of plants from Kangaroo Island and the Fleurieu Peninsula. We will stop for a tasty lunch in Blackwood before heading home.

Time: 10am – 2pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, lunch at own cost.



Please bring your water bottle to stay hydrated on the bus trips, especially during the summer months.

Please note wellbeing bus trips may be modified or cancelled in an extreme weather event.

WHAT'S ON NOVEMBER 2023 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		01	02	03
		Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Pasadena Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am. Approx return time 1pm
06	07	08	09	10
Tai Chi –10am Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Passenger pick up from 9am. Approx return time 12noon	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Burnside Village Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am. Approx return time 1pm
13	14	15	16	17
Tai Chi –10am Community Shopping Bus Bunnings & Spotlight, Edwardstown Passenger pick up from 9am. Approx return time 12noon	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon West Lakes Westfield Shopping Centre Passenger pick up from 9am. Approx return time 12noon Wellbeing Bus Trip Continental Tarallia Biscuits and lunch The Republic Norwood 10.30am-2pm	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am. Approx return time 1pm
20	21	22	23	24
Tai Chi –10am Wellbeing Bus Trip Lunch at the Old Mill, Hahndorf 11.30am-2.30pm	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Ingle Farm Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am. Approx return time 1pm
27	28	29	30	
Tai Chi –10am	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm Community Bus Out and About Trip to Stirling Passenger pick up from 10am. Approx return time 2.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Wellbeing Bus Trip Long Walk Wittunga Botanic Gardens 10am-2pm	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	

CHSP WELLBEING BUSTRIPS DECEMBER 2023 CALENDAR

Bookings open Tuesday 28 November at 9am - Telephone 8372 5175 or 8372 5191

If you are unable to attend a bus trip after booking a seat, please provide a minimum of 24 hours' notice. This will allow time to contact others on the waiting list and for another participant to attend.

**TUESDAY
5 DECEMBER**

MORNING TEA AT BECKS BAKEHOUSE, PORT NOARLUNGA



Sit back and relax on the drive to the seaside suburb of Port Noarlunga where will stop for a delicious morning tea at Becks Bakehouse. Whether you prefer savoury or sweet, there's always plenty of options on offer.

Time: 10am – 12.30pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, morning tea at own cost.

**TUESDAY
12 DECEMBER**

CHRISTMAS LUNCH AT THE OG HOTEL, KLEMZIG



Join us for Christmas lunch at the OG Hotel! Located north-east of Adelaide, the OG Hotel is a South Australian icon, having been in existence for over 165 years. Set menu \$28.95 per person.

Time: 11.30am – 2.30pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, \$28.95 set menu.

**MONDAY
18 DECEMBER**

DINNER AT THE BALHANNAH HOTEL FOLLOWED BY A BUS TOUR OF THE LIGHTS OF LOBETHAL.



Enjoy dinner with friends at the Balhannah Hotel followed by a trip to Lobethal to view the Christmas lights. Whether it is your first time, or you have been visiting for years; it's time...to see the lights!

Time: 6pm – 10pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, dinner at own cost.



Please bring your water bottle to stay hydrated on the bus trips, especially during the summer months.

Please note wellbeing bus trips may be modified or cancelled in an extreme weather event.

WHAT'S ON DECEMBER 2023 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				01
				Buddies at Breakfast 8.30am to 10.30am Community Shopping Bus Unley Central Passenger pick up from 9am Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
04	05	06	07	08
Tai Chi –10am Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Passenger pick up from 9am. Approx return time 12noon	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm Wellbeing Bus Trip Morning Tea at Becks Bakehouse 10am-12.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Pasadena Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies and Belles Christmas Breakfast 9am to 11am Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
11	12	13	14	15
Tai Chi –10am Community Shopping Bus Bunnings & Spotlight, Edwardstown Passenger pick up from 9am. Approx return time 12noon	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm Wellbeing Bus Trip Christmas Lunch at the OG Hotel 11.30am-2.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Burnside Village Shopping Centre Passenger pick up from 9am. Approx return time 12noon Community Bus Out and About Trip to Mount Barker Cinema. Passenger pick up from 9.30am. Approx return time 3.00pm	Belles Breakfast 9am to 11am (last group 2023) Better Balance 11am & 12noon (last class 2023) Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
18	19	20	21	22
Tai Chi –10am (last class 2023) Wellbeing Bus Trip Dinner Balhannah Hotel and Tour of Lights of Lobethal 6pm-10pm	Walking Group –10am (last walk 2023) Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon West Lakes Westfield Passenger pick up from 9am. Approx return time 12noon	Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am Approx return time 1pm
25	26	27	28	29
Christmas Day PUBLIC HOLIDAY	Proclamation Day PUBLIC HOLIDAY	Civic Centre Closed	Civic Centre Closed	Civic Centre Closed

CHSP WELLBEING BUSTRIPS JANUARY 2024 CALENDAR

Bookings open Monday 8 January at 9am - Telephone 8372 5175 or 8372 5191

If you are unable to attend a bus trip after booking a seat, please provide a minimum of 24 hours' notice. This will allow time to contact others on the waiting list and for another participant to attend.

**MONDAY
15 JANUARY**

LUNCH AT VICTORIA HOTEL, O'HALLORAN HILL



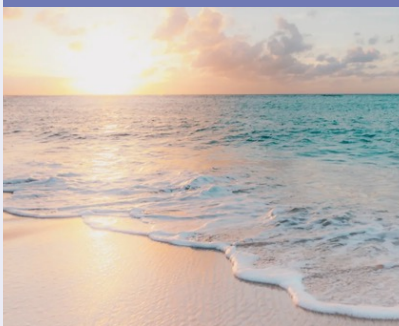
Come on down to the Victoria Hotel for lunch in the Grillhouse. The dining room features a full-length glass window, offering gorgeous views of the Adelaide Hills.

Time: 11.30am – 2.30pm

Cost: Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way, lunch at own cost (seniors' menu available).

**WEDNESDAY
24 JANUARY**

LUNCH AT THE SOMERTON BAR & BISTRO



Enjoy a delicious lunch with an ocean view. Delight in fresh, flavourful dishes as you take in the breathtaking scenery. Treat yourself to a memorable dining experience that combines great food with stunning surroundings.

Time: 11.30am – 2.30pm

Cost: Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way, lunch at own cost (seniors' menu available).

**MONDAY
29 JANUARY**

LUNCH AT THE GOLDEN FLEECE CAFE, WILLUNGA



Delight in a tasty lunch at The Golden Fleece Café in Willunga. Enjoy delicious dishes in a charming setting.

Time: 11.30am – 2.30pm

Cost: Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way, lunch at own cost



Please bring your water bottle to stay hydrated on the bus trips, especially during the summer months.

Please note wellbeing bus trips may be modified or cancelled in an extreme weather event.

WHAT'S ON JANUARY 2024 CALENDAR

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01	02	03	04	05
New Year's Day PUBLIC HOLIDAY	Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Pasadena Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am. Approx return time 1pm
08	09	10	11	12
Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Passenger pick up from 9am. Approx return time 12noon	Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Burnside Village Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am. Approx return time 1pm
15	16	17	18	19
Tai Chi –10am (first class 2024) Community Shopping Bus Bunnings & Spotlight, Edwardstown Passenger pick up from 9am. Approx return time 12noon Wellbeing Bus Trip Lunch at Victoria Hotel, O'Halloran Hill 11.30am- 2.30pm	Walking Group –10am (first walk 2024) Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon West Lakes Westfield Shopping Centre Passenger pick up from 9am. Approx return time 12noon	Belles Breakfast 9am to 11am (first group 2024) Better Balance 11am & 12noon (first class 2024) Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Buddies at Breakfast 8.30am to 10.30am (first group 2024) Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Castle Plaza Passenger pick up from 9am. Approx return time 1pm
22	23	24	25	26
Tai Chi –10am	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon Ingle Farm Shopping Centre Passenger pick up from 9am. Approx return time 12noon Wellbeing Bus Trip Lunch at The Somerton Bar & Bistro 11.30am- 2.30pm	Belles Breakfast 9am to 11am Better Balance 11am & 12noon Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm	Australia Day PUBLIC HOLIDAY
29	30	31		
Tai Chi –10am Wellbeing Bus Trip Lunch at The Golden Fleece Cafe, Willunga 11.30am-2.30pm	Walking Group –10am Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm	Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon		

Technology Assistance



Do you need some assistance with technology?

We have some very knowledgeable volunteers ready to assist you in your own home. They can help you with your laptop, computer, iPad, Android tablet or smart phone and can even re-program your television for you!

Cost: Level 1 - \$7.50 per visit; Level 2 - \$10.50 per visit.

My Aged Care Social Support Individual referral is required.

For more information and to make a booking contact the

Wellbeing Program on 8372 5191

or email wellbeingprogram@unley.sa.gov.au



myagedcare

To be eligible for our programs we require a program specific referral from My Aged Care. For example, we need you to have a Social Support Group referral to access any of our group activities. This is generally a simple process with a phone call to **My Aged Care** on 1800 200 422, or if you prefer, we can do this on your behalf.

Unley Spring Fling
COMMUNITY EVENT

Fullarton Park Community Centre
10am - 3pm Sun 5 Nov 2023
unley.sa.gov.au/spring-fling

LIVE MUSIC • FOOD & DRINK • CHILDREN'S ACTIVITIES
PLANT STALLS • GARDENING PRESENTATIONS & WORKSHOPS

In partnership with:

HERB SOCIETY

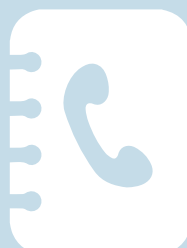
Barrow & Bench
MITRE 10

GREEN
ADELAIDE

THE CITY of
Unley

The City of Unley requires all participants of our social programs to be able to mobilise and walk independently.

We reserve the right to review or withdraw participation in any program activities or services if there are concerns about you being able to manage physically without support, or if you have had a significant decline in your health. If you are unable to participate independently, we have a range of other programs and supports we can offer you.



If you would like to access any of these services or want further information please call :

In-Home Support Coordinator

Phone: 8372 5414

Wellbeing Program Coordinator

Phone: 8372 5191

Community Bus Coordinator

Phone: 8372 5131

Car Transport Coordinator

Phone: 8372 5405