

The programs are for people with low-level care requirements. Should the needs of attendees increase, Playford staff will support individuals to transition into more appropriate services.

The project is delivered in-line with the Better Practice Project and Community Care Common Standards.

# Community Services



Telephone: 8256 0459  
8256 0377

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

Visit: Virginia Institute  
Old Port Wakefield Road  
Virginia  
[www.playford.sa.gov.au](http://www.playford.sa.gov.au)

Post: 10 Playford Boulevard,  
Elizabeth SA 5112

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Government of South Australia  
Department for Communities  
and Social Inclusion



Australian Government  
Department of Health



## Rural Services



## Rural programs for older people

### Italian Group: Casa Aperta Del Nord

When: Meets on alternate  
Wednesdays  
10am – 2pm  
Where: Virginia Institute

### Greek Group: My Greek House

When: Meets on alternate  
Wednesdays  
10am – 2pm  
Where: Virginia Institute

### Virginia Friendship Group

When: Tuesdays  
10am - 2.30pm  
Where: Virginia Institute

### One Tree Hill Friendship Group

When: Thursdays 10am – 2pm  
Where: One Tree Hill Institute

Includes the following activities:

- Recreation
- Education
- Art and craft
- Guest speakers
- Information on health and wellbeing
- Social activities
- Day trips and outings (may incur an additional fee)

The programs are tailored to cater for the interests of participants.

Cost: A small fee is required to cover the cost of these activities and meals.

For more information call 8256 0355.

The Virginia Institute  
Old Port Wakefield Rd  
Virginia SA 5120

One Tree Hill Institute  
Lot 10 Black Top Road  
One Tree Hill SA 5114



## Strength For Life

When: Tuesdays 9 – 10am  
Fridays 9 – 10am & 10:15 – 11:15  
Where: Virginia Institute

## Line Dancing

When: 4th Friday of each month  
11:15am – 12:30pm  
Where: Virginia Institute

## Seated Zumba

When: Fridays 11:30am – 12:30pm  
Where: Virginia Institute

## Indoor Bowling

When: Every Friday 12:30 – 2pm  
Where: Virginia Institute

## Regional Outings

When: Quarterly  
Where: To be confirmed

Other programs and services may be developed in response to community requests.