

Activities for the over 50's

Enjoy a wide range of activities and services, including, but not limited to:

- Tai Chi
- Find Out Fridays
- Art Classes
- Line Dancing
- Tap Dancing
- Chat Groups
- Zumba & Bollywood
- Walking
- Fitness, Moving Well & Box Fit
- Indoor Bowls
- Entertainment and Theatre Productions
- Tech Hub
- Table Tennis
- Craft
- Mindfulness
- Day Trips
- Aged Rights Advocacy Service
- Links to relevant Services & Agencies
- Home Assist
- Community Passenger Network

Social Support Programs/Groups:

- Living Life Group (Grenville Hub)
- Men's Health & Wellbeing Programs
- Rural Social Support Groups
- Culturally & Linguistically Diverse Social Groups
- Playford North Outreach Social Groups
- Dementia Support Programs

Ageing & Inclusion



Telephone: 8256 0333

Email: playford@playford.sa.gov.au

Post: 12 Bishopstone Road
Davoren Park SA 5113

www.playford.sa.gov.au

Supported by:

Commonwealth Home Support Program (CHSP)

Although funding for this service has been provided by these Government Departments, the material contained herein does not necessarily represent their views or policies.



Government of South Australia
Department for Communities
and Social Inclusion



Australian Government
Aged Care Quality and Safety Commission



Grenville Hub

Programs for Older People

6 Playford Boulevard
Elizabeth SA 5112
Phone: 8256 0377

***Living Life Group – Grenville Hub**

A friendly & welcoming program for socially isolated older people who live within the City of Playford. area

Transport: Participants involved in the program may have access to the Playford Home Assist Transport to attend the program (within Playford Council area and subject to criteria)

Cost: \$18.00 includes morning tea, lunch, activities and transport

Time: Monday, Tuesday, and Wednesday
9.00am - 2.00pm

***Men's Health & Wellbeing Programs:**

Men's Walking Group—Tuesdays

Time: 9.30am - 1.00pm
Meet at Grenville Hub
6 Playford Boulevard, Elizabeth

Men's Space—Thursdays

Time: 10.00am - 1.00pm
Meet at the Grenville Hub
6 Playford Boulevard, Elizabeth

Men's Catch up @ the Shed—Wednesdays

Time: 9.30am - 1.00pm
The Precinct
112 Coventry Road, Smithfield Plains

***Men's Monthly Outing - Last Wednesday of the month**

Time: 10.00am - 3.00pm
Pick up Points:
Grenville Hub & the Men's Shed

Please ring the Grenville Hub on 8256 0377 for more information.

*** All programs are subject to eligibility criteria**

*Eligibility Criteria—Residents aged 65 years and over/50 years and over for Aboriginal and Torres Strait Islander people and in receipt of relevant referrals through My Aged Care (MAC)

***Friendship and Outreach Programs**

CHSP Community Outreach programs for socially isolated older people who live within the City of Playford Area.

***Footloose Fridays—Fortnightly—Outings only**

Cost: \$23 includes morning tea, lunch, activity & transport from Grenville Hub.

Time: 9.30am - 2.00pm

Where: Meet at the Grenville Hub
6 Playford Boulevard, Elizabeth

CHSP friendly and welcoming programs for socially isolated older people living in the Playford North Area.

Transport: Participants involved in the program may have access to the Playford Home Assist transport to attend the program (within Playford Area, subject to criteria)

***Kookaburra Social Group - Wednesdays**

Cost: \$18 includes transport / \$23 for outings

Time: 9.00am - 2.00pm

Where: John McVeity Centre
183 Peachey Road, Smithfield Plains.

***MALPA Social Group - Thursdays**

Cost: \$18 includes transport / \$23 for outings

Time: 9.00am - 2.00pm

Where: John McVeity Centre
183 Peachey Road, Smithfield Plains.

***Rural Programs for older people**

Friendly & welcoming programs for socially isolated older people from culturally & linguistically diverse backgrounds who live within the City of Playford area.

***Italian/Filipino and Greek Social Groups**

Wednesdays - fortnightly

Time: 10.00am – 2.00pm

Where: The Virginia Institute
Old Port Wakefield Rd, Virginia

***Virginia Friendship Group - Tuesdays**

Time: 10.15am - 2.15pm

Where: Virginia Institute
Old Port Wakefield Road, Virginia

***One Tree Hill Friendship Group - Thursdays**

Time: 10.00am – 2.00pm

Where: One Tree Hill Institute
Lot 10, Black Top Road, One Tree Hill.

***Strength For Life - Tuesdays & Fridays**

Register your interest

Time: Tuesday 9:00am -10:00am

Friday 10:30am -11:30am

Where: Virginia Institute
Old Port Wakefield Road, Virginia

***Indoor Bowling - Fridays**

Time: 1:15pm - 2:30pm

Where: Virginia Institute
Old Port Wakefield Road, Virginia

***Regional Outings**

When: Quarterly

Call the Grenville Hub Reception on
8256 0377 to be referred to the Coordinator
for more information.

***All programs are subject to eligibility criteria**