



Home
Support
Program



OCT, NOV, DEC
2025

Social Activities Calendar

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My Aged Care REFERRAL

The activities in this calendar are funded by the
Commonwealth Home Support Programme.

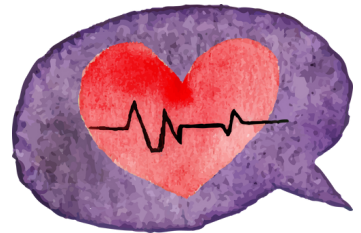
A My Aged Care referral code for **Social Support Group** must be accepted by the City of Burnside Home Support Program prior to booking or attending any events or activities within this booklet.

To contact My Aged Care, please phone **1800 200 422.**

Keeping Us Informed

To ensure that our services can best meet your needs and preferences, Council requires an up to date record of your current circumstances. Please remember to let us know if you have developed any of the following:

- Change in mobility and/or balance.
- Difficulties with swallowing.
- A health condition which now requires you to use Ventolin an Epipen or blood thinners.
- Other health changes which may impact your wellbeing and safety.



Please phone our **Home Support Team** on **8366 4193** to discuss your changes.

CONDITIONS OF PARTICIPATION

Important Safety Information

- For the safety of our volunteers, participants attending a bus trip outing must be able get on and off the bus independently.
- Should your health or mobility change, please contact Home Support Program staff to discuss other activities and support services available to you.
- Please do not attend any social programs if you are unwell. This includes if you have the flu, a cold or gastro symptoms. Please allow up to 48 hours after last symptoms before recommencing social groups or classes.
- Please comply with any safety instructions provided by activity facilitators.
- Activities are subject to change during extreme weather events. You will be notified if this occurs.



SOCIAL SUPPORT GROUP TICKETS

Program Tickets

We offer multi session tickets for some of our social programs. It is a great way to avoid messy cash transactions and streamline the sign in before each class, ensuring the class can start on time.

If you are interested in this option, please purchase a ticket at the Customer Service desk within Burnside Civic Centre. Please present your ticket for validation at the commencement of the class.

If you attend Seniors Singing, Seniors Pilates, Let's Get Trivial, Bingo Bonanza, Ladies Afternoon Tea, Balance or Knitting Group with Burnside Council, you can purchase a '*Come and Try*' ticket, which grants you access to all of the above stated programs on just one ticket.

We also have specific tickets for *Small Group Training*, *Boxfit*, *Men's Breakfast* and *The Shed*.

Please see below examples of social support group tickets for purchase:



WEEKLY PROGRAMS: OCTOBER,

MONDAY

Men's Breakfast

\$11

8.30 am - 10.30 am
Kensington Baseball Club:
Newland Rd, Burnside

The Shed: Men

\$6

9.30 am - 12.30 pm
The Shed: 6 Conygham St,
Glenunga

The 3R's

\$16

10 am - 2 pm
Various Eastern Region
Locations

Balance

\$6

1 pm - 2 pm
Burnside Community Hall:
401 Greenhill Rd, Tasmore

The Shed: Men

\$6

1 pm - 4 pm
The Shed: 6 Conygham St,
Glenunga

Seniors Singing

\$6

1.30 pm - 3 pm
Burnside Ballroom: 401
Greenhill Rd, Tasmore

TUESDAY

Senior's Chess

FREE

9 am - 12 pm
Bill Dean Lounge: 401
Greenhill Rd, Tasmore

Lets Get Trivial

\$6

2nd, 3rd and 5th Tuesday monthly
9.30 am - 11.30 am
Burnside Community Hall:
401 Greenhill Rd, Tasmore

The Shed: Men

\$6

9.30 am - 12.30 pm
The Shed: 6 Conygham
St, Glenunga

The 3R's

\$16

10 am - 2 pm
Various Eastern Region
Locations

Knitting Group

\$6

10 am - 12 pm
Burnside Community Kitchen:
401 Greenhill Rd, Tasmore

The Shed: Men

\$6

1 pm - 4 pm
The Shed: 6 Conygham St,
Glenunga

Boxfit

\$16

2 pm - 3 pm
Wellness Space: 401
Greenhill Rd, Tasmore

WEDNESDAY

Small Group Train

\$16

8.15 am / 9.30 am / 10.45 am
Burnside Community Hall: 401
Greenhill Rd, Tasmore

The Shed: Men

\$6

9.30 am - 12.30 pm
The Shed: 6 Conygham St,
Glenunga

Contemporary Dance

\$6

10.15 am - 11.15 am
Masonic Hall: Fisher St,
Tasmore

Class cancelled: 1 Oct
Last class of the year: 12 Nov

The 3R's

\$16

10 am - 2 pm
Various Eastern Region
Locations

Seniors Pilates

\$6

10.45 am - 11.45 am
Burnside Ballroom: 401
Greenhill Rd, Tasmore

Bingo Bonanza

\$6

1 pm - 3 pm
Glenunga Hub: 70 Conygham
St, Glenunga

The Shed: Men

\$6

1 pm - 4 pm
The Shed: 6 Conygham St,
Glenunga



NOVEMBER, DECEMBER 2025

THURSDAY

The Shed: Women

9.30 am - 12.30 pm
The Shed: 6 Conygham St,
Glenunga

\$6

The 3R's

10 am - 2 pm
Various Eastern Region
Locations

\$16

The Shed: Mixed

1 pm - 4 pm
The Shed: 6 Conygham St,
Glenunga

\$6

Ladies Arvo Tea

1.30 pm - 3.30 pm
Gartrell Church: 27A Prescott
Tce, Rose Park

\$6

FRIDAY

The Shed: Men

9.30 am - 12.30 pm
The Shed: 6 Conygham St,
Glenunga

\$6

The 3R's

10 am - 2 pm
Various Eastern Region
Locations

\$16

Contemporary Dance

12 pm - 1 pm
Masonic Hall: Fisher St,
Tusmore

\$6

Class cancelled: 3 Oct
Last class of the year: 14 Nov

The Shed: Men

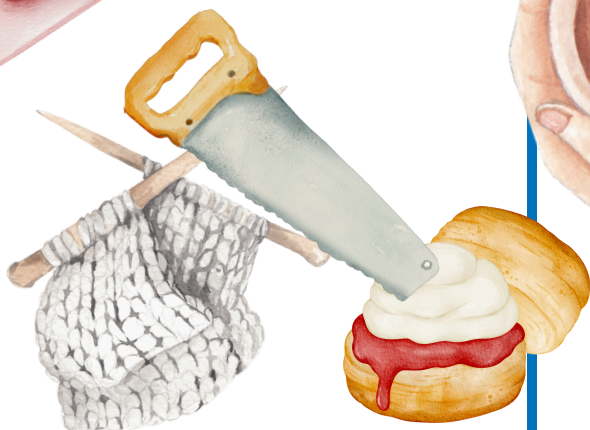
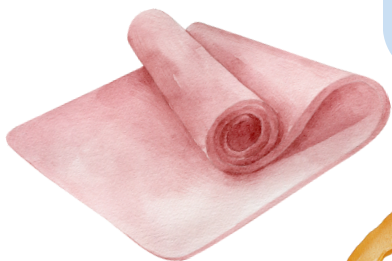
1 pm - 4 pm
The Shed: 6 Conygham St,
Glenunga

\$6

Please note that
Seniors Yoga is no
longer offered on
Fridays. We apologies
for any inconvenience.

If a class falls on a
public holiday,
consider the class
cancelled.

Our social support
group organiser will
contact you if a class
has been cancelled for
any other reason.



SOCIAL OUTING BOOKINGS

Registering your Interest

Register your interest for available social outings by visiting the City of Burnside website at burnside.sa.gov.au and type '***Social Outings***' into the search bar at the top right of the webpage. Select the first option from the populated list called '***Social Outing Bookings***'. This will directly take you to the registration form to fill out your details and interest.

Booking Process

- Once you have submitted your expression of interest, you will receive an automated email with a receipt number stating we have received your form. **This email is NOT your confirmation of outings.**
- Please allow at least one week for staff to look at your expression of interest and book you into your requested outings, or add you to the waitlist if an outing is at capacity.
- Once a staff member has assessed and booked you into the available trips, you will receive an email from us with a list of booked outings and a list of waitlisted outings (if any). This will be your confirmation email. It will also state your total amount due for your booked outings only.



PAYMENTS AND REFUNDS

Assistance to Register for Outings

If you do not have internet access and friends or family are unable to assist you to book online, then we are here to help. Please call us on **8366 4222** or **8366 4193** and our staff will be happy to assist you.

Social Outing Payments

In your booking confirmation email it will state the total amount due for all of your outings. This total is due within one week of receiving the confirmation email, otherwise your bookings may be given to someone else. You may pay for your outings by calling our staff directly on **8366 4222** to make a phone payment with your debit or credit card or alternatively you may pay in person at the Customer Service Desk with your bank card or cash.

Cancellations and Refunds

If you need to cancel a booking please phone the Home Support Program as soon as possible.

If the bus is full and you cancel and there is another participant who can take your place from the waitlist, you will be able to request a refund. Where another participant is unable to take your booking or there is no waitlist, you will not be eligible for a refund or credit. For a copy of our Client Contribution Protocol which outlines in further detail our refunds policy, please contact the Home Support Team and we can email or post you a copy.

TRANSPORT FOR SOCIAL OUTINGS

You will need to contact My Aged Care and ask for a referral code for '*Transport*' and have it accepted by City of Burnside to access our transport car services.

Booking Transport for Social Outings

When making a booking for a social outing, please tick the transport box when filling out the booking form if you require the use of the car service. When ticking this box consider yourself confirmed and booked into a car, unless we call to tell you otherwise. Please remember transport for health and medical appointments take priority in our community cars.

There will be no specific times given for pick up, but we ask for you to please be ready one hour prior to the social outing departure time and our car will come and collect you within that time frame.

Car Transport Cost

Transport in the Community Car costs \$4 each way. The volunteer driver can accept cash on the day or you can make payment at the customer service desk or over the phone to purchase a 10 trip multi ticket for the Community Car service. **Transport costs are not added to your social outings booking total. Transport payments can be made directly to the driver on the day.**

COMMUNITY BUS SOCIAL OUTINGS

Attendees have the option to board the community bus from either of two locations: City of Burnside Civic Centre or from Hazelwood Park.

Burnside Civic Centre Pick Up

If you are meeting the bus at City of Burnside Civic Centre, please ensure you arrive 10 minutes before departure time. It is important that you arrive on time to avoid a delay in departure. Refer to map on next page for exact pick up location.

Hazelwood Park Pick Up

Hazelwood Park is located on Greenhill Road. The community bus will arrive at Hazelwood Park **20 minutes prior to the event start time**. Please ensure you are at Hazelwood Park 20 minutes prior to the stated social outing time. If you are not at Hazelwood Park by the time the bus departs, staff will always give you a courtesy call before leaving Hazelwood Park.

If you will be running late to either locations please ensure you phone our staff ASAP on 8366 4193 or 8366 4222 to alert us.



COMMUNITY BUS PICK UP LOCATIONS

Burnside Civic Centre Pick Up



You will board the community bus directly across from the main courtyard to the Burnside Civic Centre, in the designated **bus bay**.

The maximum parking time in the Civic Centre is four hours only. Be mindful when parking to meet the bus here for long outings.

Hazelwood Park Pick Up

The community bus will arrive in **car park west** which is located at the northern entry to Hazelwood Park, opposite 'The Parkway' off 'Davenport Terrace'.

You will be able to park your car at **car park west**, all day for free. There is additional free parking if car park west is full.



SOCIAL OUTINGS AND MOBILITY

Mobility Indicators

To ensure everyone's safety and wellbeing, participants attending social outings must be able to get on and off the bus independently. Additionally, participants will need to move around independently during the outing.

To help you identify which events may be suitable for your mobility level, each outing will include a mobility indicator (High, Medium, Low). For more information, please refer to the indicator ratings below.

HIGH


Steep inclines, declines, large stairways, uneven terrain, not a walking frame friendly environment

MEDIUM

Walking tour, gravel paths, narrow access points, some steps/stairs

LOW

Easily accessible venue, even terrain, sit down lunch, bus tour, no steps/stairs

In addition to the ratings, if an outing involves a lot of walking then you will also see a shoe icon  in the event details. For example, a flat walk along a beach esplanade may have a low mobility rating, but a shoe icon may refer to the distance participants may walk. For more information about the mobility ratings, regarding any outing, please phone the Home Support staff.

SOCIAL OUTINGS: OCTOBER

Wittunga Botanic Garden Walk (Fitness Walk)

lunch at Montagna Cafe Blackwood

Friday 10 October 2025

10 am - 2.30 pm

Hazelwood Park pick up at 9.40 am

\$8



HIGH

☐ booked

☐ waitlisted

This walk is designed to be more of a fast paced walk for those with freedom of mobility. There is a main asphalt path that provides a loop around the gardens, with some gravel paths coming off of the main path through the flowers. There are also some inclines and declines. Ensure you wear appropriate shoes, clothing, hat, sunscreen and bring a water bottle.

\$8 prepaid covers bus fare.

lunch is at the attendees own additional cost on the day.

Kies Family Wines and Lyndoch Lavender Farm

lunch at Monkey Nut Cafe Barossa

Monday 13 October 2025

9.30 am - 3.30 pm

Hazelwood Park pick up at 9.10 am

\$44

LOW

☐ booked

☐ waitlisted

Our first stop is to Kies Family Wines and Monkey Nut Cafe for a lunch package, including dessert. After the lunch we will be going to Lyndoch Lavender Farm where you can browse the great gifts they have in store. You will be asked when booking to select your main meal which will include dessert and coffee. Dessert will be an alternate plating. You will also have the option of participating in a complimentary wine tasting.

\$44 prepaid covers \$8 bus fare and \$36 lunch package.

SOCIAL OUTINGS: OCTOBER

Pure McCartney Parks Theatre



lunch at McQueens Tavern Angle Park

Friday 17 October 2025

10 am - 3.30 pm

Hazelwood Park pick up at 9.40 am

\$30

LOW

☐ booked

☐ waitlisted



A tribute to one of the most successful songwriters of all time, Sir Paul McCartney. This is a show not to be missed with world class musicians performing songs from McCartney's extensive songbook. Lunch will take place after the concert.

\$30 prepaid covers \$8 bus fare and \$22 concert ticket.

lunch is at the attendees own additional cost on the day.

Wittunga Botanic Garden Walk (Casual Walk)

lunch at Montagna Cafe Blackwood

Tuesday 21 October 2025

10 am - 2.30 pm

Hazelwood Park pick up at 9.40 am

\$8

MED

☐ booked

☐ waitlisted



This walk is designed to be a slower paced walk, for those with lower mobility. There is a main asphalt path that provides a loop around the gardens, with some gravel paths coming off of the main path through the flowers. There are also some inclines and declines. Lunch will be after the walk. Ensure you wear appropriate shoes, hat, clothing, sunscreen and bring a water bottle.

\$8 prepaid covers bus fare.

lunch is at the attendees own additional cost on the day.

SOCIAL OUTINGS: OCTOBER

Timeless Strings Concert at Elder Hall

Adelaide University

Friday 24 October 2025

12.15 pm - 2.30 pm

No Hazelwood Park pick up

\$23

LOW

☐ booked

☐ waitlisted

Vivaldi's Concerto for Four Violins dazzles with its energy and virtuosic flair. Leopold Mozart's Concerto for Alto Trombone showcases the instrument's unique lyrical qualities. Dvořák's serene Nocturne in B major brings a touch of romance and tranquility, setting the stage for David Diamond's vibrant Rounds for String Orchestra.

\$23 prepaid covers \$8 bus fare and \$15 concert ticket.

No lunch venue for this outing.

Karkoo Nursery - Stirling

lunch at Karkoo Cafe

Monday 27 October 2025

11 am - 2.30 pm

Hazelwood Park pick up at 10.40 am

\$8

LOW

☐ booked

☐ waitlisted

Set in the lovely old Mount Lofty Railway Station, you can wander through the beautiful garden centre which is filled with plants, pots, clothing, garden art and antique finds. Lunch will be at the cafe within the nursery. They serve homemade scones and light lunch items.

\$8 prepaid covers bus fare.

lunch is at the attendees own additional cost on the day.

SOCIAL OUTINGS: OCTOBER

Carrick Hill - The Rose in Art Exhibition Tour

lunch at Maid of Auckland Hotel Edwardstown

Friday 31 October 2025

9.30 am - 3 pm

Hazelwood Park pick up at 9.10 am

\$23

LOW

☐ booked

☐ waitlisted

The exhibition tour invites visitors on a journey through art to explore the rose reimagined over two thousand years. It features classical sculpture, still life painting, and contemporary art. Lunch will be held after the exhibition.

\$23 prepaid covers, \$8 bus fare and \$15 exhibition ticket

lunch is at the attendees own additional cost on the day.

SOCIAL OUTINGS: NOVEMBER

Witton Bluff Base Trail (Fitness Walk)

lunch at Christies Beach Hotel

Monday 3 November 2025

10 am - 3 pm

Hazelwood Park pick up at 9.40 am

\$8



HIGH

☐ booked

☐ waitlisted

Witton Bluff Base Trail is a newly constructed 1.1km boardwalk connecting from Port Noarlunga to Christies Beach. The surface is asphalt and trails along the coastline with minor inclines and declines. We will be walking the length of the board walk and back making the total journey 2.2km. Ensure you wear appropriate shoes, clothing, hat, sunscreen and bring a water bottle.

\$8 prepaid covers bus fare.

lunch is at the attendees own additional cost on the day.

The Round House Tour Murray Bridge

lunch at Bridge Port Hotel

Friday 7 November 2025

10 am - 3.30 pm

Hazelwood Park pick up at 9.40 am

\$18

LOW

☐ booked

☐ waitlisted

The unique, hexagonal-shaped residence built in 1876, was pivotal to the early development of Murray Bridge. Built for Henry Parker, the superintendent overseeing the construction of the first bridge to span the Murray River. Lunch will be after the tour.

\$18 prepaid covers \$8 bus fare and \$10 tour ticket.

lunch is at the attendees own additional cost on the day.

SOCIAL OUTINGS: NOVEMBER

Adelaide Town Hall Tour

lunch at Elephant and Castle Hotel Adelaide

Monday 10 November 2025

10.15 am - 2.30 pm

Hazelwood Park pick up at 9.55 am

\$8

LOW

☐ booked

☐ waitlisted

Tour the Adelaide Town Hall with a passionate and knowledgeable volunteer. Hear stories of Colonel William Light, get up close to the Auditorium's organ and come away with a wealth of knowledge about one of Adelaide's icons. Lunch will take place after the tour.

\$8 prepaid covers bus fare.

lunch is at the attendees own additional cost on the day.

Ladybeetles Concert at Parks Theatre



lunch at McQueens Tavern Angle Park

Friday 14 November 2025

10 am - 3.30 pm

Hazelwood Park pick up at 9.40 am

\$30

LOW

☐ booked

☐ waitlisted

Their tribute lovingly captures the iconic sound and spirit of The Beatles, taking you on a joyous rock'n'roll journey that will delight both lifelong fans and recent enthusiasts alike. Lunch will take place after the concert.

\$30 prepaid covers \$8 bus fare and \$22 concert ticket.

lunch is at the attendees own additional cost on the day.

SOCIAL OUTINGS: NOVEMBER

Witton Bluff Base Trail (Casual Stroll)

lunch at Christies Beach Hotel

Monday 17 November 2025

10 am - 3 pm

Hazelwood Park pick up at 9.40 am

\$8



MED

☐ booked

☐ waitlisted

Witton Bluff Base Trail is a newly constructed 1.1km boardwalk connecting from Port Noarlunga to Christies Beach. The surface is asphalt and trails along the coastline with minor inclines and declines. We will be walking the length of the board walk and back making the total journey 2.2km. Ensure you wear appropriate shoes, clothing, hat, sunscreen and bring a water bottle.

\$8 prepaid covers bus fare.

lunch is at the attendees own additional cost on the day.

Little Treasure for Christmas Exhibition and the Christmas Heirloom Company

lunch at Zeea's Eatery Glenunga

Friday 21 November 2025

10.15 am - 2.30 pm

Hazelwood Park pick up at 9.55 am

\$8

LOW

☐ booked

☐ waitlisted

Little Treasures For Christmas is on at Pepper Street Arts Centre. Peruse hand made items, perfect for unique gifts for your loved ones at Christmas. We will also be visiting the Christmas Heirloom Company where they stock beautiful Christmas decorations. Lunch will take place after visiting the shops.

\$8 prepaid covers bus fare and \$18 tour ticket.

lunch is at the attendees own additional cost on the day.

SOCIAL OUTINGS: NOVEMBER

Harbour Town Shopping Trip

Adelaide Airport

Monday 24 November 2025

9.30 am - 2.30 pm

Hazelwood Park pick up at 9.10 am

\$16

LOW

☐ booked

☐ waitlisted

If you'd like to do some Christmas shopping, we're offering return transport to Harbour Town for eligible participants. To access this service, **you must have a current transport referral code with the City of Burnside.** Please note that there will be no scheduled group activities on the day, and participants will need to shop independently and make their own arrangements for lunch. You'll have two hours of shopping time at Harbour Town before returning.

\$16 prepaid covers round trip bus fare.

Royal Flying Doctors Service Tour

Lunch at West Beach Life Saving Club

Friday 28 November 2025

9.45 am - 3.30 pm

Hazelwood Park pick up at 9.25 am

\$13

LOW

☐ booked

☐ waitlisted

Come for a tour of the Royal Flying Doctor Services at Adelaide Airport. Enclosed shoes **MUST** be worn to attend this tour. Lunch will be held after the tour concludes.

\$13 prepaid covers \$8 bus fare and \$5 tour entry.

lunch is at the attendees own additional cost on the day.

SOCIAL OUTINGS: DECEMBER

Christmas Celebration Lunch at The Highway

Plympton

First Date: Monday 8 December 2025

11.30 am - 3 pm

Hazelwood Park pick up at 11.10 am

\$34

LOW

☐ booked

☐ waitlisted

We are headed to the Highway for our end of year Christmas Celebration. They are offering lunch and dessert for a Christmas lunch special. You will need to select your meal when booking.

\$8 prepaid covers bus fare and \$26 lunch and dessert.

drinks are at the attendees own additional cost on the day.

Together for Christmas Concert at Parks Theatre **\$30**

lunch at McQueens Tavern Angle Park

Friday 12 December 2025

10 am - 3 pm

Hazelwood Park pick up at 9.40 am

LOW

☐ booked

☐ waitlisted

Together For Christmas is a concert by singer Rachael Leahcar. She will be performing festive favourites and songs from her Christmas album. Lunch will take place after the concert has concluded.

\$30 prepaid covers \$8 bus fare and \$22 concert ticket.

lunch is at the attendees own additional cost on the day.

SOCIAL OUTINGS: DECEMBER

Christmas Celebration Lunch at The Highway Plympton

Second Date: Monday 15 December 2025

11.30 am - 3 pm

Hazelwood Park pick up at 11.10 am

\$34

LOW

☐ booked

☐ waitlisted

We are headed to the Highway for our end of year Christmas Celebration. They are offering lunch and dessert for a Christmas lunch special. You will need to select your meal when booking.

\$8 prepaid covers bus fare and \$26 lunch and dessert.

drinks are at the attendees own additional cost on the day.

Burnside Home Support **CONTACT US**


8366 4193 - **Home Support**

 8366 4222 - **Transport/Outings**

8366 4144 - **Social and Fitness**

Monday - Friday 8.30 am to 5 pm

 chsp@burnside.sa.gov.au

 burnside.sa.gov.au/BHSP

 www.facebook.com/HSPBurnside

 401 Greenhill Road, TUSMORE