

Let's Laugh

28/09/2011, 1:30pm

Port Broughton Hospital Day Centre, Bay Street, Port Broughton
Presentation and interactive demonstration of laughter yoga by David Cronin. Light lunch included. Booking essential. Contact Sandra, 86352200

Every Generation Rally

28/09/2011, 10:30am

Clare Golf Club, White Hut Road, Clare

Come and join us in mental and physical stimulation. Entertainment and meal provided. Booking essential. Contact Elaine or Bob, 88423274

Life Coaching for Seniors

29/09/2011, 11:30am-4:30pm, Free

Community House Port Lincoln Inc, 14 Conrad Street, Port Lincoln

Seniors are invited to come and listen Telene Clarke speaking about positive strategies with barriers. Meal, tea and coffee provided. Contact Linda or Raelene, 86834722

Depression in Older People

30/09/2011, 12noon, Free

Resource Centre, 9-11 Seekamp Street, Berri

Event/Conference about Depression in Older People. Guest speaker from COTA SA & OPMH. Sit down lunch included. Contact Sarah, 85825366

Social Pétanque (Doubles & Triples)

2/10/2011 - 30/10/2011, 10am-1pm Sundays

Stonehenge Reserve, Stonehenge Avenue, Stirling

Three games of Pétanque and morning tea. Double or triple terms by draw. Every Sunday 10am-1pm. Bowles provided. Contact Jill, 83395176

Fashion Parade

4/10/2011, 2pm

Senior Citizens Centre, 6 Chapel Street, Port Augusta

Parade of fashions to suit all ages and all money donated to charity. Contact John, 86424087

Strength for life

4/10/2011 - 25/10/2011, 9:30am

Renmark Health & Fitness Centre, Fifteenth Street, Renmark

Strength training for over 50s. Every Tuesday. Booking essential. Contact John, 85866072

Strength for life

4/10/2011 - 25/10/2011, 8:30am

Renmark Health & Fitness Centre, Fifteenth Street, Renmark

Strength training for over 50s. Every Tuesday. Booking essential. Contact John, 85866072

Bingo Day

4/10/2011, 1:30pm, Free

RSL Bowling Club, Ormerod Street, Naracoorte

Come and join us for "Eyes down" Bingo. Booking essential. Contact Jan, 87601100

Men's Shed

4/10/2011, 11am-2pm, Free

High Care Lounge, 43 High Street, Strathalbyn

Exhibition - portable men's shed, activity corner. Come and have a fiddle! Contact Sharon, 85365220

School Holiday Movie Program

4/10/2011 - 15/10/2011, Various time, Normal movie prices

Chaffey Theatre, Via 17th Street, Renmark

Every October the Chaffey Theatre hosts a range of cinema screenings. Check at our website www.chaffeytheatre.com.au for a current listing. Booking essential. Contact Box Office, 85861800

SA Petersburg Vocal Quartet

4/10/2011, 7:30pm, \$49; \$34.50 Seniors

Sir Robert Helpmann Theatre, 10 Watson Terrace, Mount Gambier

The Quartet will be performing Russian liturgical notes, hymns, classical song and traditional folk music. Booking essential. Contact Theatre Box Office, 87238741

School Holiday Movie Program

4/10/2011 - 15/10/2011, Various time, Normal movie prices

Whyalla Cinema, 141a Nicolson Avenue, Whyalla Norrie

The Whyalla Cinema will host a range of movies over the holiday period. Check out the website www.whyllacinema.com for session times. Booking essential. Contact Box Office, 86447300

Buddy The Concert - Rave On 2011

5/10/2011, 8pm, All tickets \$54.95

Middleback Theatre Foyer, 141a Nicolson Avenue, Whyalla Norrie

Scott Cameron returns to the role that made him famous, presenting Buddy. Booking essential. Contact Box Office, 86447300

Arj Barker - Eleven

5/10/2011, 8pm, \$44.90 Adult; \$39.90 Concession

Chaffey Theatre, Via 17th Street, Renmark

Stand up comedy performance Arj Barker with his show Eleven. Support artist Joel Ozbourn. Booking essential. Contact Box Office, 85861800

Social Pétanque (Doubles & Triples)

5/10/2011 - 26/10/2011, 9am-12noon Wednesdays

Stonehenge Reserve, Stonehenge Avenue, Stirling

Three games of Pétanque and morning tea. Double or triple terms by draw. Every Wednesday 9am-12noon. Bowles provided. Contact Jill, 83395176

CWA Handicrafts

5/10/2011 - 26/10/2011, 10am-2pm, Gold coin donation

Senior Citizens Hall, Ral Ral Avenue, Renmark

We welcome all for fellowship and a day of handicrafts. Bring along your work or tuition is available in all handicrafts. Every Wednesday. Contact Maxine, 85865268

Embracing Wood Open Day

5/10/2011 - 26/10/2011, 9am-4pm, Free

Ral Ral Precinct, Ral Ral Avenue, Renmark

The Woodworkers invite you to visit their workshop where you will see demonstrations of woodturning, scrollsawing, pynography etc. Every Wednesday. Contact Brian, 85864916 or Dave, 85955534

Strength for life

6/10/2011 - 27/10/2011, 8:30am

Renmark Health & Fitness Centre, Fifteenth Street, Renmark

Strength training for over 50s. Every Thursday. Booking essential. Contact John, 85866072

Fish & Chips at the Bay

6/10/2011, 10am-3pm

Town Square, The Esplanade, Coffin Bay

Bus transport with lifter Pt Lincoln to Coffin Bay. Fish & chips lunch at foreshore for 16 people including family. Booking essential. Contact Julie, 86830262

Strength for life

6/10/2011 - 27/10/2011, 9:30am

Renmark Health & Fitness Centre, Fifteenth Street, Renmark

Strength training for over 50s. Every Thursday. Booking essential. Contact John, 85866072

Night Bowls

6/10/2011 - 27/10/2011, 7pm for 7:30pm start

Renmark RSL & District Bowling Club, Tolarno Street, Renmark

Come and join us for 4 person team event. Every Thursday night. Contact Cathy, 0458323102

Arj Barker

6/10/2011, 8pm, \$44.90 Adults; \$39.90 Concession

Northern Festival Centre, 106 Gertrude Street, Port Pirie

Stand up comedy performance Arj Barker. Come and join us for an evening of laughter and entertainment. Booking essential. Contact Tarryn, 86338500

Walking Trail Inside/Outside

6/10/2011, 10am-3pm, Free

Throughout Facility, 43 High Street, Strathalbyn

Supervised walks with activity staff and others. Contact Ann, 85365220

The Vintage Ball

7/10/2011, 6:30-10:30pm

Port Elliot Institute Hall, The Strand, Port Elliot

Intergenerational Vintage Ball at the historic Port Elliot Institute celebrating the Every Generation Festival State Launch. Music by Jo Hicks Ensemble. Booking essential. Contact Beth, 85557232

Naracoorte Quiz Day

7/10/2011, 1:30pm, Free

Naracoorte Senior Citizens Club, Sandstone Avenue, Naracoorte

Come and join us for fun-filled quizzes and puzzles. Booking essential. Contact Jan, 87601100

Life Ball

7/10/2011 - 28/10/2011, 9am

Renmark Health & Fitness Centre, Fifteenth Street, Renmark

Game that incorporates walking, thinking, passing and throwing a ball through a hoop to score a goal. Every Friday. Booking essential. Contact Trish, 85866072

Arj Barker - Eleven

7/10/2011, 8pm, \$44.90 Adult; \$39.90 Concession

Middleback Theatre Foyer, 141a Nicolson Avenue, Whyalla Norrie

Arj Barker with his new show, featuring an hour of the inventive stand-up comedy for which he is known and loved. Booking essential. Contact Box Office, 86447300

Buddy The Concert

7/10/2011, 8pm

Northern Festival Centre, 106 Gertrude Street, Port Pirie

Tribute to the great "Buddy Holly" featuring all the big hits. Booking essential. Contact Tarryn, 86338500

Golden Oldies Aquacise

7/10/2011 - 28/10/2011, 9:15am

Renmark Health & Fitness Centre, Fifteenth Street, Renmark

A low impact water exercise class suitable for older adults. Every Friday. Contact Sandra, 85866072

Strawberry Fair

7/10/2011, 10am onwards, Free

R.S.L Hall, Herbert Street, Laura

Morning Devonshire tea and lunches served in Hall. Outdoors stalls selling cakes, biscuits, strawberries, flowers, plants. Contact Jean, 86632298

Old Style Dance

8/10/2011, 8pm-12midnight

Anglican Parish Hall, Adelaide Place, Port Lincoln

Old style dance for all ages with live music and supper in comfortable premises. Contact Rosemary, 86856091

Literary Scenic Murray Bridge Boat Cruise

8/10/2011, 11am-4pm, \$50 incl lunch and afternoon tea

Captain Proud Paddle Boat, Main Wharf, Murray Bridge

Meet authors Fiona McCallun & Sally Harding. Find out what to read next and much more. Booking essential. Contact Sharon, 83664280

Buddy The Concert - Rave On 2011

9/10/2011, 8pm

Sir Robert Helpmann Theatre, 10 Watson Terrace, Mount Gambier

Scott Cameron returns to the role that made him famous, presenting Buddy. Booking essential.

Contact Theatre Box Office, 87238741

Mental Health Week Expo

9/10/2011, 10am-3pm, Free

Port Lincoln Foreshore, Tasman Terrace, Port Lincoln

Free community open air expo style event with information showbags, games, entertainment and information stall provided by local service organisations. Contact Peg, 0488073458

Mother, Wife and the Complicated Life

9/10/2011, 8pm, \$39.50 Adult; \$34.50 Concession

Chaffey Theatre, Via 17th Street, Renmark

A musical that tells the truth about marriage & motherhood. Because it is nothing like the movies!

Booking essential. Contact Box Office, 85861800

Better Balance

10/10/2011, 10-11am

Fit for Life Health & Fitness, 6 Wilson Street, Berri

A fun, active session for men & women over 50 focusing on strength, mobility, flexibility and balance. Booking essential. Contact Megan, 0458766882

Info Technology Workshop

10/10/2011, 2pm, Free

High Care Lounge, 43 High Street, Strathalbyn

Discussion group - "Show and tell", old to new technology. Powerpoint display also. Contact Ann, 85365220

Mental Health Week Beyond Maturity Blues Session

10/10/2011, 4pm, Free

Hallmont Estate, 20 Woodlands Drive, Mount Gambier

Mental Health Week celebration with COTA SA guest speaker on mental health. Afternoon tea provided. Contact Nel, 87245250

Family Fun Day

10/10/2011, 10am-R2521pm, \$10 per family
Quorn Health Services, Hospital Road, Quorn
Family Fun Day - activities for children. Contact Chris or Vicki, 86487801

RAA Years Ahead Road Safety Awareness Information Session

10/10/2011, 12noon-1pm, Free. Light lunch provided
Renmark Council Chambers, 61 Eighteenth Street, Renmark
Road Safety Awareness for Seniors - driving and road safety, passengers and pedestrians, impact of health and medication. Booking essential. Contact Emma or Poppy, 85803000

Hahndorf Seniors Birthday Trip

11/10/2011, 9:30am-3:30pm
Meet at Hahndorf Senior Citizens Club, Church Street, Hahndorf at 9:15am
Bus trip to Mt Barker for morning tea then on to Mt Bold and to Meadows Hotel for lunch. Booking essential. Contact Yvonne, 83881396

Ladies Friends & Fellowship Group

11/10/2011, 10am-12:30pm
Renmark Lutheran Fellowship Centre, 62/17th Street, Renmark
A morning of friendship and fellowship. Guest speaker a mystery. Come along and join in. Devonshire morning tea supplied. Booking essential. Contact Joan, 85866002

Treasure Mental Health

11/10/2011, 10am-1pm, Free
Chaffey Community Centre, Nineteenth Street, Renmark
Treasure hunt - puzzle pieces to be found at stations manned by a variety of community services that will share their info. Contact Mary, 85865745 or 0432403827

Scooby Doo

11/10/2011, 10am
Northern Festival Centre, 106 Gertrude Street, Port Pirie
Children's live theatre show. Bring your grandparents! Booking essential. Contact Tarryn, 86338500

Positive Ageing Expo

11/10/2011, All day, Free
Mt Barker Recreation Centre, Hutchinson Street, Mt Barker
Information Expo to encourage ageing positively in place. Contact Jessica, 84088502

Seniors Citizens Morning Tea

11/10/2011, 10-11am, Free
Senior Citizens Hall, Ral Ral Avenue, Renmark
Free morning tea hosted by Mayor Martinson and Councillors of the Renmark Paringa Council. Contact Julie, 85803041

Women's Health Night

11/10/2011, 6-9pm
Bowling Clubrooms, Railway Terrace, Quorn
Women's health night, tea included. Health promotion on a range of women's health topics. Booking essential. Contact Chris or Jacinta, 86487801

Mental Health Week Beyond Maturity Blues Session

11/10/2011 - 11/01/2011, 11:15am, Free
Sir Robert Helpmann Theatre, 10 Watson Terrace, Mount Gambier
Mental Health Week celebration with COTA SA guest speaker on mental health. Coffe/tea afterwards. Contact Nel, 87245250

"Fantasy" Bus Trip

12/10/2011, 9am-4pm, \$25 pp
Meet at Naracoorte Senior Citizens Club, Sandstone Avenue, Naracoorte
A bus trip through the Penola-Nangwarry district. Booking essential. Contact Jan, 87601100

Let's Do Balhannah Dinner

12/10/2011, 6pm, Cost of your meal
Balhannah Hotel, Onkaparinga Valley Road, Balhannah
Come and share a meal with others who find it hard to get out for dinner. Meet new friends.
Booking essential. Contact Karen, 83891711

Lifeball Come 'n' Try Day

12/10/2011, 10:30am-12noon
Berriview Lawn Tennis Courts, Berri
Come and try Lifeball - the game you play for life! Learn the skills & play the game. All ages welcome! Contact Megan, 0458766882

"Get it out there"

12/10/2011, 10am-2:30pm, Free
The Barn, Randal Street, Mannum
All day display & activities for/with invite guests and community. Booking essential. Contact Ros, 85691643

Health Expo

12/10/2011, 9am-1pm, Free
Town Hall, Railway Terrace, Quorn
Health Expo offering a range of displays from different services. Limited health screenings may be available. Contact Chris or Jacinta, 86487801

Garden Team

12/10/2011, 1pm, Free
Yeeno Foyer, 43 High Street, Strathalbyn
Shared interest group, all ages - to plan & enjoy garden ideas. "Happy Hour" to follow. Booking essential. Contact Cathy, 85365220

Bowl over the blues

12/10/2011, 2-4pm, Free
Bowland Whallay, 103 Essington Lewis Avenue, Whyalla
An opportunity for both community and residential members to get physical and have some fun.
Booking essential. Contact Catherine, 86453088

50s + and the Pelvic floor

13/10/2011, 10:30-11:30am
Fit for Life Health & Fitness, 6 Wilson Street, Berri
An open, light hearted, practical and informative session for women over 50. Booking essential.
Contact Megan, 0458766882

Rhythm on the Railway

13/10/2011 - 16/10/2011, 10am-4pm
The Hut Community Centre, 1 Euston Road, Aldgate

Music workshops for all ages using amazing, unique instruments. Creative musical experience. Booking essential. Contact Felicity, 83394400

Mother, Wife and the Complicated Life

13/10/2011, 8pm, \$39.50; \$34.50 Seniors

Sir Robert Helpmann Theatre, 10 Watson Terrace, Mount Gambier

Finally, a musical that tells the truth about marriage and motherhood! Booking essential. Contact Theatre Box Office, 87238741

Men's Health Night

13/10/2011, 6-9pm, Free

Community hall, Park Terrace, Quorn

Men's Health night, tea included. Guest speaker, Merv Hughes and urologist Dr Rick Catterwell. Booking essential. Contact Chris or Jacinta, 86487801

Positive Connections for positive living

14/10/2011, 12noon-2pm, Gold coin donation

Scout Hall, 104 Bowman Street, Crystal Brook

Focus on family and friends for social connection. Live music by Family Troupe. Contact Virginia, 86362737

Bus Trip/Guided Tour Carrick Hill

14/10/2011, 9am-3pm

Carrick Hill Historic House, 46 Carrick Hill Drive, Springfield

Bus Trip/ Guided Tour of Corrick Hill Historic House. Booking essential. Contact Evelyn, 85555371 or 0407 559 901

Turn back time

14/10/2011, 10am-2:30pm

10 Norrie Avenue, Whyalla

Social event for seniors including games, fancy dress and luncheon. Booking essential. Contact Pat, 86459306

Ballroom Dancing

14/10/2011, 3pm, Free

Yeeno Foyer, 43 High Street, Strathalbyn

Exhibition dancing - old time dancing vs modern. Booking essential. Contact Lyndall, 85365220

Renmark Rose Festival

14/10/2011 - 23/10/2011, 9am-7pm, Some free, see the Rose Festival Program

Various locations, Renmark

10 day event including 45 attractions, 18 open gardens, festival fair, floral display, cabaret, mystery bus tour and more. Contact Festival, 85364695

Scooby Doo Live! Musical Mysteries

15/10/2011, 10am

Chaffey Theatre, Via 17th Street, Renmark

This live theatre show brings everyone's favourite cartoon series to life in a bright and hilarious way. Booking essential. Contact Box Office, 85861800

Kindy & Preschool Visit

17/10/2011, 11am, Free

High Care Lounge, 43 High Street, Strathalbyn

Invitation to this lively, vibrant kid's group to play & entertain residents. Shared morning tea also. Contact Ann, 85365220

Better Balance

17/10/2011, 10-11am

Fit for Life Health & Fitness, 6 Wilson Street, Berri

A fun, active session for men & women over 50 focusing on strength, mobility, flexibility and balance. Booking essential. Contact Megan, 0458766882

Exchange visit with Horsham Senior Citizens

17/10/2011 - 18/10/2011, 10am, Cost of car travel and twin share motel accomodation.

Cars leave Kingston approx 10am, Horsham SC Clubrooms, 17 Roberts Avenue, Horsham VIC
2010 Kingston SC Club initiated exchange visit with Horsham Vic SCC. An event for active ageing celebrations. Booking essential. Contact Lyn, 0407631046

Celebrate with us all

18/10/2011, 10am-12:30pm

Central Whyalla Football Club, McDovall Stuart Avenue, Whyalla Norrie

Entertainment by schools dance, choirs, recorder & skipping demonstrations, Filipino culture dances. Door & mystery prizes. Contact Ron, 86493692

MFS Home Fire Safety Information Session

18/10/2011, 1-2:30pm, Free

Renmark Council Chambers, 61 Eighteenth Street, Renmark

Information session for seniors about fire prevention and fire safety in the home. Afternoon tea provided. Booking essential. Contact Emma or Poppy, 85803000

Enjoy a Musical Day

18/10/2011, 10am-2:30pm, Free

Lincoln South Clubrooms, Tennant Street, Port Lincoln

Morning tea, musical items, treading table, lunch and more music. Booking essential. Contact Heather, 86822007

Music Concert - Ian Price

18/10/2011, 1pm, Free

Alvie/Yeeno Lounge, 43 High Street, Strathalbyn

Visit by Waldorf, Mt Barker music ensemble; very talented entertainers. Afternoon tea provided. Booking essential. Contact Cathy, 85365220

Music at Mt Barker

18/10/2011, 10am-2pm

The Barker Family House, 31 Princes Road, Mt Barker

Unique, creative music workshops and performances led by community artist Steve Langton. For people of all ages who enjoy music. Booking essential. Contact Felicity, 83394400

Hall of Fame For Young and Old

19/10/2011, 9:30am-4:30pm

Macclesfield Institute, Venables Street, Macclesfield

Visit to Alcheringa Hall of Fame and Museum at Wellington Country and Western music. Morning tea, lunch and tour. Booking essential. Contact Cathy, 83889879

The Gruffalo's Child

19/10/2011, 11:30am-6:30pm

Sir Robert Helpmann Theatre, 10 Watson Terrace, Mount Gambier

Bringing together physical theatre, music and beautiful puppetry to deliver songs and laughs. Booking essential. Contact Theatre Box Office, 87238741

Bus Trip to Butterfly Garden & Stephanie Alexander Kitchen

19/10/2011, 9:30am-3pm, Gold coin for bus + lunch cost

North Summit Primary School & Bridgewater Primary School
Bus trip for older people to visit two unique hill's schools - North Summit & Bridgewater. Booking essential. Contact Pip, 83900457

Lifeball Come 'n' Try Day

19/10/2011, 10:30am-12noon

Berriview Lawn Tennis Courts, Berri

Come and try Lifeball - the game you play for life! Learn the skills & play the game. All ages welcome! Contact Megan, 0458766882

"Teach me to knit"

19/10/2011, 11am-2pm, Free

Yeeno Foyer, 43 High Street, Strathalbyn

Open invitation to attend resident knitting circle. No pre-requisite. Morning & afternoon tea provided. Contact Lyndall, 85365220

Mayor's Afternoon Tea

20/10/2011, 1:30pm, Free

Naracoorte Town Hall, Smith Street, Naracoorte

An afternoon of fun & entertainment by local entertainers. Afternoon tea provided. Booking essential. Contact Jan, 87601100

Come, See, Try and Feel the Green Shed

20/10/2011, 11:30am, Free

Green Community Shed, Albert Street, Gumeracha

Meet the guys, see the new shed, try out some tools & stay for a healthy lunch & feel how welcoming we are. Booking essential. Contact Karen, 83891711

"Simply Women"

20/10/2011, 1:30pm, Free

Alvie/Yeeno Lounge, 43 High Street, Strathalbyn

Visiting group - female, very talented retirees. Join us for fun & laughter. Afternoon tea provided. Booking essential. Contact Ann, 85365220

Intergenerational Sports Day

20/10/2011, 10am-3pm, Free

Boandik Lodge Inc., 101 Lake Terrace East, Mount Gambier

Sports Day competition between residents, clients and school children utilising games that all can participate in. Booking essential. Contact Geraldine, 87257377

Strathalbyn Penguin Group Meeting

21/10/2011, 8pm, Free

CWA Rooms, Sunter Street, Strathalbyn

A one hour session formed to encourage women to speak in front of an audience. Contact Lyn, 83911760

Every Generation 'Feel Good' Day

21/10/2011, 11am-4pm, \$5; free for registered carers, volunteers and their families

Carer Wellness Centre Adelaide Hills, 39 Main Street, Woodside

Carers and the community get to 'feel good' while enjoying music, art, massage and good food with friends across generations. Contact Victoria or Lynda, 83897383

Come for a big day at in Mt Barker

21/10/2011, 10am-1pm, \$10; \$8 pre-sold

Auchendarroch Wallis Tavern, 17 Adelaide Road, Mount Barker

Morning tea, performances - 'Me 'n Me Mate and Mt Barker Primary School Choir. Contact Amanda, 83936414

Choir practice

21/10/2011, 2pm, Free

Yeeno Foyer, 43 High Street, Strathalbyn

Local high school choir practice to be held within aged care facility for all to enjoy. Contact Cathy, 85365220

Don't Worry Be Happy

21/10/2011, 10am-4pm, Free

Kimba Hall, cnr High Street & Cross Street, Kimba

A fun and interactive day that will promote the mental health and wellbeing of older people.

Booking essential. Contact Karen, 86272856 or Chelsea, 86282665

Mylor's 120th Birthday Celebration

22/10/2011 - 23/10/2011, 11am-4pm

Mylor Hall, Cnr Strathalbyn Road & Cross Street, Mylor

Art, wine and roses exhibition at Mylor Hall. Contact Brian, 0408812359

Mylor's 120th Birthday Celebration

23/10/2011, 11am-4pm, Gold coin donation

Maylor Oval, Cnr Strathalbyn Road & Cross Street, Mylor

Community Fair on Mylor Oval including entertainment, history displays, food and drink. Contact Brian, 0408812359

Entertaining Afternoon

24/10/2011, 1:30pm

Morgan Institute, 2 Ninth Street, Morgan

Modbury singers in costumes for musical comedy. Booking essential. Contact Susan, 85402250

CWA Concert & Devonshire morning tea

24/10/2011, 10am-12noon

Victor Harbor Recreation Centre, George Main Road, Victor Harbor

Delicious home made scones served by CWA. Items from talented young and old. Booking essential. Contact Glenys, 85510544

"Life Ball" Demonstration Match

24/10/2011, 10am-12noon, Free

"The Big Shed", Victoria Park, Jamestown

A walking game that looks like netball/basketball and allows all team members to be equally involved. Register interest. Contact Megan, 86641406

Grandparent Baby Bounce & Rhyme

25/10/2011, 10:30-10:50am, Free

Goolwa Library, Cadell Street, Goolwa

Bring your grandparent or older friend to enjoy nursery rhymes and action songs together.

Contact Kathrin, 85557000

Senior.s Program Celebration

25/10/2011, 10am-2pm, Gold coin donation

Woodside Seniors Centre, Nairne Road, Woodside

Day of fun, laughter and focus on positive ageing. Booking essential. Contact Heather, 83897544

Grandparent Storytime

25/10/2011, 10:50-11:30am, Free

Goolwa Library, Cadell Street, Goolwa

Bring your grandparent or older friend to enjoy storytelling and crafts. Contact Kathrin, 85557000

40th Year Celebration of Club

25/10/2011, 12noon for 12:30pm start, Free

Port Vincent Senior Citizens Hall, 13 Main Street, Port Vincent

A luncheon is being held to celebrate 40 years. Guest speaker from COTA SA has been invited.

Booking essential. Contact Glenys, 88537415 or 0439849293

Alive & Kicking Getting the most out of life

25/10/2011, 9am, Free

Venus Bay Café, Venus Bay

A 30 min walk with the seniors walking group followed by a presentation by the community counsellor. Booking essential. Contact Tracey, 86802254

Mum's Night at the movies

25/10/2011, 6pm, Free

Mt Barker Willis Cinemas, 17 Adelaide Road, Mount Barker

Movie night for mothers caring for child with disability and for their mothers who also provide and support. Booking essential. Contact Sue or Laura, 74247888

Willsy's Nostalgia: "South Pacific"

26/10/2011, 10am for 10:30am start, \$10 (lunch additional \$8:40)

Mt Barker Willis Cinemas, 17 Adelaide Road, Mount Barker

Come and join us for screening of "South Pacific" and nostalgia quiz. Booking essential. Contact Duty Manager, 83912777

Old and deadly

26/10/2011, 11am-2pm, Free

Gladstone Square, Mackay Street, Port Augusta

Day in the middle of CBD with students, grandparents and residents from Wami Kata Old Folks Home to participate in activities, entertainment and lunch. Contact Linda, 86422281

Alive & Kicking Getting the most out of life

26/10/2011, 10am, Free

Mocean's Café, Streaky Bay

Morning tea with presentation by community counsellor and promotion of Heart Foundation walking for seniors. Booking essential. Contact Tracey, 86802254

Grandparents Baby Bounce & Rhyme

26/10/2011, 10:15am, Free

Coventry Library, 63 Mount Barker Road, Stirling

Invite your grandparents to Baby bounce & rhyme (sing-along, session with babies under 18 months. Contact Library Service, 84080420

Grandparents Storytime

26/10/2011, 11am, Free

Coventry Library, 63 Mount Barker Road, Stirling

Invite your grandparents to storytime (pre-school story and craft session at the library). Contact Library Service, 84080420

Shopping Day

26/10/2011, 10am-2pm, Free

Bordertown Memorial Hospital, South Avenue, Bordertown

Businesses bring their goods and services to the Aged Care Home so residents and the public can "shop from home". Contact Sandra, 87529000

"Oppe Shoppe" Fashion Parade

26/10/2011, 11am

Reg Sissons Day Centre, High Street, Strathalbyn

Fashion Parade - recycled & pre-loved apparel. Community, residents and day centre. Booking essential. Contact Cathy, 85365220

Grandparent Baby Bounce & Rhyme

27/10/2011, 10:30-10:50am, Free

Strathalbyn Library, Strathalbyn

Bring your grandparent or older friend to enjoy nursery rhymes and action songs together.

Contact Kathrin, 85557000

Senior's Expo "Mobility & Wellbeing"

27/10/2011, 9am-2pm, Free

Barossa Foodland Mall, Murray Street, Nuriootpa

Showcasing services and products available in our community for seniors and their carers.

Contact Julie, 85624066

Eudunda Follies

27/10/2011, 7pm

Eudunda Hall, Bruce Street, Eudunda

Comedian Rod Gregory's unique comedy stylings with local entertainers. Booking essential.

Contact Bev or Matt, 85811404

Community Re-Engagement Project Launch

27/10/2011, 3pm, Gold coin donation

West Coast HomeCare, 21 Washington Street, Port Lincoln

Launching a project that changes how community care social support is provided. Contact Jill,

86822177

Heathfield International Cooking

27/10/2011, 11am, Gold coin for bus + lunch cost

Heathfield High School, Longwood Road, Heathfield

Visit the famous Heathfield High School's catering school & taste their delicious delights. Booking essential. Contact Pip, 83900457

Grandparent Storytime

27/10/2011, 10:50-11:30am, Free

Strathalbyn Library, Strathalbyn

Bring your grandparent or older friend to enjoy storytelling and crafts. Contact Kathrin, 85557000

Every Generation Festival Celebration

27/10/2011, 1pm, Free

Jan Murray Centre, 2 Albert Street, Gumeracha

Bring together the Day Centre members and the year 6/7 students from Qumeracha Primary to hear a guest speaker. Booking essential. Contact Theresa, 82099239

"October" Birthday Party

27/10/2011, 12noon, Free

Yeeno Foyer, 43 High Street, Strathalbyn

Celebration, birthday lunch for all residents having a birthday in October. Booking essential.

Contact Ann, 85365220

"More than bricks and mortar"

27/10/2011, 1:30pm, Free by invitation

Kingston & District SCC, 74 Agnes Street, Kingston SE
Invitation to a broad spectrum of community members to enjoy a catered afternoon tea and entertainment. Booking essential. Contact Lyn, 0407631046

In The Flow - Open Day

27/10/2011, 10am-12noon, Free

Our Well Being Place, 108 Swanport Road, Murray Bridge

A project where older people with dementia create banners to display in the Main Road of Murray Bridge. Contact Gary, 85391156

Seniors Health & Wellbeing Expo

27/10/2011, 10am-5pm, Free

Naracoorte Town Hall, Smith Street, Naracoorte

This event is to provide information of the support facilities available to seniors as they age and become less independent. Contact Norma, 87622388

Seniors Health & Wellbeing Expo

27/10/2011, 10am-5pm, Free

Naracoorte Town Hall, Smith Street, Naracoorte

Information day by local Health & Wellbeing Service providers. Contact Jan, 87622388

Alive & Kicking Getting the most out of life

27/10/2011, 10am, Free

Elliston Sports Club, Elliston

A tai chi session followed by morning tea and presentation by community counsellor. Booking essential. Contact Tracey, 86802254

Jamestown Garden Party

28/10/2011, 1-3:30pm, Free

"Long Garden" Caltowie, Browne Street, Caltowie

Outdoor Garden Party complete with delightful afternoon tea and entertainment by St James Primary School Choir. Booking essential. Contact Megan, 86641406

Victor Harbor Retreat

28/10/2010 - 30/10/2011, 3pm Fri-3pm Sun

Encounters Salvation Army Conference Centre, Victor Harbor

The Retreat includes a weekend of feasting, markets, a talent night & pyjamas breakfast. Booking essential. Contact Maureen, 82642350

An Afternoon at Woodside Lodge

28/10/2011, 1:30-3:30pm, By Invitation ONLY

Woodside Lodge, 18 Tolmer Road, Woodside

An intergenerational event planned to include younger people from a local school with our retired residents and other guests. By Invitation ONLY.

Global Flavours

28/10/2011, 11am

Milang Old School House Community Centre, 24 Daranda Terrace, Milang

A hands on multicultural feast with Ayurvedic Consultant Karuna Jaiswal. Booking essential. Contact Karyn, 85370687

Carrick Hill & Artlab Daytrip

28/10/2011, 8:30am-5pm

Meet at Gardiner Street at 8:30am, Goolwa

Daytrip to Carrick Hill & Artlab Adelaide including lunch at Carrick Hill. Booking essential. Contact Linda, 85553174

90th Birthday Celebration, School Tour, Afternoon Tea

28/10/2011, 1-3:30pm, Free

Clare High School, Elliot Street, Clare

90th Birthday Celebration school tour for old scholars, teachers and staff including visiting the new tech and science facilities. Contact Lynda, 88422788

Sport Circuit

28/10/2011, 1pm, Free

Yeeno Foyer, 43 High Street, Strathalbyn

All ages will participate in bowls, "rap ball", basket ball, goal tossing, skittles, golf & parachute games. Booking essential. Contact Cathy, 85365220

Over 55s Film Day

28/10/2011, 1:30pm, Free

Naracoorte Town Hall, Smith Street, Naracoorte

Senior's Film Day. Booking essential. Contact Jan, 87601100

Valley Walkers Launch

30/10/2011, 11am-1pm, Free

The Valleys Lifestyle Centre, 180 Main North Road, Clare

Launching the Valleys Walkers program for Over 50's walkers. Including Healthy Life BBQ. Contact Katie, 88423999

Wise Women & Wellbeing

31/10/2011, 10am-2pm

Joyful Budhas Health & Wellness, McKinlay Street, Victor Harbor

Women will enjoy yoga, meditation, stress management and a healthy lunch. Booking essential. Contact Cathy or Pat, 85520600

Hills Healthy Ageing And Lifestyle Expo

31/10/2011, 10am-2pm, Free

Adelaide Hills Recreation Centre, 2 Howard Lane, Mount Barker

Free Expo including stalls, presentations and entertainment. Focus on healthy ageing and lifestyle services and products in Adelaide Hills, Mt Barker and Strathalbyn areas. Contact Lisa, 84080515

Fish & Chips at the Bay

31/10/2011, 10am-3pm

Town Square, The Esplanade, Coffin Bay

Bus transport with lifter Pt Lincoln to Coffin Bay. Fish & chips lunch at foreshore for 16 people including family. Booking essential. Contact Julie, 86830262

John Ovenden - Play reading

4/11/2011, 7:30pm

Coventry Library, 63 Mount Barker Road, Stirling

John Ovenden brings two short dynamic play readings he's written to a library near you. "Playing away" & "Playing at home". Booking essential. Contact Library, 84080420