

Helping Hand Senior Social Groups

MONDAY

GOLDEN GIRLS & GUYS

9:30am—12pm weekly

Guest speakers, social days and excursions. Includes morning tea.

Wandana Community Centre, 14 Blacks Road, Gilles Plains

BINGO BANGERS

1pm—4pm weekly

Bingo games and fun times. Includes afternoon tea.

Wandana Community Centre, 14 Blacks Road, Gilles Plains

TUESDAY

THE MEN'S ZONE

9:30am—12pm weekly

Guest speakers, social days and excursions. Includes morning tea.

Wandana Community Centre, 14 Blacks Road, Gilles Plains

CRAFTY CAPERS

1pm—4pm weekly

Bring along your own craft and hobby projects. Includes afternoon tea.

Wandana Community Centre, 14 Blacks Road, Gilles Plains

WEDNESDAY

JUBILEE JOKERS / WYNN VALE WANDERERS

9:30am—12pm
alternate weeks

Guest speakers, social days and excursions. Includes morning tea.

Jubilee Community Centre, Building 2, 7-13 Jubilee Way, Wynn Vale

HILLS BOYS

9:30am—12pm fortnightly

Guest speakers, social days and excursions. Includes morning tea.

Holden Hill Community Centre, 82 Valiant Road, Holden Hill

CRAFTY CAPERS

1pm—4pm weekly

Bring along your own craft and hobby projects. Includes afternoon tea.

Jubilee Community Centre, Building 2, 7-13 Jubilee Way, Wynn Vale

THURSDAY

BINGO BANGERS

9:30am—12pm weekly

Bingo games and fun times.

Includes morning tea.

Community Learning Centre, 571 Montague Road, Modbury

GRACEFUL MINDS

1pm—4pm weekly

Guest speakers, social days and excursions. Includes afternoon tea.

Community Learning Centre, 571 Montague Road, Modbury

MEN'S SOCIAL GROUP

WOMEN'S SOCIAL GROUP

MIXED SOCIAL GROUP

FRIDAY

CRAFTY CAPERS

9:30am—12pm weekly

Bring along your own craft and hobby projects. Includes morning tea.

Wandana Community Centre, 14 Blacks Road, Gilles Plains

MEN'S MATTERS

1pm—4pm weekly

Guest speakers, social days and excursions. Includes afternoon tea.

Wandana Community Centre, 14 Blacks Road, Gilles Plains

Helping Hand offers a range of social groups in different locations across Adelaide, which are accessible to everyone in the community.

Our social groups offer a friendly and safe space to connect with others in your community.

Call today to find out more on 1300 444 663 or email homecare@helpinghand.org.au

70
Years
Together



Helping Hand
new aged care