



# Social Groups

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.

## Monday

### **Golden Girls and Guys 9:30am - 12pm weekly**

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

Wandana Community Centre,  
14 Blacks Road, Gilles Plains

### **Golden Girls and Guys 1pm - 3pm weekly**

Guest speakers, social days and excursions. 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 - 3pm 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