

Social Connections Timetable 2026

Parafield Gardens

Helping Hand Wellbeing Centre, 422 Salisbury Hwy, Parafield Gardens

Wynn Vale

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

Holden Hill

Holden Hill Community Centre, 82 Valiant Road, Holden Hill

Oakden

Roy Amer Reserve, Regent Court, Oakden

Surrey Downs

Surrey Downs Community Centre, 6 Zaroni Crescent, Surrey Downs

	Monday	Tuesday	Wednesday	Thursday	Friday
Let's Garden Parafield Gardens	9:30am–12pm				
Let's Art Parafield Gardens	1pm–4pm				
Golden Girls and Guys Parafield Gardens	9:30am–12pm 1pm–4pm				
Lunch Out and About Parafield Gardens <i>1st Monday of the month</i>	11:30am–3pm				
Ladies Zone Parafield Gardens		9:30am–12pm			
Men's Zone Parafield Gardens		9:30am–12pm			
Play For All Ages Surrey Downs <i>2nd Tuesday of the month</i>		10am–11:30am			
Meaningful Connections Parafield Gardens		1pm–4pm			
Games and More Parafield Gardens		1pm–4pm <i>fortnightly</i>			
Music and Song Parafield Gardens		1pm–4pm <i>fortnightly</i>			
Walking Group Oakden			9:30am–11am <i>fortnightly</i>		
Hills Boys Holden Hill			9:30am–12pm <i>fortnightly</i>		
Golden Years Club Wynn Vale			9:30am–12pm		
Be Connected Parafield Gardens					9:30am–12pm
Cinema Social Parafield Gardens <i>2nd Friday of the month</i>					9am–1pm
Creative Catch Ups Parafield Gardens					9:30am–12pm 1pm–4pm

Social Connections

Group Activities



Helping Hand

Helping Hand offers a range of social group activities for older people, where you will find a friendly and safe space to connect with others in your community. Our social group activities are run by welcoming and friendly staff and volunteers. All groups include light refreshments.

Be Connected

Build your digital skills, confidence and safety online.

Cinema Social

Enjoy a monthly trip to the cinema to see a film on the big screen.

Creative Catch Ups

Bring along your own craft and hobby projects to work on together.

Games and More

Enjoy group games such as carpet bowls, darts, and so much more every fortnight.

Golden Girls and Guys

Get together and enjoy social conversations, games and puzzles.

Golden Years Club

Enjoy social connections, games and friendly conversation.

Hills Boys

A group where men can enjoy a good chat, as well as games and more.

Ladies Zone

A group where ladies can enjoy good conversation, activities and so much more.

Let's Art

Bring along your own art masterpiece or create something great together.

Let's Garden

A chance to get together, learn, potter and grow the Billabong Garden.

Lunch Out and About

Visit local eateries and enjoy a delicious lunch with fellow foodies once a month.

Meaningful Connections

Meet up to share lively conversation, play games, and solve puzzles.

Men's Zone

A group where men can enjoy a good chat, games and so much more.

Music and Song

Sing your heart out to your favourite songs old and new.

Play For All Ages

Connect with younger generations through fun, chat and play.

Walking Group

Take a walk in the local area, while enjoying lively conversation.

Contact us on 1300 444 663 or homecare@helpinghand.org.au to find out more