

# South Australia's WEEK OF AGEING WELL



## 2024 Events

### 1. [Seniors Card Through the Lens Photographic Competition](#) and Exhibition

Finalist and winning artworks exhibited from **4 October to 31 October** to the public at Adelaide City Library

Through the Lens is part of International Day of Older Persons celebrations. The competition and exhibition promote ageing well by celebrating the skills of older South Australians through the art of photography and demonstrate that people can learn and create at any age.

Seniors Card members love to share their stories, and other members love to hear them. Photos speak a thousand words. Through the Lens is a wonderful opportunity for Seniors Card members to share photos that they have taken, that reflect their lives and interests.

### 2. [Festival for the Future](#), in partnership with Office for Ageing Well, Seniors Card and **The Equality Project**

**2-3 October**, Riddoch Arts and Cultural Centre, Mount Gambier

Two-day festival, celebrating and supporting LGBTI+ people living in the regions to age well.

### 3. **Water Way Tales**, in partnership with Office for Ageing Well, Seniors Card and **Nature Festival SA**

#### **Experience One - Waterway Tales:** [First Nations River Stories](#)

**1 October**, 2.00pm, **2 October**, 11.00am and **4 October**, 2.00pm, River Torrens / Karrawirra Pari

In collaboration with Frank Theatre (Adelaide) Waterway Tales: The Floating Stage (First Nations River Stories) will showcase new work from Frank Theatre. During 90-minute tour experiences attendees will traverse the waters of deep-time, with the event offering a blend of awe-inspiring tales and a reflection on Kurna life before European settlement. Through creative story-telling and playwriting, attendees experience floating along the River Torrens / Karrawirra Pari and be provided with generous insights into First Nations stories of traditional, cultural, and personal significance. Attendees will learn about Kurna's history, culture, and achievements and how the creative arts have a central role to play in reconciliation.

Discount available for Seniors Card members. Bookings: [River Torrens/Karrawirra Pari](#).

*Multiple events*

4. **Water Way Tales**, in partnership with Office for Ageing Well, Seniors Card and **Nature Festival SA**

**Experience Two - Waterway Tales: [Salty Pete on the Popeye \(Adelaide\)](#)**

**4 October**, 5.00pm and **5 October** 2.00pm, River Torrens / Karrawirra Pari

Join Captain Salty, the charismatic captain of a coastal trading ketch, as he navigates the waters of South Australia at two locations (River Torrens and Goolwa events) in an unforgettable segment of Waterway Tales: The Floating Stage. Salty Pete and his crew will take attendees on a musical voyage discovering the awe and beauty of Adelaide's waterways and tales of the power of our local seas. This musical voyage promises to enchant and educate, offering a captivating glimpse into the life and lore of South Australia's maritime heritage.

Discount available for Seniors Card members. Bookings: [River Torrens/Karrawirra Pari](#)

*Multiple events*

5. **Water Way Tales**, in partnership with Office for Ageing Well, Seniors Card and **Nature Festival SA**

**Experience Three - Waterway Tales: [Salty Pete in Goolwa.](#)**

**6 October** 2.00pm or 5.00pm, Goolwa

Join Captain Salty, the charismatic captain of a coastal trading ketch, as he navigates the waters of South Australia at two locations (River Torrens and Goolwa events) in an unforgettable segment of Waterway Tales: The Floating Stage. Salty Pete and his crew will take attendees on a musical voyage discovering the awe and beauty of Adelaide's waterways and tales of the power of our local seas. This musical voyage promises to enchant and educate, offering a captivating glimpse into the life and lore of South Australia's maritime heritage.

Discount available for Seniors Card members. Bookings: [Goolwa.](#)

*Multiple events*

6. **Meaningful Connections at Every Age, Flagship Event**, sponsored by Office for Ageing Well and Seniors Card and hosted by **COTA SA**  
**1 October**, Adelaide Festival Centre

Attendees will be invited to call out ageism, explore what it means to age well, including the importance of intergenerational relationships, and inspire older South Australians by bringing together a diverse group of speakers and panellists to share their expertise, insights and lived experience.

7. **[The Puzzle](#) - A Date with State Performance**, supported by Office for Ageing Well and Seniors Card

**2 October**, 11:00am, Adelaide Festival Centre

Synopsis: Married couple Mandy and Craig are bored with their (mostly) monogamous relationship. Eager to inject some vim into their vows, they book themselves in for a "lifestyle" cruise, where they meet Brian and Michele, similarly looking for some stimulation at sea.

Meanwhile, the buttoned-up Drew and his free-spirited daughter, Cassie are just trying to reconnect on what he thought was an “art” tour!

The keys go in the jar, the recriminations flow in the bar.

A Date With State supports older patrons, or those who may feel socially isolated, to continue to attend the theatre despite life changes such as the loss of a partner or new living circumstances.

Join State Theatre Company SA for complimentary tea, coffee, and biscuits one hour before The Puzzle and have a chance to make new connections with like-minded theatre lovers. Stay after the performance for a free Q&A with the show’s cast and creative team, to learn more about the process of getting these great plays from page to stage. There is no additional cost for morning tea, just purchase tickets for the following dates and join A Date With State in the foyer of the theatre one hour before the performance for morning tea.

## 8. **Ageism Awareness Day** **9 October**

Ageism Awareness Day draws attention to the existence and impacts of ageism in Australia. It’s a critical first step to changing community attitudes and building a world where people of all ages are valued and respected and their contributions are acknowledged.

## 9. **Week of Ageing Well Morning Tea, Campbelltown City Council**

**1 October**, 10:00am-11:30am, Campbelltown Function Centre, 172 Montacute Road, Rostrevor

Enjoy a morning of connection with others and celebration of Ageing Well in Campbelltown. Share your thoughts on the ways that social and interest groups play in enriching your life now and how you see this happening into the future.

Free event. Bookings via [Humanitix](#). Campbelltown Residents will be given priority to attend.

## 10. **Carers Expo, Carers SA**

**1 October**, 10:00am-3.00pm, Reynella East College, Wayikuu Centre, Hewlett Packard Street, Reynella East

Carers SA will host its annual Carers Expo on October 1st, a special event dedicated to supporting unpaid Carers. The Expo brings together a wide range of government agencies, community organisations, and service providers, all under one roof, offering expert advice and showcasing the support available to you in your caring role. There will also be fun activities for kids.

Who is an Unpaid Carer? An unpaid Carer is someone who provides care, support, and assistance to a family member or friend living with:

- Disability
- Mental illness
- Dementia
- Chronic health conditions
- A terminal illness
- Alcohol or drug-related issues or
- Frailty due to age

If you're a Carer, this is your opportunity to discover free support services offered by Carers SA and to connect with others.

Don't Miss Out on This FREE Event! To register visit [Annual Carers Expo | Humanitix](#)

11. [Ageing Well Dinner](#) - **Mintaro Progress Association**

**2 October**, 6:30pm, Mintaro Institute, Burra Street, Mintaro

The Mintaro Progress Association is staging an Ageing Well Dinner for the Clare Valley as part of South Australia's Week of Ageing Well to celebrate ageing well. The dinner is an opportunity to connect with each other, celebrate life, value the older people in our lives, and discover new ways that can support us to age well.

Keynote speaker: Taimi Allan, Mental Health Commissioner for SA.

Auburn Smoke House will be catering with a 2-course meal and some great aged wines from Reillys Wines and Paulette Wines will be available on the night.

The Connected Community project is delivered by the Mintaro Progress Association and supported by Office for Ageing Well, through the Grants for Seniors grant program.

Cost \$25.00 per ticket. Bookings via [Eventbrite](#).

12. [Intergenerational Story Time](#) – **Mount Barker Community Library, Mount Barker Community Library**

**4 October**, 10.30am-11.30am, Mount Barker Community Library, Dumas Street, Mount Barker

In celebration of Ageing Well Week, be entertained by the Acting Out Troupe who will bring to life a much-loved children's story book.

The session will include stories, songs, and craft and will be an intergenerational experience suitable for everyone.

Free event. For more information visit the [event page](#).

13. [Behind the Scenes Tour of the Arts Theatre](#), **Adelaide Repertory Theatre Company**

**3 October**, 10.00am-3.00pm, The Arts Theatre, 53 Angas Street, Adelaide

A rare chance to visit 'behind the scenes' at one of Adelaide's most loved theatres. This guided tour will take you through the 500-seat auditorium, on stage and then backstage to visit the dressing rooms. Following (or before) the tour you can view the display of photos, costumes, and other memorabilia in the Thomas Nave rehearsal room. Tours run every half an hour, allow one hour for the full experience.

All ages, family friendly. Please note: the venue is not wheelchair accessible and includes stairs.

Cost \$15.00 per person. Click [this link](#) for bookings.

14. **VIEW Women Ageing Well, VIEW Club of Marion**

**20 September**, 11:00am-2:00pm, The Junction, 470 Anzac Highway, Camden Park

Monthly meeting, lunch and speaker/activity for women aged 60 and over.  
Cost: \$30.00 for lunch. To book contact Pauline Glover 0408 410 010

VIEW stands for the Voices, Interests, Education of Women.

VIEW is a leading women's national volunteer organisation, providing the opportunity for women from all walks of life to meet regularly, establish lasting friendships and help disadvantaged Australian children through supporting the work of children's charity, The Smith Family. Driven by the mission of creating social change in Australian communities, VIEW empowers women to have their voices on issues of importance for the future wellbeing of Australian society.

15. **Students imagining their future, Seaford Secondary College**

**23-25 September**, Seaford.

Students will undertake a classroom activity to prompt conversations about their future and will provide feedback on what they think will support them to live and age well.

Seaford Secondary College supports intergenerational activities and will provide free tickets to the Year 12 drama production, to local aged care residents.

16. **Senior Social Extravaganza, Woodcroft Morphett Vale Neighbourhood Centre**

**1-4 October**, 11:00am-2:00pm, Woodcroft Morphett Vale Neighbourhood Centre, 175 Bains Road Morphett Vale

During the Week of Ageing Well the Centre will be running a variety of activities that support positive ageing. There will be Devonshire morning tea, speeches, lunch, intergenerational games, come and try activities, wellbeing, and self-care activities.

Program of activities and schedule will be posted on Woodcroft Morphett Vale Neighbourhood Centre social media and [website](#).  
\$5.00 will cover lunch. To book: 8384 0070.

17. **Coffee Connections Stay n Play, Coromandel Community Centre**

**1 October**, 1.00pm-3.00pm, 442B Main Road, Coromandel Valley

Bring a friend, or attend to meet others, the Coffee Connections, Stay n Play event.

Stay for a free coffee and have fun trying table tennis or adult art.

Free event. For more information: Phone 08 8370 6880 or visit the [webpage](#).

18. **Ladies Dance / Games Night #2, Junction Community Centre**

**27 September**, 6:00pm-10:00pm, Junction Community Centre, 2A May Terrace, Ottoway  
A fun, informal dance, and games night for women.

Cost \$5.00 per person plus please bring a plate of food to share.  
Bookings essential: 8341 1334.

There may be a theme (e.g., costume) for the night so keep an eye on the [Junction Community Centre Facebook](#) page for a flyer/more detail.

19. **Sitting and Standing – Wellness, [Junction Australia](#)**

**3 October**, 10.00am, Kangaroo Island Community Centre, 16 Telegraph Road, Kingscote

Sitting and Standing – Wellness, test and try for free.

Connection and community are essential to well-being. Getting together with likeminded people, catching up with old friends, having conversations about things that matter.

Free event. All ages - all welcome.

20. **[Senior Self-defence](#), Town of Walkerville**

**3 October**, 10:00am-11:00am, Town Hall, Town of Walkerville, 66 Walkerville Terrace, Gilberton

Learn the basics of senior self-defence and develop confidence and awareness around wellbeing.

Cost \$5.00 per person. Click [this link](#) for bookings and more information.

21. **[Navigating In-Home Aged Care - Webinar](#), In My Place SA**

**1 October**, 10.00am, Online webinar

Navigating In-Home Aged Care: Understanding the System and Getting Care in Place.

Supporting people and/or carers to navigate the in-home aged care system and improve their understanding so that they can make informed decisions about their care.

Free webinar. Booking required, reserve your place via [webinar signup](#).

22. **[Happy Balance – Happy Life](#), The Body Philosophy/Living Choice**

**1 October**, 1.30pm – 3.30pm, Living Choice, 123 Fisher Street, Fullarton, SA 5063

Discover the ultimate fusion of wellness, balance, body, and massage at this groundbreaking event! Join others and explore the powerful convergence of therapies, that enhance your quality of life.

Free stuff and special packages available on the day. Don't miss this vibrant event.

Cost \$5.00 at the door. For more information [visit this link](#).

23. **[Coffee Connection](#), [Overseas Chinese Association of SA](#)**

**1 October**, 11.00am-1.00pm, 110 Crittenden Road, Findon

People are welcome to join and share a cup of coffee and chat to each other. It is a good opportunity to meet new friends and build your social connection with each other.

Free event. For more information: Phone 08 8445 7355.

24. **[Bee Hotels and Native Bees](#), Gawler Environment Centre**

**1 October**, 1.00pm-3.00pm, 8 Main North Road, Gawler

Join Jenny Deans for a colourful presentation about local native bees, and a hands-on community bee hotel building workshop.

You will discover:

- what native bees look like
- the role of native bees in conservation and food security

- what native bees need to thrive
- top tips to attract and care for native bees in your backyard

You will build a bee mini-hotel from recycled materials (to take home) and contribute to installation of bee hotels at Gawler Environment Centre.

Cost \$5.00, view further information [here](#) or bookings via [Humanitix](#) or call 8524 6265 / email: [coordinator@gawlerenvironmentcentre.org.au](mailto:coordinator@gawlerenvironmentcentre.org.au)

25. **[Technology and your health](#) – Webinar, eSafety Commissioner**  
**1 October**, 2.30pm (ACST), online

Want to learn how technology can help with your health and fitness? Register for a free 'Technology and your health' live stream presentation for older Australians, hosted by the eSafety Commissioner as part of the Be Connected initiative.

Free webinar. [Register now](#) to book your spot.

26. **[Managing your emails safely](#) – Webinar eSafety Commissioner**  
**3 October**, 2.30pm (ACST), online

Register for a free 'Managing your emails safely' live stream presentation for older Australians, hosted by the eSafety Commissioner as part of the Be Connected initiative.

Free webinar. [Register now](#) to book your spot.

27. **[Come and Try Croquet](#), Tea Tree Gully Croquet Club**

**4 October**, 1.00pm-3.30pm, corner of Barracks Road and Grand Junction Road – enter the carpark off Barracks Road

Tea Tree Gully Croquet Club invites over 60's to a free afternoon of Croquet.

No experience needed just come and have fun. All equipment and instruction provided along with a yummy afternoon tea.

Free event. Book via [this link](#).

28. **Live Music and Service Provider Expo, [Community Housing Limited](#)**  
**3 October**, 12.00pm, 11-15 Heritage Court, Oakden

Are you keen to connect with likeminded peers over a FREE BBQ lunch and to sing and dance along to memorable hits from over the decades? Greg Hart will be performing live, and he will have you toe tapping and clapping in no time.

In addition, experience a service provider expo with activities to engage in and information about meaningful and fun things to add to your life, these include:

- City of Port Adelaide Enfield Council
- Australian Red Cross
- SA Police
- Technology for Ageing and Disability (SA) inc
- Uniting SA
- Believe Housing
- ACH Group SkyLight



- Allsorts of Entertainment
- North East Community House
- Aboriginal Community Housing Limited
- Carers SA

Free event. RSVP by calling 08 8210 0200 or email [infos@chl.org.au](mailto:infos@chl.org.au).

29. **International Day of Older Persons Celebration, City of Onkaparinga**

**1 October**, 12.00pm-2.30pm, Elizabeth House Positive Ageing Centre, 112 Elizabeth Road, Christie Downs

An opportunity to come together and celebrate International Day of Older Persons with a two-course lunch, afternoon tea and entertainment with the Shedtastics.

Cost \$7.00 per person. Bookings essential: 8384 5170

30. **Virtual Reality Explained and Experienced, City of Salisbury**

**2 October**, 10.00am-12.00pm, The Mawson Centre, 2-8 Main St Mawson Lakes

Don't think Virtual Reality programs are all noisy games and only for the young. Come have a cuppa and a chat and try Virtual Reality equipment in a comfortable environment with our resident expert Austin. He will show you how the VR works and give you a taster/demonstration of how it can work for you and how much fun you can have with it.

Free event. You can attend for an hour or 15 minutes between 10.00am-12.00noon, just enough time to learn what it's all about.

31. **Come and Try Bushwalking, Retire Active SA Bushwalkers**

**2 October**, 9.30am-1.30pm, Crafers

Join others in nature and try bushwalking. No cost. No age limit, but our Retire Active SA Bushwalkers club is comprised of people mostly over 50 years.

Bring your own morning tea and lunch, and adequate water. Wear suitable walking shoes, hiking boots and appropriate clothing including a hat.

2 October, Crafers: Up to 12km with some steep sections.

Phone Suzie 0439 831 057 for more details.

*1/2 events*

32. **Come and Try Bushwalking, Retire Active SA Bushwalkers**

**6 October**, 9.45am-12.30pm, Windsor Gardens (Torrens Linear Park)

Join others in nature and try bushwalking. No cost. No age limit, but our Retire Active SA Bushwalkers club is comprised of people mostly over 50 years.

Bring your own morning tea and lunch, and adequate water. Wear suitable walking shoes, hiking boots and appropriate clothing including a hat.

6 October, Windsor Gardens: Fairly easy flat walk of 8.3km.

Phone Bruce 0490 833 282

*2/2 events*



33. **Singing For Fun, [Ink Pot Arts](#)**

**30 September, 1.30pm-2.30pm**, Eldercare Sash Ferguson Nursing Home, 8 Fletcher Road, Mount Barker

The members of "Singing For Fun" (an Ink Pot Arts program) will share their own special brand of fun and laughter with the residents of Sash Ferguson in the form of a singalong to songs from the 50s, 60s and 70s.

Due to space restrictions this event is open only to Sash Ferguson residents and their families.

34. **Community Concerts, Chamber Music Adelaide**

**1-3 October**, various events held at different locations.

Free chamber music concerts in community centres across Unley and Onkaparinga Councils.

**1 October, 2.00pm Aberfoyle Community Centre, Aberfoyle Park.**

**Phone: 8488 2035**

2 October, 11.00am, Clarence Park Community Centre, Black Forest.

Intergenerational concert

Phone: 8293 8166

3 October, 1.00pm, Wakefield House Positive Ageing Centre, Morphett Vale.

Phone: 8384 6158

Free events. Visit Chamber Music Adelaide [website](#) for information about each concert.

*1/3 events*

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Free events. Visit Chamber Music Adelaide [website](#) for information about each concert.

*3/3 events*

**37. Community Garage Sale, Walkerie Community Senior Citizen's Home Inc / [Warrawee Lodge](#)**

**12 October**, 10.00am-2.00pm, Priscilla Jaeschke Park, Rotary Drive, Waikerie

Get out and enjoy the Community Garage Sale.

All proceeds go towards equipment for Lifestyle Activities at Warrawee Lodge, for residents and the wider community.

Sausage sizzle \$2.50, soft drink cans \$2.00, bottled water \$3.00 and tea and coffee \$2.50.

*1/5 events*

**38. Week of Ageing Well Activities Program, Walkerie Community Senior Citizen's Home Inc / [Warrawee Lodge](#)**

**1-4 October**, various activities, Warrawee Lodge, 53 Elders Way, Waikerie

**1 October, 1.30pm, Presentation by Komplete Care Home Care Packages**

2 October, 10.00am, Indoor Bocce

3 October, 11.00am, Diamond Art Christmas Ornaments

4 October, 2.00pm Performance by Peter Santella. Afternoon tea supplied after performance.

All activities are free, all welcome.

*2/5 events*

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*3/5 events*

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4 October, 2.00pm Performance by Peter Santella. Afternoon tea supplied after performance.

All activities are free, all welcome.

*4/5 events*

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3 October, 11.00am, Diamond Art Christmas Ornaments

**4 October, 2.00pm Performance by Peter Santella. Afternoon tea supplied after performance.**

All activities are free, all welcome.

*5/5 events*

42. **[Week of Ageing Well Event Series](#), The Hut Community Centre**

**30 September – 4 October**, Various events, The Hut Community Centre. 1 Euston Road Aldgate

Join The Hut for an engaging week of events for everyone in the Adelaide Hills Community!

Events include:

- **A Lovely Brunch, 30 September, 11.00am-1.00pm**
- Lunch and Craft at The Hut, 2 October, 12.00pm-2.00pm
- Cooking with Friends, 3 October, 10.30am-1.30pm
- Information Session: Advance Care Directives and Bank SA Fraud and Scams, 4 October, 9.30am-2.00pm

View more information about each event via the [events page](#). Bookings essential.

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46. **Come and Try Walking Football, Walking Football Adelaide**

**1 October, 6:00pm, Burragah Recreation Centre, 140 Kelly Rd, Modbury North**

**2 October, 9:30am, Noarlunga Recreation Centre, 13 Seaman Rd, Noarlunga Centre**

Come and Try Walking Football, first game free.

Modified rules, 6 a side games aimed at the over 50s, 60s and 70s. Noarlunga games better suited for older and experienced players, Burragah for new players and women, Hallett Cove and Lightsview suitable for all including first time players. Just turn up with trainers!

All information including rules and pictures / videos available on the Walking Football Adelaide [website](#) and Facebook [page](#).

*1/2 events*

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All information including rules and pictures / videos available on the Walking Football Adelaide [website](#) and Facebook [page](#).

*2/2 events*

48. **Week of Ageing Well Celebration and Adult Safeguarding Unit 5 Year Anniversary Morning Tea, Office for Ageing Well**

Office for Ageing Well will come together to kick off the Week of Ageing Well and celebrate 5 years of the incredible work by the Adult Safeguarding Unit and Office for Ageing Well.

Staff will be invited to share something that supports them to age well. This will be written on a post it note and displayed in the foyer of Citi Centre, to encourage others in the building to share their ageing well views.

49. **[Intergenerational Storytime, Mount Gambier Library](#)**

**1 October**, 10.30am, Mount Gambier Library, 6 Watson Terrace, Mount Gambier

Celebrate the Week of Ageing Well with a special Storytime event. Bring along a grandparent or special older person in your life to enjoy Storytime with you!

Storytime not only includes a story from our children's collection but also a craft or activity to extend the storytelling experience. Taking place in our magical Children's Cave/ Yulangu Kanapinan, the first of its kind in South Australia, it's the perfect place to start your little bookworms lifelong love for reading.

Free event. No bookings required. For more information visit the [event page](#).

50. **[Introduction to Mah-Jong, Mount Gambier Library](#)**

**3 October**, 12.00pm – 2.30pm, Mount Gambier Library, 6 Watson Terrace, Mount Gambier

Celebrate the Week of Ageing Well by bringing along a friend and learning to play Mah-Jong at this beginner's session. All skill levels and experience welcome.

Free Registration required via the [event page](#).

51. **[Fitter for Life, Tea Tree Gully Gymsports](#)**

**1-4 October**, various times, 88 Elizabeth Street, Banksia Park

There is substantial evidence indicating that staying active as we grow older can support longer independence and enhance overall quality of life. Free class trials, during South Australia's Week of Ageing Well, for the over 55s are designed to be enjoyable while focusing on essential skills such as balance, strength, flexibility, and aerobic fitness.

Tea Tree Gully Gymsports will tailor your program to your level of ability.

Free classes:

**1 October, 9.00am-10.00am**

2 October, 9.00am-10.00am

3 October, 1.00pm-2.00pm

4 October, 10.00am-11.00am

Book via the [event page](#).

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There is substantial evidence indicating that staying active as we grow older can support longer independence and enhance overall quality of life. Free class trials, during South Australia's Week of Ageing Well, for the over 55s are designed to be enjoyable while focusing on essential skills such as balance, strength, flexibility, and aerobic fitness.

Tea Tree Gully Gymsports will tailor your program to your level of ability.

Free classes:

1 October, 9.00am-10.00am

2 October, 9.00am-10.00am

**3 October, 1.00pm-2.00pm**

4 October, 10.00am-11.00am

Book via the [event page](#).

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55. **Community Morning Tea, City of Prospect**

**4 October, 10.30am-11.45am**, Nailsworth Community Hall, 31 D'Erlanger Avenue

Drop in for a free light morning tea and enjoy conversations over coffee with neighbours, friends, and family.

Everyone welcome, no bookings required. Enquires at 8342 80914.

