

TURN  
ME  
OVER



# CARE & SHARE

AT TRINITY

## Senior Social Activities Program

Care and Share at Trinity provides a social activities program for people living at home in the Inner-South/ Eastern Adelaide Metro area. To attend you need to be 65 years or older, or 50 years or older if you identify as an Aboriginal or Torres Strait Islander.

We invite you to visit, enjoy a meal and activities with us and see for yourself how enjoyable a day at Care & Share can be. Bring a friend and join in the fun. See our current program on the back of this brochure.

**Please call Janine to book your FREE trial today on (08) 8276 1144.**



### Open Hours

Monday, Wednesday, Thursday and Friday  
from 9.30am to 2.30pm

Closed Tuesday, Saturday and Sunday

### Find us

8a Bedford Square, Colonel Light Gardens,  
South Australia 5041

### Call us

Telephone: (08) 8276 1144

### Website

[www.careandshare.org.au](http://www.careandshare.org.au)

Although funding for Community Wellbeing services has been funded by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

EAT • TALK • BELONG

Activity	Time	Details
Conversations with Friends	Monday, Thursday and Friday 9.30am to 11am	Come along to meet new friends, have a laugh, enjoy a cuppa and morning tea. We normally have a weekly catch up discussion and a topical discussion of interest.
Wellbeing exercise: chair-based exercise and walking	Monday, Thursday and Friday 11am to 12pm	Exercise and improve your fitness in a fun and social environment. We have chair-based exercises, light weights and stretching exercises. Other activities include interactive carpet bowls, bocce, games, or a gentle walk outside if the weather is permitting.
Knitting Group	Wednesday morning 9.30am to 12pm	Come along and practise your knitting skills to make your own scarf, blanket or teddy bear. You may like to join in and make squares to be made into rugs to be given to those in need.
Board Games	Wednesday morning 9.30am to 12pm	We have variety of board games on offer. Come along and join in the fun and laughter. Enjoy Rummicubs, Scrabble and others games.
Handicrafts	Wednesday morning	Bring along your own projects and join in the conversation.
Morning Quizzes	Monday, Thursday and Friday 9.30am to 11am	Test your knowledge. Get your brain ACTIVE. Learn something new and enjoy a cuppa.
Social Lunch	Monday, Wednesday, Thursday and Friday 12:00pm	[2 course meal and a drink] We offer a choice of 2 meals or a sandwich, dessert or fruit. Also we can cater for specific dietary requirements.
Choose your activity!	Monday, Wednesday, Thursday and Friday 12.45pm to 2.30pm	We have choice of activities for you, including board games, bingo, quizzes, memory games, cards, conversation. Come along and have some fun with a warm cuppa.
Social Bingo	Monday, Thursday and Friday afternoon	Come along and have fun. Try your luck.
Water colour painting	Thursday afternoons 1.00pm - 2.30pm	Do you like painting or want to learn how to paint? Come along and explore different art mediums and meet new friends with the same interest.
Cost per day: including lunch	Subsidised rate with a referral from Myagedcare. Part days available. Transport assistance may also be available at an additional cost. For those who wish to attend and are currently receiving a Home Care Package (HCP), the daily attendance cost will need to be discussed with the Program Manager.	
Extra Information	We offer occasional bus trips and regular newsletters to keep you informed with relevant information.	