

Region: Metropolitan South

Outlet: Resthaven Onkaparinga Community Services

Exercise Groups

Exercise groups run by Resthaven are focused on improving strength, fitness and balance, and can be tailored to your individual needs.

Social Groups

Keeping socially active helps to maintain mental health and wellbeing. By joining one of Resthaven's Social Groups, you will have the opportunity to meet new people, go on outings, and enjoy the activities you love with like minded people.

Respite – Day

Resthaven's day respite groups include respite clubs, small group respite, respite for working carers, or extended day respite. All respite groups have a social focus.

Respite – Weekend Retreat

Holiday house accommodation at Aldinga Beach. Staff onsite 24 hours / day during your stay. Time can be spent with or without carer. Three consecutive nights – mainly weekend but weekdays may also be organised.

Activity Description

Moana Mews Movers

Gentle exercise group to maintain strength and flexibility and improve balance. Held at Moana.

Ladies Afternoon Group*

An afternoon of social activities, quizzes, games and pampering. Meets on 2nd Tuesday of the month. Held at Colonnades.

Out and About Group*

Social group including outings and information. Additional cost for any externally provided activities. Meets on 1st Wednesday of month. Various venues.

Bus Outings*

Quarterly outings - includes scenic outings and concerts. Cost includes transport from home to bus collection point. If lunch is part of activity, an additional cost to external provider will be responsibility of client on the day.

**May include additional costs.*

Arthritis Group

Exercise, support, education and social activities for clients with arthritis or related conditions. Meets on last Wednesday of month. Held at Christies Beach.

Keep Active Group

Social activities and light exercise. Held at Morphett Vale.

Referral may be required to attend an activity.

Resthaven Onkaparinga Community Services can help facilitate your **My Aged Care** application.

Transport may be available to and from activities. Please enquire.

Most social/respite groups include morning tea and/or lunch and/or afternoon tea.

Activity timetable may vary depending on demand. Please confirm details with Resthaven Onkaparinga Community Services.

Please contact Resthaven Onkaparinga Community Services on 8307 3700, or email onkcs@resthaven.asn.au for more information or to make a booking.

Tuesday	
10.00 – 11.45	Moana Mews Movers
1.30 – 3.30	Ladies Afternoon Group* (meets monthly)
Wednesday	
12.00 – 2.00	Out and About Group* (meets monthly)
12.45 – 3.00	Arthritis Group (meets monthly)
Thursday & Friday	
9.30–4.00	Respite: Day (Outings to various venues)
Saturday & Sunday	
24 hours	Respite: Day and / or Overnight
Day varies	
10.00 – 4.00	Bus Outings* (meets quarterly)