

Mount Barker Community Centre partnership

Mount Barker District Council have partnered with the Mount Barker Community Centre to deliver fitness and wellness programs as listed below:

- Craft
- Indoor Pétanque
- Exercise, Yoga and Tai Chi
- Strength for Life
- Workshops & Information sessions

Transport is not available through Social Options for any activities at the Community Centre.

The Mount Barker Community Centre is located at 3 Dumas Street, Mount Barker. It is next to the Mount Barker Community Library.

Mount Barker Community Centre: 8391 2747

What other Community activities are there?

The 'What to do in the Mount Barker District for Seniors' booklet contains details of independently run local groups, clubs and activities.

Contact Social Options if you would like support to initially connect to a community group.

Contact our Community Programs team



8391 7234



communityprograms
@mountbarker.sa.gov.au

If you are a person who is deaf, hard of hearing or have a speech impairment, contact us through the National Relay Service
accesshub.gov.au

An Australian Government Initiative
Supported by the Department of Health,
Disability and Ageing.

www.health.gov.au

Disclaimer: Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



MOUNT BARKER
DISTRICT COUNCIL

Social Options



What is Social Options?

The program encourages our members to remain socially connected whilst supporting their health and wellbeing.

Being connected is important, as statistics show that social participation benefits cognitive and mental health.

Am I Eligible?

Social Options Program activities are funded by the Commonwealth Home Support Program (CHSP).

You may be assessed as eligible if you are:

- 65 years or older
- 50 years or older if Aboriginal or Torres Strait Islander
- Live within the Mount Barker District Council area
- Are experiencing social isolation or other factors that impact your social wellbeing

Contact My Aged Care on 1800 200 422 for an assessment. If you are eligible, you will be provided with a referral code for Social Support and Community Engagement.

Once you have the referral code contact the Social Options Coordinators on 8391 7234.

Once registered, a monthly calendar of activities will be sent to you which outlines the booking requirements and costs involved. All activities require full independence.

What activities are there?

Activities are planned that support connection and interest.



Coffee Clubs:

Enjoy a coffee, sweet treat and a friendly chat with other members at local venues

Wallis Movie Days:
Enjoy a new release or classic movie followed by a group lunch at Oak & Iron, Auchendarroch House.



Intergenerational Connections:

Engage in activities with children from a local Early Learning Centre.

Walk in the Park:
Enjoy local walks around Mount Barker paths and trails. All levels of fitness welcome.



Lunch & Chat:

Stay connected with others whilst enjoying a meal. An outing opportunity in the hot summer or cold winter weather.

Bus Trips:

These full day trips provide a great opportunity to create shared memories and experience different locations.



Ladies Day Out / Barker Blokes:

Group activities to places of interest with the opportunity to engage with others.

Living Well Information Sessions:

Guest speakers are invited to share their skills and knowledge on specific topics. Sessions are followed by afternoon tea.

