

LET'S SWIM

WHERE:

The Parks Recreation
and Sports Centre - YMCA

46 Cowan Street,
Angle Park SA 5010

WHEN:

Third Thursday of each month

TIME:

7pm – 8pm

PROGRAM:

If you are 50+ years of age, interested in swimming activities, want to improve your health and wellbeing, please join us!

COST: \$5.00 per person

You are very welcome to join us!

POLISH ACTIVE SENIORS PROGRAM (PAS)

Polish Active Seniors is one of the programs run by the Polish Federation, funded by the Office of the Ageing, SA Health.

Programs that are run by the Federation of Polish Organisations in South Australia:

- Home Care Packages (HCP)
- Polish Active Seniors Program (PAS)
- Carers & Seniors Information Sessions

CHSP Programs:

- Polish Meals Program
- CHSP Social Support Groups
- Flexible Respite - Care Relationships and Carer Support
- Polish Social Support Services Program (PSSS) - transport and social support individual



POLISH ACTIVE SENIORS PROGRAM (PAS)

Federation of Polish Organisations in SA Inc.

230 Angas Street,
ADELAIDE SA 5000

Ph: (08) 8232 1464,

Fax: (08) 8232 2714

Email:

pas@polishfederation.org.au



MOVIE MORNING

WHERE:

Copernicus Hall
260 Grand Junction Road,
Athol Park SA 5012

WHEN:

1st Friday of each month

TIME:

10.30am – 12.30pm

PROGRAM:

Screening of Polish movies

COST: \$2.00 per person (room hire fee)

GROUP READING TOGETHER

Copernicus Hall
260 Grand Junction Road,
Athol Park SA 5012

WHEN:

1st and 2nd Tuesday of each month

TIME:

10am-12pm

PROGRAM:

Friendly group for Polish speaking community to come together and share conversation about books ,polish political and more .The classes are held in the Polish library with the possibility of renting books

ART & CRAFT

WHERE:

Copernicus Hall
260 Grand Junction Road,
Athol Park SA 5012

WHEN:

2nd and 4th Friday of each month

TIME:

10am – 12pm

PROGRAM:

Craft activities: crochet and knitting, post cards, decorations, glass painting and many more. An interesting craft, skill and friendship sharing group.

COST: \$2.00 per person (room hire fee)

COOKING CLASS

WHERE:

Copernicus Hall
260 Grand Junction Road,
Athol Park SA 5012

WHEN:

Last Thursday of each month

TIME:

12pm – 3pm

PROGRAM:

Cooking class is the project promoting regional and traditional Polish recipes. The main goal is to transfer knowledge regarding the use of regional, and traditional products to create polish meals.

COST: Gold Coin Donation

ACTIVE AGEING I & ACTIVE AGEING II

WHERE:

The Arch Paterson Community Centre
64 Blight Street,
Ridleyton SA 5008

WHEN:

Active Ageing I: Every Monday
Active Ageing II: Every Tuesday

TIME:

Active Ageing I: 10am – 1pm
Active Ageing II: 2.30pm – 4.30pm

PROGRAM:

A structured program of gentle physical and mental activities promoting and improving over-all fitness, alertness and independence of aged persons.

COST: \$2.00 per person (council fee)

Refreshments provided

POLISH FEDERATION CAN HELP

YOU WITH TRANSPORT

TO OUR ACTIVITY GROUPS

(ELIGIBILITY CRITERIA APPLY)