



**SAMARINDA**  
*locals for locals*

## COMMUNITY



### **SOCIAL SUPPORT**

*For more information contact*

*296 High Street, Ashburton*

*Tel: 1300 591 464*

*social@saas.org.au*

*www.samarinda.org.au*

*50 years of service to the  
local community*

# SOCIAL SUPPORT

We see our community centre at 296 High St Ashburton as an inclusive 'Social Hub', operating Monday to Friday for people living in the local community and looking for social connections, exercise programs and recreational activities.

The program is flexible and responsive to changing needs and is committed to maintaining opportunities for a wide range of cultural and interest groups.

## *Exercise programs include:*

Gentle Exercise Classes, Zumba Gold, Line Dancing, Steady on Your Feet, Qi Gong (Tai Chi), Walking Group

## *Recreation and social groups include:*

Scrabble, Crossword Challenge, Table Tennis, Sewing Group, Knitting, Art, Entertainers and Guest Speakers, Man Friday Club, Daily Meals and Coffee Club, Chinese Fellowship Group, Vietnamese Cultural Group, English Language Class, Bus Excursions, Card Games.

Call in and visit the 'Social Hub' or give us a call. There is something for everyone and always room for one more!

## *Social Support*

An important aspect of the 'Social Hub' is our Social Support Program, which is subsidised by the Australian Government and aims to reduce social isolation for older people in the local community.

Our professional staff and dedicated volunteers can assist you with: transport to participate in activities of interest, attend a social group meal, gardening support, join a bus outing group and even connect you to other services if required.



**SAMARINDA** *locals for locals*