



# ARPA Active Over 50's Group Information Sheet - 2019

(See updates at: [www.arpaactiveover50s.com.au](http://www.arpaactiveover50s.com.au))

Keep this sheet to reference all your ARPA contacts

(Coordinators: please advise of any changes)

Regional Group	Venue	Day/Time	Contact	Phone
<b>Adelaide ARPA Office</b>	Level 4 / 25 Leigh Street Adelaide	various activities	<b>Reception</b>	<b>8211 9711</b>
<b>Athelstone</b>	Athelstone Football Clubrooms George St. (Lower Athelstone Rd) Paradise	Mondays 10am - 3pm	<b>Jan Bob</b>	<b>8362 5194 0419 806 246</b>
<b>Blackwood</b>	Blackwood Football Clubrooms Trevor Terrace, Blackwood	Wednesdays 9.30am - 2pm	<b>Brian</b>	<b>8327 1247</b>
<b>Broadview</b>	Enfield Community Centre 540 Regency Road, Broadview	Fridays 9.30am - 2.30pm	<b>Terry Glenda</b>	<b>0407 788 354 8262 6889</b>
<b>Fleurieu</b>	Port Elliot Institute Hall, The Strand, Port Elliot	Monday 9.30am - 3pm	<b>Colleen Ingrid</b>	<b>8552 7589 0497 695 755</b>
<b>Gawler</b>	South Gawler Football Clubrooms Dawson Road, Evanston	Wednesdays 10am - 2.30pm	<b>Rachelle June</b>	<b>0408 848 605 8522 5596</b>
<b>Golden Grove</b>	Campania Sports & Social Club 5 Famechon Crescent, Modbury North	Thursdays 10am - 3pm	<b>Ray Kaylene</b>	<b>7007 2445 8288 1567</b>
<b>Klemzig</b>	Klemzig Community Hall Klemzig Recreation Ground, North East Road, Klemzig	Wednesdays 10am - 2.00pm	<b>Adi Margaret</b>	<b>8289 2103 8342 3480</b>
<b>Largs Bay</b>	Largs Bay RSL Hall, 17 Carnarvon Terrace, Largs North	Thursdays 10.30am - 2.30pm	<b>Connie Colin</b>	<b>8248 6091 8449 7695</b>
<b>Magill</b>	137-139 Montacute Road, Campbelltown	Wednesdays 10am - 2.30pm	<b>Janice John</b>	<b>8365 9908 8336 4543</b>
<b>Modbury North</b>	Burrageh Centre, 140 Kelly Road, Modbury North	Fridays 9.00am - Noon	<b>Caterina David Brenda</b>	<b>0401 057 524 0414 293 726 0438 190 845</b>
<b>Nailsworth</b>	Nailsworth Community Hall 31 Derlanger Avenue	Tuesdays 10am - 3pm	<b>Colleen</b>	<b>8260 5430</b>
<b>Rose Park</b>	Gartrell Memorial Hall Cnr Prescott Tce & Grant Avenue	Tuesdays 9.30am - 2.30pm	<b>Una</b>	<b>8336 5767</b>
<b>Seaford/Moana</b>	Neighbourhood Centre, Beechwood Grove, Seaford	Wednesdays 9.30am - 2.30pm	<b>Peter</b>	<b>8382 1592</b>
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Activity Group	Venue	Day/Time	Contact	Phone
<b>ARPA Radio Players</b>	Mile End Church of Christ Hall 1 Danby Street, Torrensville	Rehearsals Mondays 10am - 1pm. Performances by request at your venue	<b>Liz Mary</b>	<b>8376 9090 8443 6018</b>
<b>Art Appreciation</b>	Art Gallery of South Australia	Second Thursday or Fourth Monday	<b>Janet (Thur) Cathy/Noel (Mon)</b>	<b>8235 0113 8355 1554</b>
<b>Backyard Fruit &amp; Vegetable Gardening</b>	Various locations around Adelaide and suburbs	2nd Thursday each month at 1pm	<b>Rob Bill</b>	<b>0458 959 018 8431 4371</b>
<b>Badminton</b>	Burrageh Centre, 140 Kelly Road, Modbury North	Fridays 9.00am - Noon	<b>Caterina David</b>	<b>0401 057 524 0414 293 726</b>
<b>Bolivia/Canasta</b>	ARPA Office Level 4, 25 Leigh Street Adelaide	Fridays 10am - 12.45pm	<b>Geoff</b>	<b>0413 523 007</b>
<b>Book Discussion Group</b>	ARPA Office Level 4, 25 Leigh Street Adelaide	First Friday of the month (ex- cept Jan.) at 1pm. See: www. arpaactiveover50s.com.au	<b>Iris</b>	<b>8269 2148</b>
<b>Bush Band</b>	Eastwood Community Centre 95 Glen Osmond Rd Eastwood	2nd & 4th Tuesday of month 1.30pm.	<b>Jo</b>	<b>8261 9056</b>
<b>Bushwalking</b>	4 levels of walks offered each week at various locations in S.A. Plus inter- state & overseas walking	see Bushwalkers at www. arpabushwalkers.org.au	<b>Chris Valerie John</b>	<b>0435 805 223 8278 1562 8278 3091</b>
<b>Caravan Group</b>	Various locations in SA & beyond.	Link into our new website via www.arpaactiveover50s.com. au	<b>Peter</b>	<b>0412 842 713</b>
<b>Choir</b>	Theosophical Society Hall, 310 South Terrace	Thursdays 10.00am - 12noon	<b>Clare Bookings :</b>	<b>8297 3218</b>
<b>Computer Group</b>	ARPA Office. Level 4, 25 Leigh Street, Adelaide. See also: <a href="https://arpacomputergroup.wixsite/arpa">https:// arpacomputergroup.wixsite/arpa</a>	Third Friday each month at 11.00am. email: arpacomputergroup@gmail. com	<b>David</b>	<b>0417 822 560</b>
<b>Computer Training</b>	ARPA Office Level 4, 25 Leigh Street Adelaide	One-to-one training each Wednesday or Friday	<b>Sheila</b>	<b>8266 1964</b>
<b>Cycling Group</b>	Rides each Wednesday, various metro locations. Longer country rides also planned	see ARPA News for details or our website at <a href="http://arpacycling.wix.com/cycling">http://arpacy- cling.wix.com/cycling</a>	<b>Philip Bob</b>	<b>0408 841 141 0437 911 725</b>
<b>Dressmaking</b>	North Adelaide Croquet Clubrooms Prospect Oval	Thursdays 1.30pm - 4pm	<b>Rene</b>	<b>8266 6683</b>
<b>Deuces Wild (ARPA Blues Band)</b>	Gino: <a href="mailto:gino.saccone@flinders.edu.au">gino.saccone@flinders.edu.au</a> or Chris: <a href="mailto:chris.seajays@gmail.com">chris.seajays@gmail.com</a>	Available for bookings. Please email for enquiries or to book or see a band rehearsal.	<b>ARPA Office</b>	<b>8211 9711 message</b>
<b>500 (Five Hundred - cards)</b>	ARPA Office Level 4, 25 Leigh Street Adelaide. Currently each fortnight.	Thursday 1pm - 3.45pm Please phone before attending	<b>ARPA Office</b>	<b>8211 9711</b>
<b>Four Wheel Drive</b>	Various locations. See: <a href="http://www.users.tpg.com.au/arpa4wd">www.users. tpg.com.au/arpa4wd</a>	or see ARPA Groups at <a href="http://www.arpaactiveover50s.com.au">www. arpaactiveover50s.com.au</a>	<b>Keith Tony</b>	<b>8260 3230 8396 1682</b>
<b>Geocaching</b>	Various locations around Adelaide and suburbs	see ARPA Groups at <a href="http://www.arpaactiveover50s.com.au">www. arpaactiveover50s.com.au</a>	<b>Roger</b>	<b>8339 3791</b>
<b>Golf (18 Holes)</b>	Mixed competition on various links. Contact us at <a href="mailto:arpasagolf@gmail.com">arpasagolf@gmail.com</a> or see website at: <a href="http://arpagolfgroup.wix.com/golfgroup">http:// arpagolfgroup.wix.com/golfgroup</a>	Mondays 8.15am (if public holiday then Tuesday) Each Friday at 7.30am social golf at Patawalonga	<b>Wayne Jan</b>	<b>0418 818 172 0432 938 031</b>
<i>For changes to this schedule:</i>	<b>Please advise:</b> ARPA Active Over 50s Office - PO Box 8247 Station Arcade, Adelaide SA 5000	<b>Office Hours:</b> Tues - Fri 10am - 4pm or via email at : <a href="mailto:info@arpasa.asn.au">info@arpasa.asn.au</a>	<i>Phone</i>	<b>8211 9711</b>

<b>Golf (9 Holes)</b>	We play weekly at Regency Park. Please contact via arpasagolf@gmail.com	Meet Wednesdays 8am for 8:30 start	<b>Wayne</b>	<b>0418 818 172</b>
<b>Golf (Par 3)</b>	We play weekly on Mondays at various Par 3 links around the Metro area	Please phone Coordinator for details	<b>Bill</b>	<b>8272 3016</b>
<b>History Discussion</b>	ARPA Office Level 4, 25 Leigh Street Adelaide. See ARPA News for topics	We meet fortnightly on the 2nd and 4th Wednesdays of each month from 10am at ARPA	<b>Peter Cliff Dianne</b>	<b>0466 600 789 7231 0611 0401 586 039</b>
<b>Internet Training (including. email, skype, internet and computer images)</b>	ARPA Office Level 4, 25 Leigh Street Adelaide	Thursdays by appointment (Note: individual training)	<b>Richard ARPA Office</b>	<b>0412 723 789 8211 9711</b>
<b>IPAD Tablet Training</b>	ARPA Office Level 4, 25 Leigh Street Adelaide	Thursdays weekly by appointment (one to one training)	<b>Richard</b>	<b>0412 723 789</b>
<b>Keep Fit Group</b>	Burrarah Centre, 140 Kelly Road, Modbury North	Fridays 9.00am - Noon	<b>Caterina David</b>	<b>0401 057 524 0414 293 726</b>
<b>Lawn Bowls</b>	Trinity Gardens Bowling Club 30 Canterbury Ave Trinity Gardens	Wednesdays from 12:30pm	<b>David</b>	<b>0417 822 560</b>
<b>Mah Jong</b>	ARPA Office Level 4, 25 Leigh Street Adelaide	Tuesdays 1pm - 3.30pm	<b>Frances ARPA Office</b>	<b>8336 5819 or 8211 9711</b>
<b>Mobile Phone Training</b>	ARPA Office Level 4, 25 Leigh Street Adelaide	Thursdays weekly by appointment (one to one or small group training)	<b>Richard</b>	<b>0412 723 789</b>
<b>ARPA Orchestra</b>	Various local & intra-state venues	Rehearsals: Thursdays 10am - 12noon	<b>Bill</b>	<b>0407 710 957</b>
<b>Photography</b>	Various locations local and statewide. email: foster@adam.com.au	Field trips as advised in ARPA News	<b>Rod Milan</b>	<b>0408 258 919 8121 7046</b>
<b>Pleasure Fishing</b>	Various country coastal locations near Caravan Parks	Trips advised in ARPA News	<b>Paul/Jeanette Rae</b>	<b>0429 678 536 8295 5361</b>
<b>Snooker / 8-ball</b>	Various Metro locations (see legend on back page)	Weekdays various times available	<b>ARPA Office</b>	<b>8211 9711</b>
<b>Social Group</b>	Activities planned for various locations around metro & local country areas	Activities advised via the ARPA News. Suggestions welcome	<b>Dianne</b>	<b>0419 857 882</b>
<b>Spanish for Beginners</b>	ARPA Office Level 4, 25 Leigh Street Adelaide	Tuesdays 10am - 12 noon from April - November	<b>Gladys</b>	<b>0412 239 093</b>
<b>Table Tennis</b>	39a Windsor Avenue, Woodville Park	Mondays 8.30am - 12.15pm	<b>Dean Sandi</b>	<b>0414 968 341 0408 838 914</b>
<b>Tap Dancing &amp; Variety Concerts</b>	Enfield Community Centre 540 Regency Road, Broadview	Wednesdays 12.30pm - 3.30pm	<b>Lorraine</b>	<b>8269 3915</b>
<b>Tennis West</b>	Glenlea Courts Ferguson Avenue, Glenelg North	Mondays and Thursdays 8.30am - 1pm	<b>David Alison</b>	<b>8294 5642 0424 224 980</b>
<b>Tennis East</b>	Broadview Tennis Club Courts Myponga Terrace (off Collingrove Avenue), Broadview	Tuesdays and Thursdays 8.30am - 12.30pm	<b>Bill John</b>	<b>8267 6674 8261 3997</b>
<b>Texas Hold 'Em Poker</b>	ARPA Office Level 4, 25 Leigh Street, Adelaide	Thursdays 10am - 12.45pm	<b>John</b>	<b>0427 182 584</b>
<b>Train the Brain</b>	ARPA Office Level 4, 25 Leigh Street, Adelaide	3rd Monday each month 12.30pm - 2.30pm	<b>Elizabeth Lorraine</b>	<b>0438 843 066 0409 050 343</b>
<b>Weekly Walkers</b>	Various locations around City & Suburbs. See: <a href="http://adamsd1.wix.com/weekly-walkers">http://adamsd1.wix.com/weekly-walkers</a>	Wednesdays 9.45am lasting 1.5 -2 hrs.	<b>David</b>	<b>0408 297 050</b>