



# ARPA Active Over 50's

## Group Information Sheet - 2020

(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) – ARPA Office: 8211 9711

Our Regional Groups offer members a range of activities and events in a friendly, welcoming and club-like environment that is designed by its members to provide access to the activities they desire. Activities will change and grow over time as members express new interests.

Please contact the contact person of your nearest group or the group that is offering the activities that interest you most.

Adelaide ARPA Office	Level 4 / 25 Leigh Street Adelaide	various activities	ARPA Office	8211 9711
Blackwood	Blackwood Football Clubrooms Trevor Terrace, Blackwood	Wednesdays 9.30am - 2pm	Brian	8327 1247
Broadview	Enfield Community Centre 540 Regency Road, Broadview	Fridays 9.30am - 2.00pm	Terry Glenda	0407 788 354 0448 597 702
Fleurieu	Port Elliot Institute Hall The Strand, Port Elliot	Monday 9.30am - 3pm	Colleen Ingrid	0409 447 051 0497 695 755
Gawler	Elder Centre, 37 Fourteenth St Gawler	Wednesdays 10am - 2.30pm	Rochelle	0408 848 605
Klemzig	Klemzig Community Hall, 242 North East Road, Klemzig SA 5087	Wednesdays 10am - 2.00pm	John Harrison	0405 208 891
Largs Bay	Lefevre Uniting Church 63 Gedvill Road, Taparoo	Thursdays 10.30am - 2.30pm	Connie Colin	8248 6091 8449 7695
Modbury	Modbury North Badminton 140 Kelly Road Modbury North	Fridays 10am – 12pm	David Brenda	0414 293 726 0438 190 845
Nailsworth	Nailsworth Community Hall 31 Derlanger Avenue	Tuesdays 10am - 3pm	Anka	8269 4708
Rose Park	Gartrell Memorial Hall Cnr Prescott Tce & Grant Avenue	Tuesdays 9.30am - 2.30pm	Dianne	0411 532 893

Our Activity Groups offer Members opportunities to join others that share their interest in a particular Activity.

These Groups cater for members who wish to focus on a particular type of activity rather than on a range of activities that are available in the Regional Groups. Your membership of ARPA entitles you to join as many Activity Groups as you desire.

Members may form new Activity Groups (with the assistance of the ARPA Active Over 50s Office) and present groups may close as the interests of Members change – it is member driven.

Activity Group	Venue	Day/Time	Contact	Phone
Art Appreciation	Art Gallery of South Australia	Second Thursday 12.15 or Fourth Monday 10.15	Janet (Thur) Chris/Cheryl May (Mon)	8235 0113 8363 0171
Backyard Fruit & Vegetable Gardening	Various locations around Adelaide and suburbs	3rd Thursday each month at 1pm	Robin	0458 959 018
Bolivia/Canasta	ARPA Office Level 4, 25 Leigh Street, Adelaide	Fridays 10am - 12.45pm	Anne	0412 712 030
Book Discussion Group	ARPA Office Level Level 4, 25 Leigh Street, Adelaide	First Friday of the month (Except Jan.) At 1pm. See: <a href="http://www.arpaactiveover50s.com.au">www.arpaactiveover50s.com.au</a>	Iris	8269 2148
Bush Band	Eastwood Community Centre 95 Glen Osmond Rd, Eastwood	2nd & 4th Tuesday of month 1.30pm.	Jo David	8261 9056 8278 8608
Bushwalking	4 levels of walks offered each week at various locations in S.A. Plus interstate & overseas walking	see Bushwalkers at <a href="http://www.arpabushwalkers.org.au">www.arpabushwalkers.org.au</a>	Chris	0435 805 223
Caravan Group	Various locations in SA & beyond.	Link into our website via <a href="http://www.arpaactiveover50s.com.au">www.arpaactiveover50s.com.au</a>	Gail	0413 282 467
Choir	Theosophical Society Hall 310 South Terrace	Thursdays 10.00am - 12noon	Helen	8375 8817
Computer Group	ARPA Office Level 4, 25 Leigh Street Adelaide	Third Friday each month at 10.30am. email: <a href="mailto:arpacomputergroup@gmail.com">arpacomputergroup@gmail.com</a>	Lesley	0488 661 931
Cycling Group	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://arpacycling.wix.com/cycling</a>	Bob	0437 911 725
Deuces Wild (ARPA Blues Band)	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.	Gino Christopher	0432 640 869 0451 486 854
500 (Five Hundred) -	ARPA Office Level 4 Level 4, 25 Leigh Street, Adelaide. Currently each fortnight.	Thursday 12pm - 2.45pm Fortnightly from August 1, 2019 Please phone before attending	Riet	0459 023 632
Four Wheel Drive	Various locations. See: <a href="https://rjboth.wixsite.com/arpa4wd-group">https://rjboth.wixsite.com/arpa4wd-group</a>	or see ARPA Groups at <a href="http://www.arpaactiveover50s.com.au">www.arpaactiveover50s.com.au</a>	Keith Tony	8260 3230 0428 898 001
Golf (18 Holes)	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 7.00am social golf at Patawalonga	Wayne Jan	0418 818 172 0432 938 031
Golf (9 Holes)	We play weekly at Regency Park. Please contact via <a href="mailto:arpasagolf@gmail.com">arpasagolf@gmail.com</a>	Meet Wednesdays 8am for 8:00 start	Wayne	0418 818 172
Golf (Par 3)	We play weekly on Mondays at various Par 3 links around the Metro area	Please phone Coordinator for details	Bill	8272 3016
Mah Jong	ARPA Office Level 4 25 Leigh Street, Adelaide	Tuesdays 1pm - 3.30pm	Frances	0497 355 735
Orchestra	Rehearsals – Goodwood Community Centre	Rehearsals: Thursdays 10am - 12noon	Bill	0407 710 957
Radio Players	Mile End Church of Christ Hall 1 Danby Street, Torrensville	Rehearsals Mondays 10am - 1pm. Performances by request at your venue	Ian Sando John Graham	0427 791 441 0404 555 808

Photography	Various locations local and statewide. email: mbilek@bigpond.net.au	Field trips as advised in ARPA News	Rod	0408 258 919
Pleasure Fishing	Various country coastal locations near Caravan Parks	Trips advised in ARPA News	Paul/Jeanette	0429 678 536
Snooker / 8-ball	Various locations around Adelaide (see legend on back page)	Weekdays various times. Available at a number of Regional Groups	ARPA Office	8211 9711
Social Group	Activities planned for various locations around metro & local country areas. Contact by email: <a href="mailto:arpasoclgp@gmail.com">arpasoclgp@gmail.com</a> <a href="#">Group Info Sheet Dec</a>	Activities advised via the ARPA News. Suggestions welcome	Dianne	Contact by email
Table Tennis	39a Windsor Avenue, Woodville Park	Mondays 8.30am - 12.15pm	Ashley	0421 013 665
Tap Dancing & Variety Concerts	Enfield Community Centre 540 Regency Road, Broadview	Wednesdays 12.30pm - 3.30pm Beginners 11:30	Lorraine	8269 3915
Tennis West	Glenlea Courts Ferguson Avenue, Glenelg North	Mondays and Thursdays 8.30am - noon	David Alison	8294 5642 0424 224 980
Tennis East	Broadview Tennis Club Courts, Myponga Terrace (off Collingrove Avenue) Broadview	Tuesdays and Thursdays 8.30am - 12.30pm	Bill John	8267 6674 8261 3997
Tennis Linden Park	Courts : Unley & Burnside Council Area	Thursday 9:30am – 11:30am	Jim	8272 8884
Train the Brain	ARPA Office Level 4, 25 Leigh Street, Adelaide	3rd Monday each month 12.30pm - 2.30pm	Elizabeth Lorraine	0438 843 066 8278 6623
Weekly Walkers - Wednesday	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.	David	0408 297 050
Weekly Walkers – Thursday	Various locations around City & Suburbs	Thursday 9.45am - lasting 1.5 -2 hrs	Helen	0428 120 447

Training	Venue	Day/Time	Contact	Phone
Computer Training including: Internet, Email, Tablets, Mobile Phones. Also: Word processing, Filing, and photo management	ARPA Office Level 4 25 Leigh Street Adelaide	One-to-one training by arrangement	ARPA	8211 9711

## ARPA – Active over 50s

### REGIONAL GROUP ACTIVITY BY LOCATION

ACTIVITIES AND COSTS MAY VARY FROM TIME-TO-TIME - CHECK WITH THE GROUP COORDINATOR

REGIONAL GROUPS	Meeting Day	Card Games				Board Games						Sports							Social					Meeting cost				
		Bolivia/Canasta	Bridge	500/Whist	Other various	Scrabble	Dominoes	Triominoes	Mahjong	Rummikins	Upwords	Dancing & Line dancing	Keep Fit	Yoga/Tai Chi	Badminton	Indoor Bowls	Darts	Golf	Snooker &/or Pool	Walking	Table Tennis	Special Lunches	Bingo		Guest Speakers	Quizzes	Raffles / Trading table	Day & Lunch outings
Athelstone	Mon	●		●	●	●	●	●	●			●	●		●		●	●	●	●	●		●		●	●		\$3
Blackwood	Wed				●	●	●		●						●			●		●					●	●		\$2-5
Broadview	Fri	●			●	●		●	●						●	●		●		●	●				●	●		\$3
Fleurieu	Mon				●	●														●			●		●		\$2	
Klemzig	Wed	●			●	●					●	●	●		●			●	●	●	●		●		●	●		\$4
Largs Bay	Thurs	●			●				●	●					●						●		●		●	●		\$3
Modbury	Fri												●							●						●		\$4
Nailsworth	Tue	●		●																								\$3
Rose Park	Tue																			●								\$4