

Information Directory for Ageing Well in Unley



Positive Ageing

Table of Contents

Arts and Crafts – 4
Aged Care Homes and Retirement Villages – 6
Book Clubs – 12
Car Clubs – 13
Carers – 14
Churches – 16
Community Centres – 19
Community Sheds – 20
Cultural Groups – 21
Disability Support Services – 22
Faith Based Activities – 23
Fitness and Exercise – 24
Games Groups – 30
Gardening – 31
Library – 32
Local History – 33
Markets – 34
Meals – 34
Men's Groups – 35
Music – 36
Op Shops / Second Hand Goods – 37
Service Clubs – 38
Social and Activity Groups – 39
Special Interest Groups – 40
Sporting Clubs – 41
Support Groups and Services – 44
Technology Groups – 45
Volunteering – 45
Women's Groups – 46
Contact – 47

Looking after your body and mind can prevent many diseases and keep you healthy and happy as you age. Social activities can help you stay healthy and independent, getting out with others is key to improving health.

Below are some resources that can assist with positive ageing.

5 Way To Wellbeing; Connect, Be Active, Keep Learning, Be Aware and Help Others. Please see website for more details: 5waystowellbeing.org.au

Catalyst Foundation leading independent provider of free community information in SA.

Website: www.catalystfoundation.com.au

COTA (Council on the Ageing) SA is an inclusive older people's movement and the peak body representing the rights, interests and futures of and engaging with diverse South Australian's aged 50+.

Website: cotasa.org.au

LiveUp focusses on helping people stay independent through healthy ageing.

Website: liveup.org.au

My Aged Care is a free government service that provides information on Australian Government funded aged care services.

Website: myagedcare.gov.au

OPAN (Older Persons Advocacy Network) provides free, independent and confidential support to older people receiving government-funded aged care.

Website: opan.org.au


Aged Rights Advocacy Service (ARAS)- ARAS is a free, confidential service and provides advocacy assistance to support older people uphold their rights and responsibilities. The ARAS website provides more information about advocacy.

Telephone: (08) 8232 5377

Address: 175 Fullarton Road, Dulwich SA 5065

Email: aras@agedrights.asn.au

Website: sa.agedrights.asn.au



Seniors Information Service provides independent information, support and advice to older South Australians.

Website: catalystfoundation.com.au/ageing/seniors-information-service/

SA Adult Safeguarding Unit (ASU) Elder Abuse Prevention Phone Line- The Safeguarding Unit is empowered to act upon reports of abuse or neglect of adults who, through their health, life and or other circumstances, may be vulnerable to abuse or neglect.

Telephone: 1800 372 310
Monday to Friday, 9am to 5pm
Address: SA Office for Ageing Well
Email: adultsafeguardingunit@sa.gov.au

Elder Abuse 1800 ELDER Help (1800 353 374) is a free call phone number that automatically redirects callers seeking information and advice on elder abuse with the existing phone line service in their jurisdiction.

Uniting Communities Elder Abuse Unit

The Elder Abuse Unit provides information, support and legal advice to people who have been impacted by elder abuse. This free service is funded by the Federal Government and is available to people aged 65 years and over, living in metropolitan Adelaide.

Telephone: (08) 8342 1800
Location: 43 Franklin Street, Adelaide SA 5000
Email: elderabuseunit@unitingcommunities.org
Website: unitingcommunities.org/service/legal-services/elder-abuse

Aged Care Quality and Safety Commission- The Aged Care Quality and Safety Commission provides a free service to people receiving aged care services funded by the Australian Government, if they want to raise concerns about the quality of care or services they are receiving. The office encourages clients and/or carers, if comfortable, to resolve concerns directly with the provider, but provides support to resolve concerns when direct interaction has not been effective. The website provides useful information about how to make a complaint and the different ways.

Telephone: 1800 951 822
Address: GPO Box 9819 Adelaide SA 5000
Email: info@agedcarequality.gov.au
Website: agedcarequality.gov.au

What to do if you've been scammed

Even when armed with the best information, it's still possible to fall victim to a scam. To help minimise any further damage, follow these three simple steps:

1. Don't panic. Speak with your bank to cancel any affected cards or put your accounts on hold, and immediately change your passwords.
2. If you're concerned that you've been scammed or your personal information has been compromised in some way, please contact Australian Seniors on 13 13 43 immediately.
3. If you've suffered financial loss or your personal information has been compromised, you should log an incident with the Australian Cyber Security Centre or call their hotline on 1300 292 371. A list of resources, including recovery and counselling services, can be found on the Scamwatch website.

Arts and Crafts

Adelaide Potters Club

Pottery classes 4 times per week, members can exhibit and sell their work. Exhibitions are held at various times throughout the year, please see website for more details.

Address: 84 Edmund Avenue, Unley

Email: adelaidepotters@internode.on.net

Website: adelaidepottersclub.com

Friday Social Art Group

A welcoming and friendly group who get together weekly to paint and have a chat and a laugh. New members always welcome

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5180

Bears and Friends Inc.

Social group of bear makers and artists, collectors of bears and other soft toys and collectors of antique bears. Visitors and new members are welcome.

Address: Goodwood Community Centre, 32-34 Rosa Street, Goodwood

Phone: 0409 300 678

Email: mariegabriel@outlook.com

Website: unley.sa.gov.au/Events-directory/GCC-24-Bears-and-friends

Broughton Art Society Inc.

Offers community-based art classes to adults diagnosed as living with disability including mental ill-health. Services include painting, drawing and multi-crafts such as mosaics, decoupage, ceramics, gift-wrap painting and lots more!

1 free Com'n'try session.

Address: 269 Fullarton Road, Parkside

Phone: 8364 5114

Email: elvieb@bigpond.net.au & broughtonart269@gmail.com

Website: facebook.com/broughtonart269/

Duthy Street Art Supplies

Offers a range of classes for all levels of artists, see website for more information.

Address: 6 Duthy Street, Unley

Phone: 8373 3314

Email: art@duthystreetartsupplies.com.au

Website: duthystreetartsupplies.com.au

Fullarton Park Community Centre

In addition to arts and crafts, Fullarton Park Community Centre offers a wide range of recreational, social, health and fitness, special interest and hobby activities for all ages.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5180

Email: pdale@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Fullarton-Park

Handknitters Guild of SA Inc. (HGSAI)

An association of knitters and crocheting; representing people interested in the crafts. The association also provides education to people to learn and master the craft and encourages high standards.

Address: Unley Community Centre, 18 Arthur Street, Unley

Phone: 0473 442 247

Email: handknittersguildsouthaust@gmail.com

Website: handknittersguildsouthaust.wordpress.com/

Hughes Gallery

Located inside the Fullarton Park Community Centre, offers new, emerging and established artists the opportunity to show their work in the same space as some of Australia's leading artists. See website for exhibition program.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5180

Email: fpcc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Hughes-Gallery

Sew Crafty

A supportive and friendly group who meet weekly to share our many interests, skills and ideas in various textile crafts including quilting embroidery, knitting and crochet.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5180

Knit n Natter

This friendly and informal group enjoys a chat while learning and sharing the skills of various needle crafts. Create keepsake items or treasured gifts for family and friends.

Address: Unley Community Centre, 18 Arthur Street, Unley

Phone: 8372 5128

Email: ucc@unley.sa.gov.au

sim+co.art space

A friendly and welcoming community minded space offering a range of classes, workshops and exhibitions, see website for more information.

Address: 83a Unley Road, Parkside

Phone: 0407 772 802

Email: hello@simandco.com.au

Website: simandco.com.au

Unley Libraries Makerspace Events and Yarnistas

Unley Libraries offers free or low-cost Makerspace Events with a focus on learning a new skill – such as Calligraphy, Flower Pressing or Cupcake Decorating. A Yarnistas crochet/knitting group meets once a month to learn and share skills, hints and tips. See Unley Libraries website for upcoming Makerspace events and Yarnistas dates.

Address: 181 Unley Road, Unley

Phone: 8372 5100

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/makerspace unley.sa.gov.au/makerspace

Urth Clay Studio

A happy place for people to join in, laugh and de-stress. Dig your hands in and get dirty, use mindfulness and enjoy the moment, create a piece of work whether it be a pot, sculpture or a smiley face. One-off social classes, mindful pottery classes and pottery parties available, see website for details.

Address: 7/89 Goodwood Road, Goodwood

Email: Heal@urthclaystudio.com.au

Website: urthclaystudio.com.au

Women on Wednesdays (WOW) Craft and Quilting Group

The group meets every Wednesday 9.30am to 12pm, new members welcome.

Address: Rosefield Uniting Church, 2 Carlton Street, Highgate

Phone: 8271 9528

Email: admin@rosefield.ucasa.org.au

Website: rosefield.ucasa.org.au/activities/

Aged Care Homes and Retirement Villages

Ackland Park Retirement Community

An over 55's retirement community with one, two or three bedroom self-contained cottages and homes surrounded by beautiful landscaped gardens.

Address: 631 South Road, Everard Park

Phone: 8351 9811

Website: acklandpark.com.au

Aldridge Court

Supported residential facility, independent living solutions for all.

Address: 109-111 Young Street, Parkside

Phone: 8373 4401

Website: livingsolutions.org.au

Arch Prime Lodge

Premier retirement village nestled in the serene suburb of Myrtle Bank, with a commitment to providing exceptional senior living with a range of amenities and services tailored to individual needs.

Address: 472 Fullarton Road, Myrtle Bank

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Bolton Clarke Carinya

Carinya is a signature home that provides high quality aged care in a friendly, secure and comfortable residential environment.

Address: 39 Fisher Street, Myrtle Bank

Phone: 8130 6444

Website: boltonclarke.com.au/living-options/residential-aged-care/carinya/

Bright Court

Situated in the long established leafy Eastern suburbs, this retirement village is close to transport and shopping options.

Address: 6 Avenue Road, Highgate

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Carmelite Residential Care

Architecturally designed two-storey home with coffee shops, tranquil gardens, salon, gym, hydrotherapy pool and compassionate staff, everyone is treated as an individual with services tailored to individual needs.

Address: 7 Spence Avenue, Myrtle Bank

Phone: 7077 2000

Email: carmelite.reception@southerncrosscare.com.au

Website: southerncrosscare.com.au/locations/residential-care/carmelite-residential-care

Clayton Court

Located close to transport and shopping options this village is only 10 minutes to the city.

Address: 19 Gilbert Street, Goodwood

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Coach House Mews Retirement Living

A boutique independent retirement community with 20 spacious, colonial style villas, set amongst established gardens and adjacent to Ridge Park.

Address: 18 Cross Road, Myrtle Bank

Phone: 1800 852 772

Website: southerncrosscare.com.au/locations/retirement-living/coach-house-mews-retirement-living

Community Support Inc. (CSI)

Support services to promote wellbeing and increase independence at home and in the community as well as preventing inappropriate admission to long term residential care.

Address: 64 Greenhill Road, Wayville

Phone: 8429 1200

Email: hello@csisa.org.au

Website: csisa.org.au

Community Transport Program

Transport assistance to eligible Unley residents to attend medical appointments, health related appointments and social inclusion activities within the City of Unley. Please phone or see website for more information.

Phone: 8372 5111

Email: CHSP@unley.sa.gov.au

Website: unley.sa.gov.au/Community-services/Senior-services-support/Community-transport

ECH Inc.

Provides retirement living accommodation and a range of ageing care services to enable people to live the best life possible.

Address: 174 Greenhill Road, Parkside

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au

ECH Braested

This village is nestled on the city fringe, enjoy the lifestyle this location offers.

Address: 175 Greenhill Road, Parkside

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Eldercare - The Lodge

Bespoke aged care facility which offers residents single rooms with private ensuites and superior facilities.

Address: 14-24 King William Road, Wayville

Phone: 8357 3833

Email: admin.ldg@eldercare.net.au

Website: eldercare.net.au/aged-care/aged-care-homes/the-lodge

Estia Health Parkside

Residential aged care facility which provides a higher standard of accommodation and services.

Address: 17 Robsart Street, Parkside

Phone: 8271 5679

Email: info@estiahealth.com.au

Website: estiahealth.com.au/our-homes/sa-adelaide/parkside

Fullarton Residential Care

Architecturally designed two-storey home with Health and Wellness Centre, gym, café, salon and compassionate staff, everyone is treated as an individual with services tailored to individual needs.

Address: 345 Fullarton Road, Fullarton

Phone: 8373 1570

Email: Fullarton.reception@southerncrosscare.com.au

Website: southerncrosscare.com.au/locations/residential-care/fullarton-residential-care

Glen Woodley Estate Retirement Living

A vibrant and welcoming community, offering a choice of accommodation of two- and three-bedroom villas and one-bedroom apartments which allow you to keep your independence with a little extra support.

Address: 360 Glen Osmond Road, Myrtle Bank

Phone: 1800 852 772

Website: southerncrosscare.com.au/locations/retirement-living/glen-woodley-estate-retirement-living

Grainger Court

Premier retirement village nestled in the charming suburb of Myrtle Bank, with its idyllic location and exceptional amenities, this retirement village offers a truly fulfilling and vibrant lifestyle for those seeking a peaceful and enjoyable retirement.

Address: 22 Clinton Avenue, Myrtle Bank

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Henry Court

Situated in the long established leafy Eastern suburbs, this retirement village is close to transport and shopping options.

Address: 38 Park Street, Hyde Park

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Heritage Apartments Retirement Living

A truly unique retirement living community, steeped in history and old world charm with period features and modern day conveniences, complete with an onsite chapel!

Address: 18 Cross Road, Myrtle Bank

Phone: 1800 852 772

Website: southerncrosscare.com.au/locations/retirement-living/heritage-apartments-retirement-living

Life Care at Home

Provides support in the home with personal care, domestic chores, health care and transport.

Address: 128 Greenhill Road, Unley

Phone: 1800 555 990

Website: lifecare.org.au/at-home-created-by-life-care

Life Care – Norman House

Beautifully restored 4-bedroom house designed to create a home-like environment, offers overnight and day respite services.

Address: 28 Norman Terrace, Everard Park

Phone: 1800 555 990

Email: enquire@lifecare.org.au

Website: lifecare.org.au/locations/norman-house#/respite--6

Life Care – Parkrose Village

Offers respite, residential living and retirement living facilities that focuses on a high quality of life and our commitment to provide all residents with opportunities to 'Live Every Day'.

Address: 34 Norman Terrace, Everard Park

Phone: 1800 555 990

Email: enquire@lifecare.org.au

Website: lifecare.org.au/locations/parkrose-village#/retirement-living

Life Without Barriers – Commonwealth Home Support Program

Provides entry level home support for older people to stay independent at home and in the community using a Wellness and Reablement model.

Address: 100 Greenhill Road, Unley

Phone: 1800 792 359

Email: agedcareenquiries@lwb.org.au

Website: lwb.org.au/services/aged-care/commonwealth-home-support-program

Living Choice Fullarton Retirement Village

Multi award winning retirement village in the upmarket, leafy suburb of Fullarton, close to the city, parklands and the King William Road and Unley Road shopping precincts.

Address: 123 Fisher Street, Fullarton

Phone: 1800 055 749

Website: livingchoice.com.au/adelaide/fullarton/

Lourdes Valley Lodge

Architecturally designed two story home, each room comes with built in wardrobes, an outlook onto the beautifully landscaped gardens and room controlled reverse cycle air conditioning for all year-round comfort.

Address: 18 Cross Road, Myrtle Bank

Phone: 8433 0400

Email: lourdes.reception@southerncrosscare.com.au

Website: southerncrosscare.com.au/locations/residential-care/lodge-lourdes-valley-residential-care

Lutheran Homes Group Fullarton

Nestled within quiet, leafy residential streets in the City of Unley, offering picturesque views of the foothills, includes retirement living units, residential care and respite care with onsite café, hairdressing salon and library.

Address: 14 Frew Street, Fullarton

Phone: 8372 3555

Email: admin@lutheranhomes.com.au

Website: lutheranhomes.com.au/retirement-living/fullarton/

Kings Park Retirement Village

Enjoy living in a secure and vibrant community where friendly staff take care of the garden and home maintenance so you don't have to.

Address: 297 Goodwood Road, Kings Park

Phone: 13 28 36

Email: sales@aveo.com.au

Website: aveo.com.au/retirement-villages/sa/adelaide/kings-park/

Knightsbridge

Situated in the long established leafy Eastern suburbs, this retirement village is close to transport and shopping options.

Address: 19 Barr-Smith Avenue, Myrtle Bank

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Levande Villas on Milton Avenue

Located in the quiet, leafy streets of the eastern suburbs of Fullarton, these highly sought after villas offer full independent living with great services and excellent facilities.

Address: 1 Milton Avenue, Fullarton

Phone: 1800 727 170

Website: levande.com.au/community/the-villas-on-milton-avenue/

Maurice Court

Situated in the long established leafy Eastern suburbs, this retirement village is close to transport and Unley Shopping Centre.

Address: 31-33 Arthur Street, Unley

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Maxwell Court

Situated in the long established leafy Eastern suburbs, this retirement village is close to transport and shopping options.

Address: 200 Glen Osmond, Fullarton

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

McGregor Lodge

Situated in the beautiful, leafy Eastern suburbs, this retirement village is close to transport and shopping options.

Address: 4-6 Randolph Avenue, Parkside

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Michael Court

An exceptional retirement village nestled in the heart of Fullarton which boasts a variety of modern facilities designed to enhance daily life.

Address: 370 Fullarton Road, Fullarton

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Moran Court

Situated in the long established leafy Eastern suburbs, this retirement village is close to transport and shopping options, only a 10 drive away from the CBD.

Address: 74A Fisher Street, Fullarton

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Ocean Grove Supportive Care

Supported residential care for people living with mental illness, intellectual disability and brain injury.

Address: 494 Fullarton Road, Myrtle Bank

Phone: 8338 2350

Email: ogmyrtlebank@gmail.com

Reginald Court

Situated in the long established leafy Eastern suburbs, this retirement village is close to transport and shopping options.

Address: 108 Cross Road, Highgate

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Resthaven Malvern

Offers residential aged care, retirement living and respite accommodation for older people.

Address: 43 Marlborough Street, Malvern

Phone: 8228 6300 (residential care)

8373 9131 (retirement living)

8373 9113 (residential respite)

Email: retirement@resthaven.asn.au & accommodation@resthaven.asn.au

Website: resthaven.asn.au/care-homes/resthaven-malvern/

Roberts Court

Located close to transport and shopping options this village is only 10 minutes to the city.

Address: 1A Stanley Street, Kings Park

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Robertson Miller Lodge

Located close to transport and shopping options this retirement village is only 10 minutes to the city and Ashford Hospital.

Address: 1-3 Hartland Avenue, Black Forest

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Robinson Lodge

Located in the leafy Eastern suburbs this retirement village is within walking distance of the tranquil Ridge Park and a short drive to Burnside village.

Address: 19 Riverdale Road, Myrtle Bank

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

Rose Terrace Lodge

Supported residential facilities provide accommodation and care services for individuals who require some additional support with mental health and intellectual disability, challenging behaviour, brain injury and dementia.

Address: 102 Rose Terrace, Wayville

Phone: 8272 1182 & 0411 235 755

Email: mcd100@tpg.com.au

Rundle Court

Retirement village located in the desirable suburb of Fullarton, designed to cater to the needs of independent retirees aged 55 years and over, offering a range of accommodation options including one- and two-bedroom units and studio apartments.

Address: 388 Fullarton Road, Fullarton

Phone: 1300 275 324

Email: ask@ech.asn.au

Website: ech.asn.au/retirement-villages-adelaide/village-finder/

St Louis Aged Care

Adelaide's family-run, family-focused provider of aged care and home care services.

Address: 21 Foster Street, Parkside

Phone: 8272 3344

Email: info@stlouisagedcare.com.au

Website: stlouisagedcare.com.au

The Glenbrook

The pinnacle of elegant senior living with stylishly appointed residences within a discerning but inclusive village community, set in lush gardens a short walk from Burnside village, medical centres, cafes, transport and parks.

Address: 25 L'Estrange Street, Glenside

Phone: 8334 4088

Website: theglenbrook.com.au

The Waterford Retirement Living

Contemporary apartment living, beautifully appointed and fully independent two- and three-bedroom apartments with modern kitchen and open plan living.

Address: 16 Cross Road, Myrtle Bank

Phone: 1800 852 772

Website: southerncrosscare.com.au/locations/retirement-living/waterford-retirement-living

Unley Community Bus

A door-to-door service that picks passengers up from their home and transports them to a range of destinations. The service is provided by volunteers and coordinated by City of Unley staff. Please phone or see website for further information.

Phone: 8372 5111

Email: pobox1@unley.sa.gov.au

Website: unley.sa.gov.au/Community-services/Senior-services-support/Community-bus

War Veterans Home Myrtle Bank

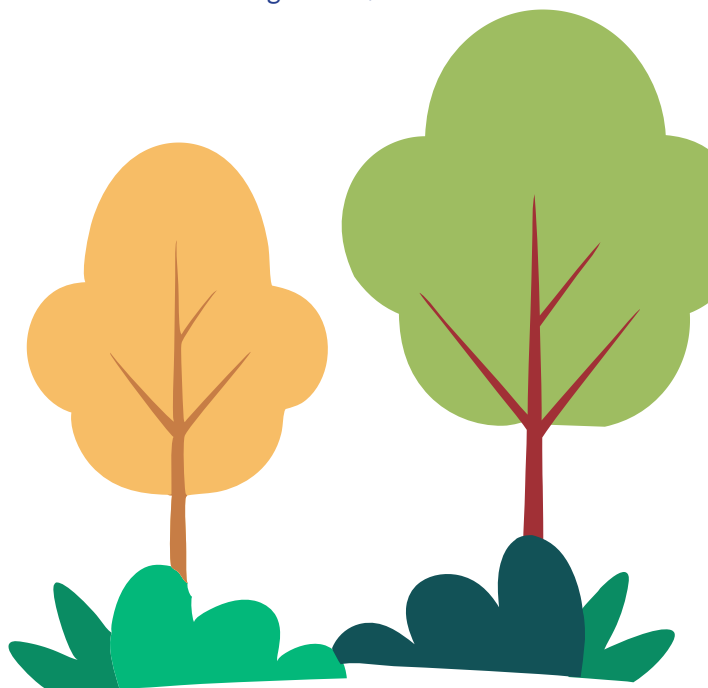
Aged care accommodation for ex-service members, widows, dependants and the broader community.

Address: 55 Ferguson Avenue, Myrtle Bank

Phone: 8379 2600

Email: warvets@rslcaresa.com.au

Website: rslcaresa.com.au/residential-aged-care/myrtle-bank-residential-aged-care/



Book Clubs

Ageing Well in Unley Book Club

Read and discuss books that inspire you to age well, contact our friendly staff for further information.

Address: 181 Unley Road, Unley

Phone: 8372 5100

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Libraries

Unley Libraries

Unley Libraries facilitate a number of community and library book clubs. Please contact our friendly staff if you would like to start a book club. For book club vacancies, please join the libraries' eNews (unley.sa.gov.au/librarylists)

Address: 181 Unley Road, Unley

Phone: 8372 5100

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/libraries

Fullarton Park Readers Lounge

Contact our friendly staff for further information.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5167

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Libraries

Probus Club Unley - Book Group

The book club meets at Clarence Gardens Bowling Club on the 3rd Friday of the month at 10am.

Address: 6 Winona Avenue, Clarence Gardens

Phone: 0430 247 705 (President) & 0401 840 209 (Secretary)

Email: unleyprobus@gmail.com

Website: probussouthpacific.org/pcunley

Read & Talk

Join us to talk about a book you have read, hear about what others are reading, and immerse yourself in new worlds, ideas, experiences and perspectives. Get to know new people, in a friendly and welcoming setting.

Address: Hey George Café, 157 Goodwood Road, Goodwood

Phone: 0421 614 710

Email: mary.palaric@hotmail.com

Website: unley.sa.gov.au/Events-directory/EX-23-Read-Talk

Car Clubs

Four Wheel Drive SA Inc.

Established by like-minded clubs to represent the interests of recreational four-wheel drivers in South Australia.

Address: 51 King William Road, Unley

Phone: 0490 446 325

Email: secretary@4wdsa.asn.au

Website: 4wdsa.asn.au/

Sporting Car Club of SA Inc. (SCCSA)

Established in 1934, SCCSA encourages the use, preservation and restoration of historic motor vehicles and library of workshop manuals, spare parts lists, journals books and videos. The club holds motorsport events, social rallies and competitions with National, State and Club events at the Collingrove Hillclimb Track and created the Adelaide Motorsport Festival.

Address: 51 King William Street, Unley

Phone: 8373 4899

Email: admin@sportingcarclub.com.au

Website: sportingcarclub.com.au

Sprite Club of South Australia

We are a club catering for owners and enthusiasts of Austin Healey Sprites and MG Midgits.

1st Monday of the month at 8pm

Address: 411 Fullarton Road, Fullarton

Phone: 0413 418 611

Veteran Car Club of South Australia Inc. (VCCSA)

Caters for those with an interest in cars and motorcycles manufactured prior to 1 January 1919.

Address: Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens

Phone: 8556 2271

Email: admin@vccsa.org.au

Website: vccsa.org.au



Carers

Agedcare Alternatives

A free information service that helps older people, their families and carers to find and understand information about aged care services.

Address: 237 Glen Osmond Road, Frewville

Phone: 8408 4600

Email: info@agedcarealternatives.net.au

Website: agedcarealternatives.net.au

Carer and Community SA

Provides services for carers to address their needs and wants.

Address: Unit 1/13 King William Road, Unley

Phone: 8433 9555

Email: supportadmin@carersupport.org

Website: carersupport.org.au

Carer Gateway

A national service, funded by the Australian government, that provides a range of services and supports delivered both in-person and online.

Phone: 1800 422 737

Website: carergateway.gov.au

Caring Choir

The goal of the choir is to allow carers and carees to find their voices in both singing and decision making, it's for carers and the ones they care for to enjoy together.

Address: Rosefield Uniting Church, 2 Carlton Street, Highgate SA 5063

Phone: 0413 221 678

Email: vandjbirt@bigpond.com

Website: thecaringchoir.com

Home Support Services (Amplar Home Health)

Provides programs that prevent unnecessary hospitalisation and enable community members to receive the care they need at home.

Address: 82 Wattle Street, Fullarton

Phone: 1800 854 300

Email: hss@hss.com.au

Website: hss.com.au

JFA Purple Orange

A social profit organisation on a mission to create a world where people who live with disability get a fair go at what life has to offer, with projects to help people living with disability move into socially valued roles and ordinary valued lives.

Address: 104 Greenhill Road, Unley

Phone: 8373 8388

Email: admin@purpleorange.org.au

Website: purpleorange.org.au

Junction

Positively impacting lives by creating opportunities for self-determined independence.

Address: 168 Greenhill Road, Parkside

Phone: 8203 5700

Email: admin@junctionaustralia.org.au

Website: junctionaustralia.org.au

Resthaven

Provides in-home care assistance with everyday tasks, shopping, and personal care, health and wellness services, exercise and social groups, and therapy services to assist people to remain independent in their homes, and respite for carers.

Address: 6 Bartley Crescent, Wayville

Phone: 8373 9000

Email: headoffice@resthaven.asn.au

Website: resthaven.asn.au/

Skylight Mental Health

Offers a range of services for people who experience mental illness and for their family and friends who care for them.

Address: 5 Cooke Terrace, Wayville

Phone: 8378 4100

Email: skylight@skylight.org.au

Website: skylight.org.au

Unley Carers Support Project

Respite care for Unley residents who are caring for a person in their own home and have limited assistance.

Address: The Cottage, 49 Oxford Terrace, Unley

Phone: 8372 5198

Email: pobox1@unley.sa.gov.au

Website: unley.sa.gov.au/Community-services/Senior-services-support

Unley Community Care (Home Assist Scheme)

Programs designed to support Unley residents to feel socially connected within the community, includes transport assistance to attend medical appointments and some social activities, shopping groups, Community Harvest Project and more!

Address: The Cottage, 49 Oxford Terrace, Unley

Phone: 8372 5111 (Community Transport) & 8372 5144 (Social Connections)

Email: pobox1@unley.sa.gov.au

Website: unley.sa.gov.au/Community-services/Senior-services-support/Getting-help-at-home



Churches

Baptist Churches SA&NT

Address: 35 King William Road, Unley

Phone: 8357 1755

Website: bcsant.org.au

Chinese Methodist Church in Australia

Address: 158-160 Goodwood Road, Goodwood

Phone: 0405 812 191

Email: llekag@yahoo.com

Website: goodwood.cmca.org.au

Church of Saint Constantine and Helen

Address: 101 Goodwood Road, Goodwood

Phone: 8271 2387 & 0452 462 428

Website: gocsa.org.au/portfolio/church-of-saints-constantine-and-helen/

Church of the Holy Cross

Address: 159-165 Goodwood Road, Millswood

Phone: 7070 0021

Email: emmaus@eparish.org.au

Website: eparish.org.au

Church of the Trinity

Address: 318 Goodwood Road, Clarence Park

Phone: 0401 122 256

Email: unitingchurchofthetrinity@gmail.com

Website: churchofthetrinity.unitingchurch.org.au

Glen Osmond Baptist Church

Address: 312 Glen Osmond Road, Myrtle Bank

Email: info@gobaptist.org.au

Website: gobaptist.org.au

Grace Communion International Adelaide

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest

Phone: 0431 831 645 & 0419 033 003

Email: m.beumer@bigpond.com
kthamm@ozemail.com.au

Website: adelaide.gci-au.church

Healinglife Church and Ministries

Address: 11 Clayton Avenue, Plympton

Email: healinglife@optusnet.com.au

Website: healinglifemin.com

Kings Community Church

Address: 23 Valmai Avenue, Kings Park

Phone: 8271 4425

Website: kingscc.org.au

Latvian Evangelical Lutheran Church

Address: 23 Rose Terrace, Wayville

Email: imivozols@bigpond.com

Website: laaj.org.au/organizacijas/adelaides-latv-ev-lut-draudze/

Parkside Baptist Church

Address: 100 Young Street, Parkside

Phone: 0419 156 219

Email: reception@parksidebaptist.org.au

Website: parksidebaptist.org.au

Rosefield Uniting Church

Address: 2 Carlton Street, Highgate

Phone: 8271 9528

Email: admin@rosefield.ucasa.org.au

Website: rosefield.ucasa.org.au

Salvation Army Unley

Address: 70 Marion Street, Unley
Phone: 8271 2839
Email: corpsofficer.unley@salvationarmy.org.au
Website: salvationarmy.org.au/locations/south-australia/s063/unley-corps/

Sikh Society of South Australia Inc.

Address: 10 Mount Barker Road, Glen Osmond
Phone: 8379 4420
Website: sikhssa.org.au

St Augustine's Anglican Church

Address: 183 Unley Road, Unley
Phone: 0452 331 870
Email: unleychurch@hotmail.com
Website: unleychurch.com

St Chad's Anglican Church

Address: 14 Cheltenham Street, Fullarton
Phone: 8271 4044
Email: jearmour@outlook.com
Website: stchads.org.au

St George the Martyr Anglican Church

Address: 153 Goodwood Road, Goodwood
Phone: 8272 9495
Website: stgeorgegoodwood.com

St John's Lutheran Church

Address: 15 Marlborough Street, Malvern
Phone: 8271 9556
Email: office@stjohnsunley.lca.org.au
Website: stjohnsunley.lca.org.au

St Nicholas Russian Orthodox Church

Address: 41-42 Greenhill Road, Wayville
Phone: 8271 2653
Email: fr.alexiejukoff@gmail.com
Website: saintnicholasadelaide.org.au

St Oswald's Anglican Church

Address: 5 St Anns Place, Parkside
Phone: 8123 9650
Email: office@stoswaldparkside.org.au
Website: stoswaldparkside.org.au

St Raphael's Catholic Church

Address: 19 Young Street, Parkside
Phone: 8338 1277
Email: reception@themonastery.net.au
Website: themonastery.net.au

St Spyridon Greek Orthodox Community

Address: 50 Oxford Terrace, Unley
Phone: 8271 4072
Email: reverendjohn.psalios@gmail.com
Website: greekorthodox.org.au/churches/st-spyridon-unley/

The Resurrection Church

Address: 31-33 King William Road, Unley
Phone: 0437 677 727
Email: Tomasz.n04@gmail.com
Website: adelaide.catholic.org.au/parishes-and-mass-times/find-a-church-or-community?church=1871

Ukrainian Catholic Church

Address: 1A Davenport Terrace, Wayville

Phone: 8272 6031

Email: stpokrov@catholicukes.org.au

Website: catholicukes.au/parishes/sa/

Unley Christian Chapel

Address: 81 Frederick Street, Unley

Email: unleychristianchapel@gmail.com

Website: unleychristianchapel.com.au

Unley Uniting Church

Address: 187 Unley Road, Unley

Phone: 0438 012 227

Website: sa.uca.org.au/find-a-church/by-list/unley-uniting-church

Unley Spiritualist Association

Address: 38 Palmerston Road, Unley

Phone: 8172 0515 & 8367 6984

Email: leader@nasm.org.au

Website: nasm.org.au/index.html

Vishva Hindu Parishad of Australia – SA Chapter

Phone: 0478 479 108

Email: contact@vhpsa.org.au

Website: vhpsa.org.au

Wayville Baptist Church

Address: 67B Forest Avenue, Black Forest

Phone: 8351 0133

Website: wayvillebaptistchurch.org.au



Community Centres

Clarence Park Community Centre

A public community centre where community members can gather for social, educational and recreational activities, contact our friendly staff for more information.

Address: 72-74 East Avenue, Black Forest

Phone: 8293 8166

Email: cpcc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Clarence-Park

Eastwood Community Centre

Offers a wide range of courses, workshops and activities, see website for further details.

Address: 95 Glen Osmond Road, Eastwood

Phone: 8373 2225

Email: eastwood@eastwood.asn.au

Website: eastwoodcommunitycentre.com.au

Fullarton Park Community Centre

Offers a wide range of recreational, social, health and fitness, arts and crafts, special interest and hobby activities for all ages, contact our friendly staff for more details.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5180

Email: fpcc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Fullarton-Park

Goodwood Community Centre

Offers a wide range of recreational, social, health and fitness, arts and crafts, special interest and hobby activities for all ages, contact our friendly staff for more details.

Address: 32-34 Rosa Street, Goodwood

Phone: 8372 5143

Email: gcc@unley.sa.gov.au

Website: unley.sa.gov.au/gcc

Unley Community Centre

Offers a wide range of recreational, social, health and fitness, arts and crafts, special interest and hobby activities, contact our friendly staff for more details.

Address: 18 Arthur Street, Unley

Phone: 8372 5128

Email: ucc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-facilities/Facilities-venues/Community-centres/Unley-Community-Centre

Community Sheds

Rosefield Community Shed (RCS)

Community Shed open to all genders and ages, a safe and supportive environment for companionship.

Address: Farmyard Nursery Pavilion, Adelaide Showground, Wayville

Phone: 8271 9528 & 0438 441 235

Email: info@rosefieldcs.org.au

Website: rosefieldcs.org.au

Unley Repair Café (URC)

Bring things from home and learn how to fix them yourself, our volunteer repairers can assist with most sewing, electrical, mechanical and general items.

Address: Clarence Park Community Centre (Main Hall), 72-74 East Avenue, Black Forest

Email: repaircafe@sustainablecommunitiessa.org.au

Website: facebook.com/unleyrepaircafe/

The Shed

Friendly, welcoming and supportive community shed, a great place to share skills, experience, be challenged and learn or rekindle old skills.

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest

Phone: 8293 8166

Email: theshed@clarencpark.org.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Clarence-Park-CGCC-The-shed



Cultural Groups

Alliance Francaise D'Adelaide

Offers a wide range of French classes for all ages and all levels, conducted by experienced and qualified French teachers. All courses can be adapted to individual needs, availability and objectives.

Address: 319 Young Street, Wayville

Phone: 8272 4281

Email: adelaide@af.org.au

Website: af.org.au

Greek Pensioners and Aged Society of SA

Weekly lunches which include bingo, bus trips to various places of interest are also conducted throughout the year.

Address: Goodwood Community Centre, 32-34 Rosa Street, Goodwood

Phone: 8372 5143

Email: gcc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-directory/GCC-24-Greek-pensioners

Pan-Ikarian Brotherhood of Australia

Greek social club with cultural activities including dancing groups, wine festival (home-made wines) speakers and trips.

Address: 22-24 Arthur Street, Unley

Phone: 0447 029 333

Email: ikaros@ikaria.com.au

Website: ikaria.com.au

Persian Cultural Association of SA Inc. (PCASA)

A non-profit, volunteer-based organisation with no political or religious affiliations, aiming to serve the Persian community, and facilitate the integration of Persian Australians into mainstream South Australia.

Phone: 0450 003 948 & 0451 155 795

Email: president@pcasa.org.au

Website: persiancasa.org.au/

St Spyridon Greek Orthodox Community

Greek Orthodox Church Parish and Primary School which provides church services, pastoral care, as well as religious, educational and cultural activities.

Address: 50 Oxford Terrace, Unley

Phone: 8271 4072

Email: reverendjohn.psalios@gmail.com

Website: greekorthodox.org.au/churches/st-spyridon-unley/

The Latvian Association of SA Inc

Promotes Latvian culture, organises literary lunches, supports the local Latvian library, bookshop, choir and senior support groups.

Address: 36 Rose Terrace, Wayville

Email: laaj.priekssede@gmail.com

Website: laaj.org.au/en/organizations/adelaide-latvian-society/

Unley Italian Community Association Inc.

Cultural activities and fortnightly meal for members of the Italian community in Unley, open to the whole community.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5180

Email: pdale@unley.sa.gov.au

Disability Support Services

Baptist Care SA

Provider of disability and NDIS services for people living with disability.

Address: 130 Rose Terrace, Wayville

Phone: 8273 7100

Email: enquiries@baptistcaresa.org.au

Website: baptistcaresa.org.au/service/ndis-and-disability-services

Community Support Inc. (CSI)

Provides professional and personalised one-to-one in-home and community-based care.

Address: 64 Greenhill Road, Wayville

Phone: 8429 1200

Email: hello@csisa.org.au

Website: csisa.org.au

Exceptional Needs Unit

South Australian statewide program that provides assessment and advice to vulnerable populations with complex needs, including people with disabilities, mental health conditions and chronic health problems, or a combination of these.

Address: 6th Floor Highgate Building, 103 Fisher Street, Fullarton

Phone: 1300 208 589

Email: dhs.exceptionalneeds@sa.gov.au

Website: dhs.sa.gov.au/how-we-help/exceptional-needs-unit

JFA Purple Orange

A social profit organisation on a mission to create a world where people who live with disability get a fair go at what life has to offer, with projects to help people living with disability move into socially valued roles and ordinary valued lives.

Address: 104 Greenhill Road, Unley

Phone: 8373 8388

Email: admin@purpleorange.org.au

Website: purpleorange.org.au

Life Without Barriers

NDIS provider that personalises services based to individual needs.

Address: 100 Greenhill Road, Unley

Phone: 1800 935 483

Email: yourLWB@lwb.org.au

Website: lwb.org.au/disability/

Rose Terrace Lodge

Supported residential facilities provide accommodation and care services for individuals who require some additional support with mental health and intellectual disability, challenging behaviour, brain injury and dementia.

Address: 102 Rose Terrace, Wayville

Phone: 8272 1182 & 0411 235 755

Email: mcd100@tpg.com.au

SA Living Solutions

Provides 24/7 support and accommodation for people living with disabilities who aspire to live independently and assist with building capacity towards maximising independent living skills.

Address: 6/259 Glen Osmond Road, Frewville

Phone: 8338 0795

Email: info@livingsolutions.org.au

Website: livingsolutions.org.au/supported-independent-living

Unley Libraries Home Service

Offers a delivery option to City of Unley residents who are unable to access the Libraries for various reasons. The deliveries are free and available on a four weekly and ongoing basis. Please contact our friendly staff for more information.

Address: 181 Unley Road, Unley

Phone: 8372 5100

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/libraries

Faith Based Activities

Church of the Trinity

A diverse and growing community which welcomes people of all ages, colours, sexualities, genders, heights, widths, abilities, etc. Offers a range of activities, groups and gatherings, please see website for more information.

Address: 318 Goodwood Road, Clarence Park

Phone: 0401 112 256

Email: unitingchurchofthetrinity@gmail.com

Website: churchofthetrinity.unitingchurch.org.au

Effective Living Centre

Hosts a range of events and programs, please see website for more details.

Address: 26 King William Road, Wayville

Phone: 8271 0329

Email: office@effectiveliving.org.au

Website: effectiveliving.ucasa.org.au/

Malvern Uniting Church

A friendly community of all ages, where all are welcome. Runs various activities, programs and events, see website for more details.

Address: 44 Marlborough Street, Malvern

Phone: 8271 6817

Email: admin@malvernuc.com

Website: malvernuc.com

Rosefield Uniting Church

Offers a range of activities and events, please see website for more details.

Address: 2-6 Carlton Street, Highgate

Phone: 8271 9528

Email: admin@rosefield.ucasa.org.au

Website: rosefield.ucasa.org.au

St George the Martyr Anglican Church

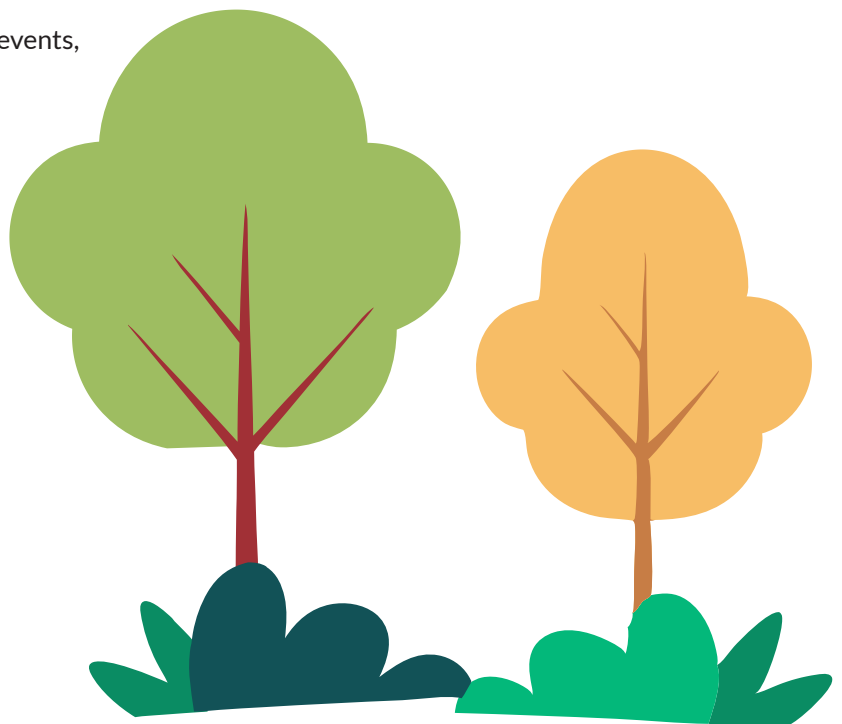
A Catholic church in the Anglican tradition. Good music, liturgy and worship, and even friendly! See website for upcoming events.

Address: 153 Goodwood Road, Goodwood

Phone: 8272 9495

Email: stgeorges8@bigpond.com

Website: stgeorgegoodwood.com



Fitness and Exercise

Adelaide Wing Chun Kuen

Wing Chun Kung Fu is a combative martial art, but the training is not aggressive and can be practised by people of any age or body type.

Address: Fullarton Park Community Centre, 411 Fullarton Road, Fullarton

Phone: 0431 681 163

Email: anthonyblencowe2@gmail.com & lindy.scott24@gmail.com

Website: adelaidewingchunken.com

Adelaide Yoga Flow

A welcoming space for people of all ages and all levels of practice, online classes also available, see website for details.

Address: Riverdale Road, Myrtle Bank

Phone: 0437 329 286

Website: adelaideyogaflow.com.au

Balance Boost with Mary Voulgarakis

Improve your balance through a routine designed to challenge the physical and mental aspect of the skills required for stability. One on one assessment and ongoing monitoring of progress.

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest

Phone: 0400 718 100

Email: mariavoulg@y7mail.com

Website: unley.sa.gov.au/Events-directory/CP-24-Balance-boost

Brain X Body Fitness Studio

An innovative exercise facility focused on the elements of active ageing – neuroplasticity, flexibility, strength, balance, and social wellbeing.

Address: 25 King William Road, Unley

Phone: 0499 088 725

Email: unley@bbfs.com.au

Website: bbfs.com.au/studio-locations/unley/

Carisma Dance and Fitness – Silver Swans Program

Specially designed classes for the older learners, silver swans classes will improve mobility, posture, coordination, and energy levels. Classes are able to be adapted to suit the individual and offer recreation and performance options.

Address: 51 Frederick Street, Clarence Park

Email: carissa@carismadancefitness.com.au

Website: carismadancefitness.com.au/recreational/

Carmelite Health & Wellness Centre

Supervised group fitness in specialty gym, one-on-one fitness and hydrotherapy with expertise in working with older adults.

Address: 7 Spence Avenue, Myrtle Bank

Phone: 8433 0475

Email: carmelite.hws@southerncrosscare.com.au

Website: southerncrosscare.com.au/locations/health-wellness/carmelite-health-wellness-centre

Chair Yoga with Leonie Leate

Chair Yoga classes incorporate breathing exercises, stretches, yoga poses and relaxation techniques to increase flexibility and strength and improve posture and balance.

Address: Unley Community Centre, 18 Arthur Street, Unley

Phone: 0417 832 477

Email: leonie.lete@gmail.com

Website: unley.sa.gov.au/Events-directory/UC-24-Chair-Yoga

Cheng's Taekwondo Ohdokwan

Traditional and Olympic style Taekwondo. Open to all people and ages to improve health, fitness and self-confidence.

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest

Phone: 0431 302 577

Email: alanchengtkd@yahoo.com

Website: unley.sa.gov.au/Events-directory/CP-24-ChengsTaekwondo

Clarence Park Community Centre

Offers a range of fitness classes for all ages and fitness levels, please see website or phone for further details.

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest

Phone: 8293 8166

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Clarence-Park/CPCC-Events-and-Programs

Contemporary dance...for seniors

A gentle, mostly chair-based dance class designed to accommodate the needs of older people with varying levels of mobility and balance.

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest

Phone: 0402 235 592

Email: veronica_shum@hotmail.com

Website: unley.sa.gov.au/Events-directory/CP-24-Contemporary-dance-for-seniors

Custom Podiatry

Can assist with a range of foot related conditions to help you get back on your feet again, see website for details.

Address: Shop 1/325-331 Fullarton Road, Parkside

Phone: 7081 9805

Website: custompodiatryservices.com.au/your-feet

Dance Mix

A fun and inclusive full body aerobic workout for people over 50, classes are based on a variety of different dance styles from all over the world, and the steps are easy to follow.

Address: Fullarton Park Community Centre, 411 Fullarton Road, Fullarton

Phone: 0404 136 755

Email: hello@andrizafreitas.com.au

Website: unley.sa.gov.au/Events-directory/FP-24-Andriza-Freitas-Dance-mix

Easy Paced Walking Group

This walking group is for residents of the Eastern Adelaide region who are 65 years of age and above. Walk around the local area at your own pace, afterwards join the group for a coffee and conversation at a local café.

Phone: 8372 5191

Email: chsp@unley.sa.gov.au

Website: unley.sa.gov.au/Events-directory/Easy-Paced-Walking-Group

EFM Health Club - Unley

Small group training including strength, cardiovascular and interval training, and yoga supervised by a trained fitness professional.

Address: 39 Oxford Terrace, Unley

Phone: 0411 424 304

Email: unley@efm.net.au

Website: efm.net.au/club/unley/

Equilibrium - The Holistic Living Project

A little sanctuary away from the rest of the world. Offers yoga classes, naturopathy, wellness coaching and more, see website for details.

Address: 66-68 Unley Road, Unley

Phone: 0493 022 782

Email: equilibrium@holisticlivingproject.com.au

Website: holisticlivingproject.com.au

Fitness After Fifty

An active over 50s class that includes aerobics, stretching, strengthening, balance and Pilates, all to great music.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5180

Email: fpcc@unley.sa.gov.au

Fitness classes with Mary Voulgarakis for over 50s

Aerobics, strength, endurance and stretching for the over 50s.

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest

Phone: 0400 718 100

Email: mariavoulg@y7mail.com

Website: unley.sa.gov.au/Events-directory/CP-24-Fitness-classes-over-50s-Tuesdays

Inner Strength Pilates & Barre

Offers a range of Pilates classes suitable for beginners to advanced athletes, see website for details.

Address: 1/155 King William Road, Hyde Park

Phone: 0434 402 776

Email: admin@pilatesinnerstrength.com.au

Website: pilatesinnerstrength.com.au

Korpermotus Pilates

Pilates is a form of low-impact exercise that aims to build strength and stability in your core areas and strengthens muscles while improving posture, a range of courses are available, please see website for more information.

Address: Level 1, 123 Unley Road, Unley

Phone: 0431 735 597

Email: info@korpermotuspilates.com.au

Website: korpermotuspilates.com.au

Laughter Yoga Australia

A fun and effective exercise program that can be adapted for anyone and everyone's wellbeing, see website for details.

Phone: 0408 552 269

Email: merv@mervneal.com.au

Website: laughteryoga-australia.org/laughter-yoga/

Leonie Leate Yoga

Yoga and meditation incorporating breath work and relaxation, build strength and increase flexibility while being mindful in the moment. Safe and professional environment.

Address: Unley Community Centre, 18 Arthur Street, Unley

Phone: 0417 832 477

Email: leonie.leate@gmail.com

Website: unley.sa.gov.au/Events-directory/UC-24-Yoga-Leonie-Leate

Let's Dance

Friendly and fun group, attendees enjoy a variety of ballroom dances each week including Blue, Circular Waltz, Old Style Waltz, and Quick Step.

Address: Unley Community Centre, 18 Arthur Street, Unley

Phone: 8372 5128

Email: ucc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-directory/UC-24-Lets-dance

Life Care Active – Everard Park

Exercise programs to help with fitness, weight loss, rehabilitation of an injury or recovery from surgery for men and women 50 years plus.

Address: Norman House, 28 Norman Terrace, Everard Park

Phone: 8168 7600 & 1800 555 990

Email: active@lifecare.org.au

Website: lifecare.org.au/life-care-active

Lifeflow Movement

Mat Pilates suitable for all age groups. Modifications given for all levels. Core strength, mobility, flexibility, breath and flow.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5180

Email: fpcc@unley.sa.gov.au

Local Parks

Local parks with free outdoor gym equipment :-

- Forestville Reserve, Ethel Street, Forestville
- Page Park, Corner Cross road and East Avenue, Clarence Park
- Ridge Park, Barr Smith Avenue, Myrtle Bank
- Soutar Park, Albert Street, Goodwood

Below are some helpful instructional videos on how to safely use outdoor gym equipment:

Staying Active: How to use outdoor exercise equipment – for teenagers and adults - [youtube.com/watch?v=Gsj5J5wwn4](https://www.youtube.com/watch?v=Gsj5J5wwn4)

Staying Active: How to use outdoor exercise equipment – for older adults - [youtube.com/watch?v=EErdyAJ326M](https://www.youtube.com/watch?v=EErdyAJ326M)

Move for Better Health Malvern

A multidisciplinary allied health centre offering a wide range of services including physiotherapy, exercise physiology, podiatry, psychology, and more, see website for details.

Address: 277 Unley Road, Unley

Phone: 8373 5655

Email: malvern@moveforbetterhealth.com.au

Website: moveforbetterhealth.com.au/locations/malvern/

Moving Meditation School of Tai Chi

Tai Chi is a gentle and effective exercise art which helps improve balance, flexibility, posture, breathing and general wellbeing with regular practice. Beginner, intermediate and advanced classes available.

Address: Unley Community Centre,
18 Arthur Street, Unley

Phone: 0434 847 524 or 8381 7969

Email: movingmeditation@mytaichi.com.au

Website: unley.sa.gov.au/Events-directory/UC-24-Moving-meditation-school-of-Tai-Chi-Intermediate

MPOT

South Australia's first private accessible gym with wheelchair accessible equipment, also offers a range of services such as individual health assessments, lifestyle and nutritional advice and exercise plans for the prevention and management of chronic diseases and injuries.

Address: 246 Glen Osmond Road, Fullarton

Phone: 1300 368 141

Email: office@mpot.com.au

Website: mpot.com.au

Oriental Martial Arts Academy SA

Taekwondo and Over 50's Hapkido.

Address: 32 Rosa Street, Goodwood

Phone: 0402 542 994

Email: admin@orientalmartialartsacademy.com.au

Website: orientalmartialartsacademy.com.au

PhysioFit SA

Purpose built facilities offer Physiotherapy Exercise classes in addition to professional physiotherapy assessment and treatment services.

Address: Shop 2/348-352 Unley Road, Hyde Park

Phone: 8272 8093

Website: physiofitsa.com.au

SANFL & ECH Walking Footy Program

A modified Australian Rules Football program designed to be fun, safe and inclusive! With no running or tackling, Walking Footy is a 6-a-side mixed team game specifically created for older Australia. All individuals interested in playing must register via the website.

Address: Unley Oval (outdoor), Langham Terrace, Unley

Website: sanfl.com.au/inside-sanfl/events/sanfl-ech-walking-footy-program-unley-oval/

Southern Cross Care – Short Term Restorative Care

An Australian Government initiative designed to help older Australians stay independent and living in their own homes. It is an eight week program of targeted physical activity and therapy services, delivered to clients in their own homes or local communities.

Address: 25 Conyngham Street, Glenside

Phone: 1800 852 772

Website: southerncrosscare.com.au/short-term-restorative-care

Strength for Life

In partnership with the Council of the Ageing (COTA), the Strength for Life program offers quality strength training programs to people over the age for 50. See phone or see website for more details.

Address: Goodwood Community Centre, 32-34 Rosa Street, Goodwood

Phone: 8372 5143

Email: gcc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-directory/GCC-24-Strength-for-life-Mondays-2

Taoist Tai Chi Society of Australia - Fullarton (TTCSA)

Tai Chi classes for health and wellbeing, low impact and suitable for all ages.

Address: Fullarton Park Community Centre, 411 Fullarton Road, Fullarton

Phone: 1800 108 801

Email: adelaide@taoisttaichi.org

Website: taoisttaichi.org/locations/adelaide-fullarton/

The Barre Clinic

A Barre collective that's passionate about helping you stay strong and find the joy in fitness.

Address: 1 Hughes Street, Unley

Phone: 1300 101 122

Website: thebarreclinicunley.com.au

Thrive Physio Plus - Group Exercise

Physio-supervised exercise sessions offer a safe and effective way to improve posture, core strength and stability, muscle strength and endurance, balance, flexibility and cardiovascular fitness in a welcoming environment suitable for all ages.

Address: Shop 5/453 Fullarton Road, Highgate

Phone: 8490 0777

Email: admin@thrivephysioplus.com.au

Website: thrivephysioplus.com.au/services/physio-supervised-exercise/

Unley Bicycle User Group

Unley BUG promotes better, safer and more connected cycling and walking in Unley to encourage more people to cycle and walk more often. Meet your community, go for a casual social ride, find a self-guided cycling or walking tour, see website for details.

Website: unleybug1.wixsite.com/ubug/cycle-unley

Unley Explorers Walking Group

Enjoy a leisurely, social walk through the streets of Unley with like-minded locals. People, pets, prams, walkers, gophers and wheelchairs, all welcome!

Address: 18 Arthur Street, Unley

Phone: 8372 5128

Email: pobox1@unley.sa.gov.au

Website: ucc@unley.sa.gov.au

Unley Park Sports Club - Fitness Classes

Fitness using stretch and exercise for all ages.

Address: 8 Northgate Street, Unley

Phone: 8338 6779 & 0403 491 151

Email: unleypsc@tpg.com.au

Website: upsc.com.au

Unley State Swim

Swimming lessons, public lap swimming, aqua fitness classes with an airconditioned viewing area, undercover parking, and access to Unley Shopping Centre.

Address: Unley Shopping Centre, 204 Unley Road, Unley

Phone: 8272 4477

Email: bookings@unley.stateswim.net

Website: stateswim.net.au/schools/unley/

Unley Swimming Centre

Your local community swimming centre, open from September to May, offers a large array of programs and activities for all ages and abilities to enjoy.

Address: Ethel Street, Forestville

Phone: 8372 5456 & 0458 877 222

Email: pobox1@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Swimming-Centre

Unley Walkers (Heart Foundation Walking Group)

Build connections in your community and walk together for a healthy heart. 9.30am every Wednesday, see website for further details.

Meeting point: 160 Unley Road, Unley

Website: walking.heartfoundation.org.au/walking/group/unley-walkers

Walking SA

Find a place to walk, hike or bushwalk across South Australia. From a 1 hour walk near your home with your dog, to a half day hike in a national park, or a longer trail further afield, you're only ever two feet from some of the best places in South Australia.

Website: walkingsa.org.au

Walking Tours

Discover Historic Unley are a suite of free self-guided walking and cycling tours that are available via an app that you can follow on your device. Go to the App Store on your device and download izi.TRAVEL, or view it on the website. Once in the app, search for :-

- Discover Historic Goodwood
- Discover Historic Parkside
- Discover Historic Unley

Grab your walking shoes or your bike and go discover our city!

Yates Physiotherapy - Group Fitness Classes

Offers a range of different class types to suit different needs and individuals such as Hydrotherapy and Pilates, please see website for more details.

Address: 123 Fisher Street, Fullarton

Phone: 0408 998 549

Email: fixme@yatesphysiotherapy.com.au

Website: yatesphysiotherapy.com.au/classes/

Yogita Yoga

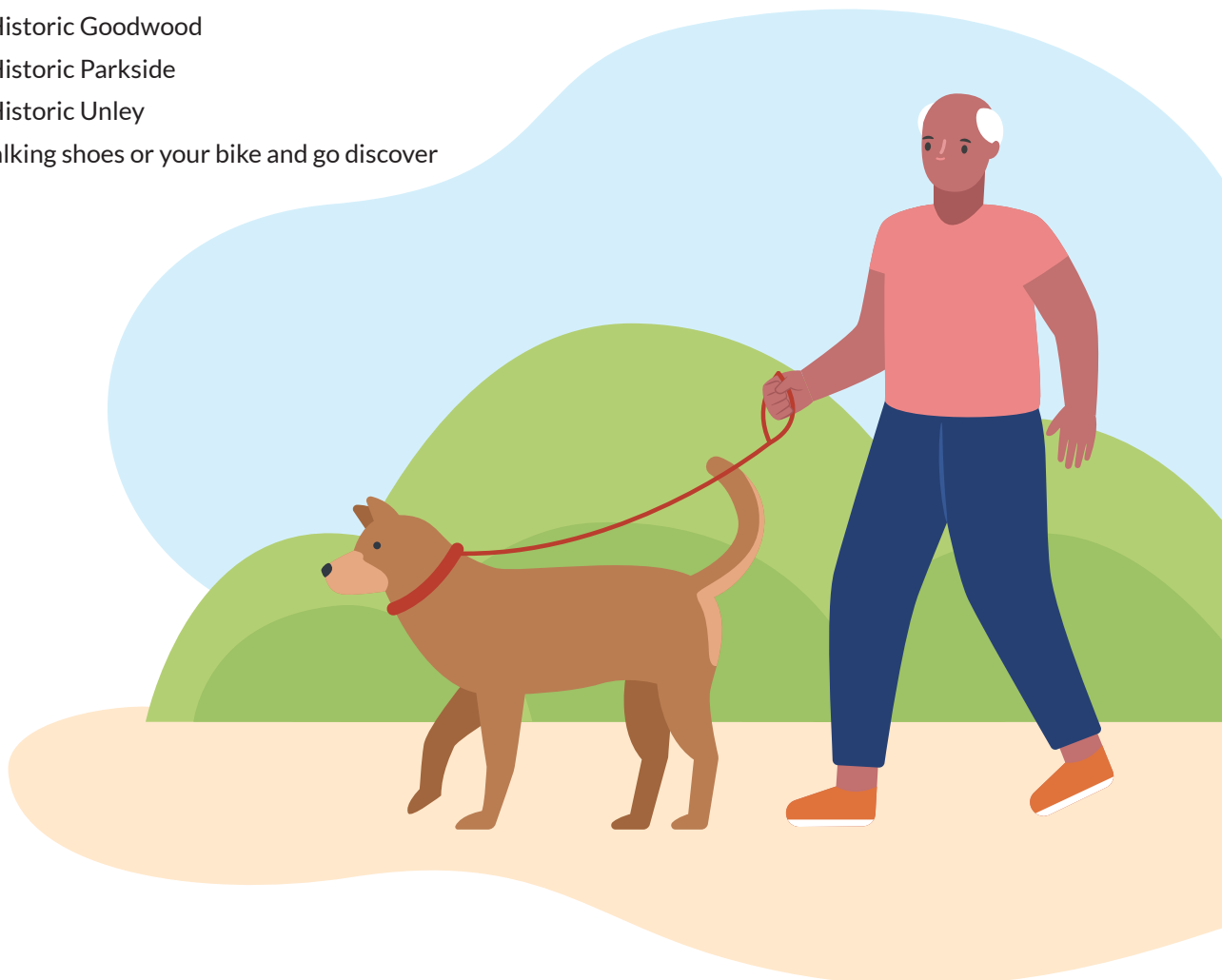
A yoga studio with a difference: authentic, skilled, caring and inclusive.

Address: 1/435 Fullarton Road, Highgate

Phone: 0450 879 559

Email: info@yogitayoga.com

Website: yogitayoga.com



Games Groups

Fullarton Park Seniors Club

A small, friendly group that meets weekly to play games, have lunch and a chat. Card games and rummikub played weekly, with bingo once a month. Bring your own lunch, tea and coffee provided.

Address: 411 Fullarton Road, Fullarton

Phone: 0403 957 381 or 8372 5180

Website: unley.sa.gov.au/Events-directory/FP-24-Fullarton-Park-Seniors-Club

Game Activities Program – Goodwood Community Centre

Runs every Monday, engage in a diverse range of games including chess, card games, taboo, charades, celebrity heads, table tennis, and the list goes on. Feel free to also bring your own favourites to share with others and enjoy in a social atmosphere.

Address: 32-34 Rose Street, Goodwood

Phone: 8372 5143

Email: gcc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-directory/GCC-24-Game-activities-program

Mah Jong

Weekly every Monday morning and afternoon and Wednesday afternoon. Experienced players welcome.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5180

Email: fpcc@unley.sa.gov.au

Mahjong Group – Probus Club Unley

The group meets every Wednesday afternoon at 1.30pm at Living Choice Fullarton, usually finishes around 4pm but many stay on for longer chatting away and catching up on the latest news.

Address: Living Choice, 123 Fisher Street, Fullarton

Phone: 0430 247 705 & 0401 840 209

Email: unleyprobus@gmail.com

Website: probussouthpacific.org/pcunley

Mexican Train Dominos – Probus Club Unley

A recently formed group because of enthusiasm for the game from a recent getaway cruise.

Address: Fullarton Community Centre, 411 Fullarton Road, Fullarton

Phone: 0412 354 162

Email: unleyprobus@gmail.com

Website: probussouthpacific.org/pcunley

SA Bridge Association

Learn Bridge and unlock a world of fun and friendship, with expert teachers and the most modern equipment and unmatched facilities. See website for information on classes, sessions and competitions.

Address: 243 Young Street, Unley

Phone: 8373 3995

Email: secretary@sabridge.com.au

Website: sabridge.com.au

Smart Seniors

Work your brain power and challenge your cognitive function whilst connecting with others and playing some fun games.

Address: Goodwood Community Centre, 32-34 Rosa Street, Goodwood

Phone: 8372 5143

Email: gcc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-directory/GCC-24-Smart-Seniors

Gardening

Fern Avenue Community Garden

The garden is open to visitors on Thursdays from 9am to 11am. Working bees are organised for the second Saturday or Sunday of the month. For more information, please visit the website below.

Address: 18-20 Fern Avenue, Fullarton

Email: Chairfernavegarden@gmail.com

Website: fernavenuegarden.com

South Australian Bonsai Society

A not-for-profit organisation in South Australia, promoting the art of science and bonsai.

Address: Goodwood Community Centre, 32a Rosa Street, Goodwood

Phone: 0403 883 269

Email: secretary.sabonsai@gmail.com

Website: bonsaisa.org.au

The Goody Patch

A space enjoyed and shared by both those in the neighbourhood as well as students and teachers from Goodwood Primary School.

Address: Corner of Surrey and Essex Street South, Goodwood

Email: thegoodypatch@gmail.com

Website: thegoodypatch.wordpress.com

Unley Gardeners' Plant Rescue

A dedicated group of women with the aim of collecting unwanted plants and pot plants that are no longer required, from people who are changing or downsizing their gardens, moving house, or moving into residential care.

Address: Fullarton Park Community Centre, 411 Fullarton Road, Fullarton

Phone: 0408 437 348 & 0419 808 635



Library

Goodwood Library

Offers access to various resources, events, programs, tech help and groups. Resources include books, audiobooks, DVDs, magazines, large print books, an Active Ageing collection, Kindle ereaders, online resources and a Sustainability Collection. Please visit the website or contact our friendly staff for more information.

Address: 101 Goodwood Road, Goodwood

Phone: 8372 5166

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/libraries

Unley Civic Library

Offers access to various resources, events, programs, tech help and groups. Resources include books, audiobooks, DVDs, magazines, large print books, an Active Ageing collection, Kindle ereaders, online resources and a Sustainability Collection. Please visit the website or contact our friendly staff for more information.

Address: 181 Unley Road, Unley

Phone: 8372 5100

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/libraries

Fullarton Park Lounge

Contact our friendly staff for further information.

Address: 411 Fullarton Road, Fullarton

Phone: 8372 5167

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Libraries

Unley Libraries Home Service

Offers a delivery option to City of Unley residents who are unable to access the Libraries for various reasons. The deliveries are free and available on a four weekly and ongoing basis. Please contact our friendly staff for more information.

Address: 181 Unley Road, Unley

Phone: 8372 5100

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/libraries



Local History

Capri Theatre

Built in 1941, Capri Theatre is heritage-listed and houses the Theatre Organ Society's unique world class theatre pipe organ. The profits from every movie ticket purchased goes back into the restoration of this iconic South Australian building and the mighty Wurlitzer organ.

Address: 141 Goodwood Road, Goodwood

Phone: 8272 1177

Email: information@capri.org.au

Website: capri.org.au

City of Unley Museum

A place where you can explore all aspects of local culture through our history, contemporary art and cultural exhibitions and displays.

Address: 80 Edmund Avenue, Unley

Phone: 8372 5111

Email: pobox1@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Museum

Friends of the Unley Museum

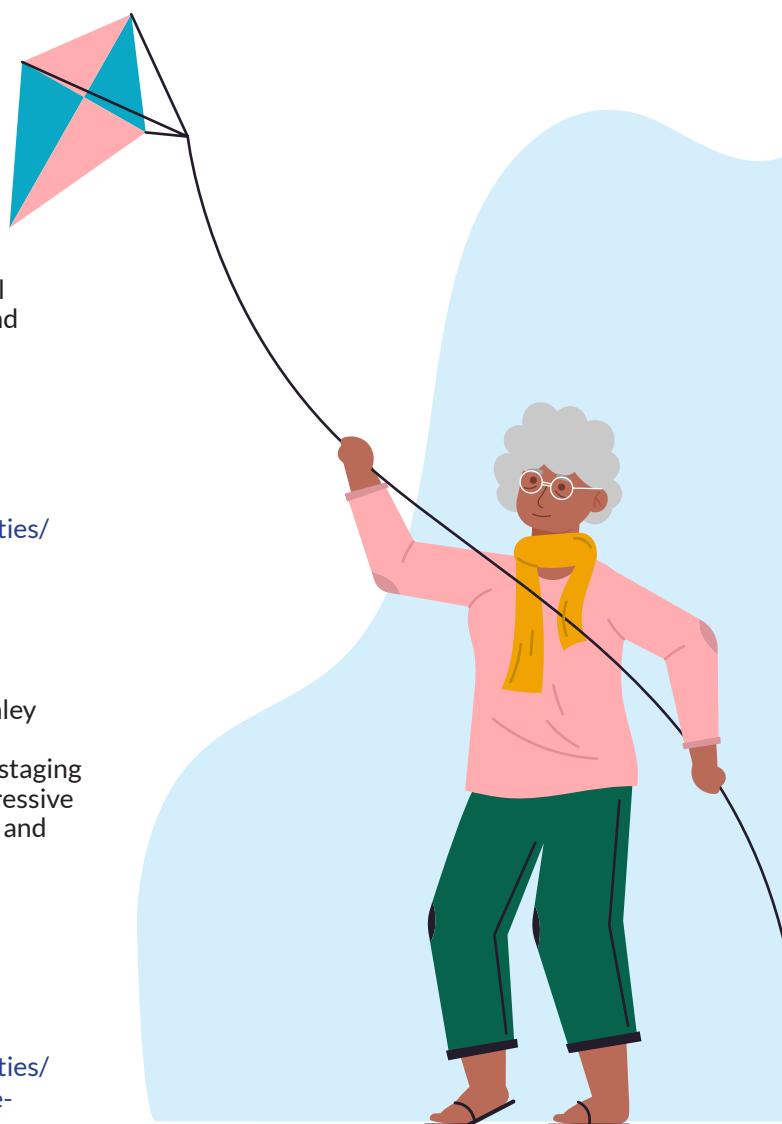
Want to get involved? Become a friend of the Unley Museum! Memberships assist the museum by financially supporting projects such as research, staging exhibitions and growing and conserving our impressive collection of photographs, artworks, documents, and historic objects. Please see website for more information and membership fees.

Address: 80 Edmund Avenue, Unley

Phone: 8372 5111

Email: friendsunleymuseum@gmail.com

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Museum/Friends-of-the-Unley-Museum



Markets

Adelaide Farmers Market

Free entry, open every Sunday 8.30am to 12.30pm. In addition to fresh produce there are an array of events and promotions throughout the year to enjoy with family, friends or even on your own. See website for more details.

Address: Adelaide Showground, Rose Terrace, Wayville

Website: adelaidefarmersmarket.com.au

Fullarton Market

A community market in the middle of city with a real community atmosphere, coffee, plants, bakery and much more. See website for more details.

Address: Fullarton Park Community Centre Grounds, 411 Fullarton Road, Fullarton

Phone: 0408 682 826

Email: fullartonmarket@gmail.com

Website: unley.sa.gov.au/Events-directory/FP-24-Fullarton-Market

Meals

Circuit Café

Offers great meals and social connections. Enjoy the lunch service prepared onsite by our cooking coordinator and team of volunteers, with up to three courses, including a choice of mains. Bookings essential.

Address: Unley Community Centre, 18 Arthur Street, Unley

Phone: 8372 5128

Email: ucc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Unley-Community-Centre/UCC-Circuit-Cafe

Community Lunch – Salvation Army Unley

Every Monday at 12.30pm we serve lunch for anyone who comes in, a gold coin donation is appreciated.

Address: 70 Marion Street, Unley

Phone: 8271 2839 & 0409 365 803

Email: corpsofficer.unley@salvationarmy.org.au

Website: salvationarmy.org.au/locations/south-australia/s063/unley-corps/

Quiet Dinner

A collaboration with Autism SA, the Quiet Dinner initiative aims to create a peaceful and welcoming dining experience, specifically set up with dimmed lighting, reduced sound and no TV to provide a safe and inclusive space to enjoy a nice meal.

Address: 150 Glen Osmond Road, Fullarton

Phone: 8338 1100

Email: reception@arkabahotel.com.au

Website: arkabahotel.com.au/quiet-dinner

Men's Groups

Blokes BBQ – Probus Club of Unley

Meet in the undercover BBQ area at Unley oval, fourth Monday of the month (except December and January) to discuss footy and many other topics. BYO meat and liquid refreshments.

Address: Unley Oval (northeastern side) Trimmer Terrace, Unley

Phone: 0400 128 440

Email: unleyprobus@gmail.com

Website: probussouthpacific.org/microsites/unley/Blokes_Barbeque

Buddies at Breakfast

Weekly men's breakfast with great food, coffee, and excellent conversation. Share a joke and have a laugh, it's a great way to catch up with other blokes in a relaxed and friendly environment. The breakfast often hosts guest speakers, participants have a game of billiards or lawn bowls and there are often quizzes and games. Please phone to register your interest.

Address: Unley Sports Club, 8 Northgate Street, Unley

Phone: 8372 5191

Email: CHSP@unley.sa.gov.au

Website: unley.sa.gov.au/Community-services/Senior-services-support/Wellbeing-and-social-programs#section-3

Malvern Men's Group

Lunch is held the first Wednesday of each month.

Address: Living Choice Café, 123 Fisher Street, Fullarton

Phone: 8271 6817

Email: admin@malvernuc.com

Website: malvernuc.com/other-programs



Music

Adelaide Threshold Singers

A group of women who offer their voices in song for comfort to people who are in pain or nearing the end of life. Rehearsals are weekly, new members welcome.

Phone: 0430 796 900

Email: adelaidethresholdsingers@gmail.com

Website: thresholdchoir.org/Adelaide

Caring Choir

The goal of the choir is to allow carers and carees to find their voices in both singing and decision making, its for carers and the ones they care for to enjoy together.

Address: Rosefield Uniting Church, 2 Carlton Street, Highgate SA 5063

Phone: 0413 221 678

Email: vandjbirt@bigpond.com

Website: thecaringchoir.com

Metropolitan Male Choir of South Australia

Sings a wide variety of music from classics to contemporary, from sacred to jazz, from Broadway to Welsh traditional.

Address: Rosefield Uniting Church Hall, Carlton Street, Highgate

Phone: 0401 204 634

Email: mmcsa.org@gmail.com

Website: mmcsa.org

MUSE Community Choir

Malvern Uniting Singing Extravaganza (MUSE) is a fun community choir where everyone is welcome!

Address: Malvern Uniting Church, 44 Marlborough Street, Malvern

Phone: 0400 265 899

Email: admin@malvernuc.com

Website: malvernuc.com/other-programs

Trinity Sessions

One of Adelaide's best and unique concert venues, with beautiful acoustics and comfortable seating, it's a unique performance space for a wide variety of music. See website for upcoming events.

Address: 318 Goodwood Road, Clarence Park

Phone: 8272 2564

Email: rdfvfreeman@gmail.com

Website: trinitysessions.org/

Unley Concert Band

A diverse group of approximately sixty members who aim to offer players and audiences the highest quality of community musicianship in Adelaide. Music is performed at a high level from advanced wind band repertoire to lighter entertainment music.

Address: Unley Town Hall, Oxford Terrace, Unley

Email: ucbsecretary@gmail.com

Website: unleyconcertband.com

Unley Symphony Orchestra

A community-based orchestra with members aged from 20 to 80+ including university students and retirees. Rehearsals Tuesday evenings with three high-quality concerts per year concentrating on classical orchestral pieces well loved by audiences around the world.

Address: 181 Unley Road, Unley

Email: usosecretary@gmail.com

Website: uso.org.au

Op Shops / Second Hand Goods

Aggies Op Shop

Well-known, well-loved thrift shop in the heart of the Unley shopping precinct.

Address: St Augustine's Anglican Church, 183 Unley Road, Unley

Phone: 8123 7372 & 0403 829 732

Email: staugustines.unley@gmail.com

Website: facebook.com/aggiesopshop

Rotary Thrift Shop

The shop is staffed entirely by volunteers, you can help by volunteering some of your time too. Stock is constantly changing, donations in the form of pre-loved goods are always welcome.

Address: 130 Unley Road, Unley

Phone: 8172 0900

Email: unley.secretary@rotaryclub.org.au

Website: unleyrotary.org.au/page/fundraising

RSPCA Op Shop Unley

Staffed by volunteers, you can find a range of new and preloved clothing, homewares, books and much more at great prices.

Address: 144 Unley Road, Unley

Website: rspcasa.org.au/support/opshops/

Salvation Army Unley Thrift Shop

Browse the collection of quality second-hand clothing and household items.

Address: 70 Marion Street, Unley

Phone: 8271 2839

Email: corpsofficer.unley@salvationarmy.org.au

Website: salvationarmy.org.au/locations/south-australia/s063/unley-corps/

Salvos Stores Kings Park

Sells pre-loved goods generously donated by the local community in-store and online. With new arrivals every day, there's always something new to discover.

Address: 307 Goodwood Road, Kings Park

Phone: 8271 9366

Email: salvosstores.enquiries@salvationarmy.org.au

Website: salvosstores.com.au/stores/sa/5034-kings-park-563

Stop By Op Shop

Stocks a wide range of women's, men's and children's clothing, toys, household items and bric-a-brac. The vast majority of profits go towards the church and other amazing endeavours such as Riding for the Disabled, Uniting Communities and Minton Farm Animal Rescue Centre.

Address: Church of the Trinity, 318 Goodwood Road, Clarence Park

Phone: 8272 2564

Email: unitingchurchofthetrinity@gmail.com

Website: churchofthetrinity.unitingchurch.org.au/op-shop/

Vinnies Parkside

Packed full of amazing bargains – designer, funky, vintage, retro and much more. With a large range of women's and men's clothing, shoes and accessories, children's wear and toys, light furniture, books and homewares – there's something for everyone in store.

Address: 98 Glen Osmond Road, Parkside

Phone: 8357 3796

Email: svdp@svdpsa.org.au

Website: vinnies.org.au/sa/shops/vinnies-parkside

Service Clubs

Rotary Club of Hyde Park

Brings together people across generations who wish to create lasting change in the world, in their communities and in themselves.

Address: Goodwood Park Hotel, 75 Goodwood Road, Goodwood

Phone: 0418 816 624

Email: hydepark@rotaryclub.org.au

Website: portal.clubrunner.ca/2901

Rotary Club of Unley

A network of neighbours, friends and leaders who volunteer their skills and resources to solve issues and address community needs.

Address: 123 Fisher Street, Fullarton

Phone: 8271 8409

Email: unley.secretary@rotaryclub.org.au

Website: unleyrotary.org.au

RSL Unley Sub Branch

The RSL was founded in 1916 to provide comradeship and support to Australia's veterans and their families and over time has evolved to meet the needs of each generation of servicemen and women.

Address: 29 Arthur Street, Unley

Email: unley@rslsa.org.au

Website: rslsa.org.au

The Salvation Army

Provides a large array of spiritual and social services, please see website for more details.

Address: 39 Florence Street, Fullarton

Phone: 8408 6900

Email: SADHQ@aus.salvationarmy.org

Website: salvationarmy.org.au/locations/south-australia/

Toc H South Australia

For over 90 years our members have delivered high quality community programs that provide opportunities for volunteers to become active in their community, creating a lasting and positive impact on society.

Address: 58A Glen Osmond Road, Parkside

Phone: 8443 8076

Email: office@tochsa.org

Website: tochsa.org

VIEW Club - Adelaide City Evening

Voice, Interests and Education of Women. Through social, community and fundraising activities, VIEW members have supported the work of The Smith Family for 60 years.

Address: Arkaba Hotel, 150 Glen Osmond Road, Fullarton

Phone: 0409 696 441

Email: adelaidecityeveningview@gmail.com

Website: thesmithfamily.com.au/view-clubs/find-a-club/sa/adelaide-city-evening-view-club

Zonta International - District 23

Build a better world for women and girls. Zontians in District 23 support a range of service projects and awards at the international, district and club levels to help women in Australia and overseas.

Email: zontadistrict23@yahoo.com.au

Website: zontadistrict23.org.au

Social and Activity Groups

Create and Talk

Explore your creativity while getting to know new people, a new activity every month.

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest

Phone: 0466 260 098

Email: marigold@uniity.com.au

Website: unley.sa.gov.au/Events-directory/CP-24-Uniity-Create-and-talk

Probus Club – Unley

Provides retirees with the opportunity to connect socially through a range of activities including regular meetings and outings as well as various interest groups including Coffee & Chat, Blokes BBQ, Photography, Theatre, Movies, Games, Books and Romeos & Juliets.

Address: Fullarton Park Community Centre, 411 Fullarton Road, Fullarton

Phone: 0430 247 705 & 0401 840 209

Email: unleyprobus@gmail.com

Website: probussouthpacific.org/pcunley

Unley Mensa

A fortnightly community lunch for senior citizens, play cards, bingo and eight-ball. Everyone welcome.

Address: Fullarton Park Community Centre, 411 Fullarton Road, Fullarton

Phone: 8271 4319 or 0421 674 345

Email: fpcc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-directory/FP-24-Unley-Mensa

Walking Group – Clarence Park Community Centre

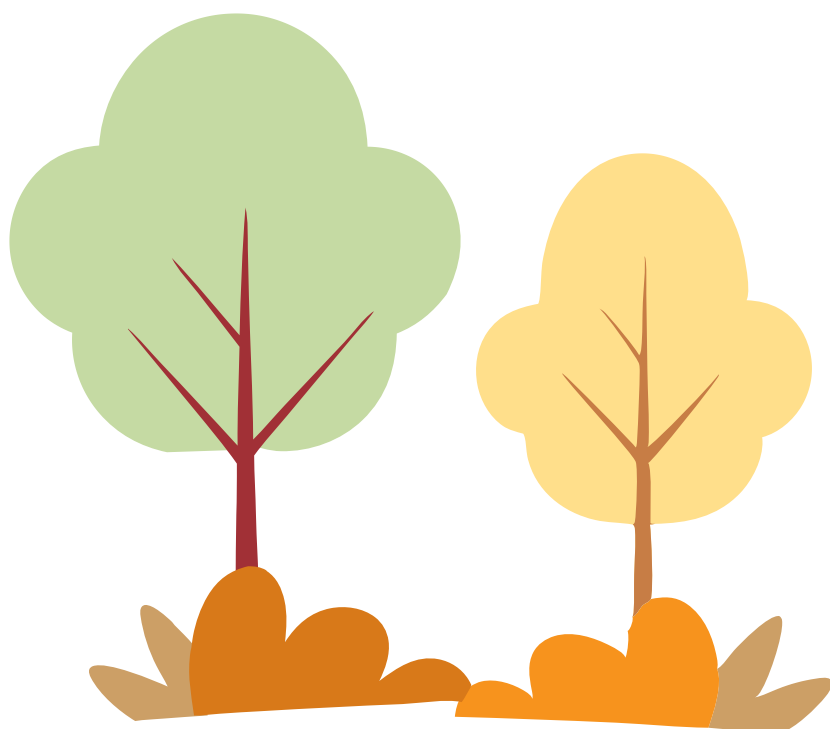
A social way to get fit, walk to King William Road for a coffee, have a chat and enjoy the scenery along the way.

Address: 72-74 East Avenue, Black Forest

Phone: 8293 8166

Email: cpcc@unley.sa.gov.au

Website: unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Clarence-Park/CPCC-Events-and-Programs/CPCC-Health



Special Interest Groups

Ancient Egypt Study Group

Study all aspects of Ancient Egyptian society and culture.

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest

Phone: 8294 3670 or 0439 825 360

Website: unley.sa.gov.au/Events-directory/CP-24-Ancient-Egypt-study-group

Brain Buzz Group – Unley Probus Club

Meets on the third Thursday of each month to discuss current issues in a cordial and respectful manner.

Address: Fullarton Park Community Centre, 411 Fullarton Road, Fullarton

Phone: 0430 247 705 & 0401 840 209

Email: unleyprobus@gmail.com

Website: probussouthpacific.org/microsites/unley/Brain_Buzz_Group

Budgerigar Society of South Australia Inc.

Encourages breeding and exhibition of budgerigars.

Address: Unley Community Centre, 18 Arthur Street, Unley

Phone: 8270 8284

Email: cmurphy68@msn.com

Website: bssainc.org.au/

Foreign Shorthair Cat Club of South Australia Inc.

Promotes cats and their welfare, encourage ethical breeding and provide opportunities for showing cats.

Address: The Howard Room, Fullarton Park Community Centre, 411 Fullarton Park, Fullarton

Phone: 8391 1495 & 8265 1198

Email: vyatka@adam.com.au

Website: fscs-sa.org.au

Genealogy SA

South Australia's leading resource for genealogy and family history research and the largest family history society in Australia.

Address: Society Library & Research Centre, 201 Unley Road, Unley

Phone: 8272 4222

Email: saghs.admin@saghs.org.au

Website: genealogysa.org.au

Unley Floral Designers Club Inc.

Workshops and demonstrations of different types of floral design and arrangements.

Address: St John's Lutheran Church, 15 Marlborough Street, Malvern

Phone: 8278 7764

Email: unleyfloraldesigners@gmail.com

Website: ausfloralart.org.au/state-bodies/south-australia/

Sporting Clubs

Boxing SA Inc.

The peak body for the Olympic sport of amateur boxing in South Australia, affiliated with SA Olympic Council and SA Commonwealth Games Association.

Address: 132 Rose Terrace, Wayville

Phone: 0438 131 906

Email: hethandtony@gmail.com

Website: boxingsa.org.au

Fairmont Tennis Club

Seniors social tennis, new members always welcome (presuming they have played).

Address: C F Page Memorial Park, Corner Cross Road and East Avenue, Clarence Park

Phone: 8293 2841 (President) & 8278 6208 (Secretary)

Email: popedf@hotmail.com

Forestville Eagles Basketball Club Inc. (FEBC)

One of ten member clubs of Basketball SA, has both senior and junior teams.

Address: Wayville Sports Centre, 142 Rose Terrace, Wayville

Phone: 8231 7908 & 0400 603 500

Email: finance@forestvilleeagles.asn.au

Website: forestvilleeagles.asn.au

Forestville Hockey Club Inc.

A thriving family and community-based hockey club with over 300 senior and junior members, players of all ages and abilities are warmly welcome.

Address: Goodwood Oval, Fairfax Avenue, Millswood

Phone: 0409 678 867

Email: Secretary@fhc.com.au

Website: fhc.com.au

Goodwood Cricket Club Inc.

Senior and junior games played at Goodwood Oval and Cabra Dominican College Oval.

Address: Goodwood Oval, Curzon Avenue, Millswood

Phone: 0402 438 596 (Secretary) & 0407 611 217 (Club President)

Email: contact@goodwoodcc.com

Website: goodwoodcc.com

Goodwood Saints Football Club Inc.

Three senior mens teams and two senior women's teams in the Adelaide Footy League, as well as SANFL Juniors and SANFL Inclusive League.

Address: Curzon Avenue, Millswood

Phone: 8351 1818

Email: gsfc@goodwoodsaints.com.au

Website: goodwoodsaints.com.au

Hyde Park Croquet Club

Social competitive croquet and golf croquet, affiliated with the South Australian Croquet Association.

Address: 8 Northgate Street, Unley

Phone: 0408 277 689

Email: president@hydeparkcroquetclub.com.au

Website: hydeparkcroquetclub.com.au

Millswood Bowling Club Inc.

A popular bowls club founded in 1922, located alongside the tennis and croquet clubs.

Address: 20 Millswood Crescent, Millswood

Phone: 8271 3172

Email: millswoodbowlingclub@gmail.com

Website: millswoodbowlsclub.com.au

Millswood Croquet Club

Croquet days and gala days at various times throughout the year, coaching is available.

Address: 20D Millswood Crescent, Millswood

Phone: 8293 3572 & 0450 953 540

Website: croquetsa.com.au

Millswood Lawn Tennis Club Inc.

Lawn tennis club with strong social program, coaching available. Members, visitors and potential new members all welcome!

Address: 20B Millswood Crescent, Millswood

Phone: 0419 800 138 (President) & 0400 741 620 (Secretary)

Email: millswoodlawntennis@gmail.com

Website: millswoodlawntennisclub.com

Pony Club Association of SA Inc.

Coordination and promotion of sports connected with horses and horse riding in South Australia.

Address: 132 Rose Terrace, Wayville

Phone: 7225 1805

Email: ponyclubsa@gmail.com

Website: ponyclub.asn.au

South Australian Masters Cycling Association (SAMCA)

Coordination and promotion of competitive cycle road racing. To be eligible for membership must turn 30 or more in the first year of membership.

Phone: 0426 826 865

Email: secretary@samc.org.au

Website: samc.org.au

Sturt Bowling Club

Social and competition bowls with kitchen and bar facilities.

Address: 21 Trimmer Terrace, Unley

Phone: 8271 4362 & 0431 501 176

Email: secretary@sturtbowlingclub.com.au

Website: sturtbowlingclub.com.au

Sturt Football Club Inc

Semi-professional Australian Rules Football Club that manages men's, women's wheelchair and junior teams that play in the SANFL competition.

Address: 1 Trimmer Terrace, Unley

Phone: 8271 4611

Email: general@sturtfc.com.au

Website: sturtfc.com.au

Sturt Lawn Tennis Club

The club has women's, men's and mixed teams playing in competitions as well as providing social tennis for members and visitors.

Address: Corner Langham Terrace and Edmund Avenue, Unley

Phone: 8338 3595

Email: info@sturtlawntennis.com.au

Website: play.tennis.com.au/sturtlawntennisclub

Tennis World Millswood

12 outdoor plexi-cushion hard courts, welcoming club house for all players, onsite pro shop and cafe and free carparking.

Address: Chelmsford Avenue, Millswood

Phone: 7224 8181 & 0435 968 982

Email: tennisworldmillswood@tennis.com.au

Website: tennisworld.net.au/tennis-world-adelaide

Unley Amateur Swimming Club Inc

Swim Clubs open a world of possibilities for swimmers of all ages and abilities, it's the perfect way to take your swimming to the next level!

Address: Unley Swimming Centre, Ethel Street, Forestville

Phone: 8377 0607

Email: unley.swimming@gmail.com

Website: unley.swimmingclub.org.au

Unley Park Lawn Tennis Club

Offers social tennis and coaching with four new synthetic grass courts and two real grass courts.

Address: 8 Northgate Street, Unley Park

Phone: 0411 241 175

Email: terry.mcnamara57@gmail.com

Website: upsc.com.au/new-page-2

Unley Park Sports Club

Community focused organisation that has provided facilities for sport and recreation since 1923. Host to several sporting clubs including croquet, lawn bowls, pétanque, tennis, as well as exercise classes and high teas!

Address: 8 Northgate Street, Unley Park

Phone: 8272 9460

Email: unleypsc@tpg.com.au

Website: upsc.com.au



Support Groups and Services

Anti-Poverty Network SA

SA based alliance of people affected and concerned by the effects of poverty and unemployment in Australia, including jobseekers, low-income workers, sole parents, age and disability pensioners, students, community and welfare workers, and others.

Address: 47 King William Road, Unley

Phone: 8451 1589

Email: info@apnsa.org

Website: apn-sa.org

Cancer Council SA (CSSA)

Information and support for people whose lives have been directly and indirectly affected by cancer.

Address: 202 Greenhill Road, Eastwood

Phone: 13 11 20

Email: askanurse@cancersa.org.au

Website: cancersa.org.au

Louise Place

Funded by the SA Housing Authority to provide supported accommodation options to pregnant and parenting young women and their children experiencing homelessness, or at risk of becoming homeless.

Phone: 8412 9530

Email: louiseplace@centacare.org.au

Website: centacare.org.au/service/louise-place

Mindset for Life

Are you thinking about retiring or have recently retired and are wondering what's next? Mindset for Life is designed to help people increase clarity and reduce uncertainty about the journey of retirement.

Phone: 0466 544 098

Email: mindset@thinkhuman.com.au

Website: mindsetforlife.com.au

Skylight Mental Health

Offers a range of services for people who experience mental illness and for their family and friends who care for them.

Address: 5 Cooke Terrace, Wayville

Phone: 8378 4100

Email: skylight@skylight.org.au

Website: skylight.org.au

The Hospital Research Group – Parkinson's

Provides support and information to people living with Parkinson's, their carers, the community, and health professionals through education groups, exercise and recreational groups, counselling, and specialised support groups for people with other movement disorders. See website for details.

Address: 25 King William Road, Unley

Phone: 1800 644 189

Email: contactus@fightingparkinsons.org.au

Website: fightingparkinsons.org.au

Resthaven Marion Community Services (Goodwood)

Offers a wide range of flexible services including therapy, restorative care, health and wellness, and social support groups.

Address: 131 Goodwood Road, Goodwood

Phone: 1300 13 66 33

Email: marioncs@resthaven.asn.au

Website: resthaven.asn.au/community-service-offices/resthaven-marion-community-services-goodwood/#map

St John Community Care SA

Offers a range of social support services to support the frail and elderly who are living independently in the community.

Address: 85 Edmund Avenue, Unley

Phone: 8306 6933

Email: comcarestateoffice@stjohnsa.com.au

Website: stjohnsa.com.au/community-care/what-we-do

Technology Groups

ACS PC Recycling Group

Triple C Computer club for teaching and learning, please phone or email for further details.

Phone: 7127 1581

Email: pcrecsig@acs.org.au

Adelaide Amiga & PC User Group

Computer interest club where visitors are always welcome. Please phone or see website for further details.

Address: Clarence Park Community Centre, 72-74 East Avenue, Black Forest SA 5035

Phone: 8339 3930

Website: unley.sa.gov.au/Events-directory/CP-24-Adelaide-Amiga-and-PC-User-Group

South Australian Apple Users Club

Computer interest group to promote and develop the use of Apple computers, people of all age groups are welcome.

Phone: 0402 851 407

Website: saauc.org.au

Unley Libraries Reboot Programs

Offers technology support and learning via regular programs such as 'Tea and Tech', 'All Things Apple' and 'Tech Help', and one-off digital literacy events and workshops. Please see the website or contact our friendly staff for more information.

Address: 181 Unley Road, Unley

Phone: 8372 5100

Email: libraries@unley.sa.gov.au

Website: unley.sa.gov.au/reboot

Volunteering

City of Unley

If you are interested in volunteering with the City of Unley, please visit our website unley.sa.gov.au/Page/Volunteer

SEEK Volunteering

Supporting and connecting communities in Australia, find a volunteer opportunity that best suits you.

Website: seek.com.au/volunteer-jobs

Volunteering SA&NT

The peak body for volunteering and not-for-profit organisation that provides support to individual volunteers, volunteer involving organisations, businesses and communities who want to make a difference.

Phone: 8221 7177

Email: reception@vsant.org.au

Website: vsant.org.au

Women's Groups

Belles Breakfast

For ladies aged 65+ living in the Eastern Region who are seeking a social opportunity to meet new people and form friendships within their local community while enjoying a freshly cooked breakfast. Please phone to register your interest.

Address: Unley Sports Club, 8 Northgate Street, Unley

Phone: 8372 5191

Email: CHSP@unley.sa.gov.au

Website: unley.sa.gov.au/Community-services/Senior-services-support/Wellbeing-and-social-programs#section-2

Greek Women's Society of SA

One of the oldest migrant women's organisations in South Australia, offers a range of activities for women of any cultural background, see website for more information.

Address: Goodwood Community Centre, 32-34 Rosa Street, Goodwood

Phone: 8231 4307

Email: info@greekwomenssociety.sa.org

Website: greekwomenssociety.sa.org

Ladies Coffee and Chat

The ladies meet for morning tea at 10am on the fourth Monday of each month with the exceptions of December and January.

Address: Hudsons Coffee Café – Living Choice, 123 Fisher Street, Fullarton

Phone: 0430 247 705 & 0401 840 209

Email: unleyprobus@gmail.com

Website: probussouthpacific.org/microsites/unley/Ladies_Coffee_and_Chat

VIEW Club – Unley

Voice, Interests and Education of Women. A leading women's organisation and support network that empowers women to have their voices heard on issues of importance in Australian society.

Address: Kensington Hotel, 23 Regent Street, Kensington

Phone: 0403 478 522

Email: unley.viewclub@gmail.com

Website: thesmithfamily.com.au/view-clubs/find-a-club/sa/unley-view-club

Zonta International – District 23

Build a better world for women and girls. Zontians in District 23 support a range of service projects and awards at the international, district and club levels to help women in Australia and overseas.

Email: zontadistrict23@yahoo.com.au

Website: zontadistrict23.org.au



Contact


**If you can't find something please
contact us :-**

Phone: 8372 5111

Email: pobox1@unley.sa.gov.au

Website: unley.sa.gov.au/Contact-us



A stylized landscape illustration. The background is a light blue sky with three white, fluffy clouds. In the foreground, there are two trees: one on the left with orange foliage and one on the right with green foliage. Both trees have brown trunks and are set against a green hill. The ground is a light green color. The text 'THE CITY of Unley' is centered in the middle of the image.

THE CITY of
Unley