

Social Connections - Group Activities



Helping Hand offers a range of social group activities in Gilles Plains, Wynn Vale and Holden Hill, for older people. Our social group activities offer a friendly and safe space to connect with others in your community, and are run by welcoming and friendly staff and volunteers.

Be Connected

Build your digital skills, confidence and safety online.

Crafty Capers

Bring along your own craft and hobby projects to work on together.

Creative Catch-Ups

Bring along your own craft and hobby projects to work on together.

Games and More

Enjoy group games such as carpet bowls, darts, and so much more.

Gawler Cinema

Enjoy a monthly trip to the Gawler Cinema to see a film on the big screen.

Golden Girls and Guys

Get together and enjoy social conversations, games and puzzles.

Golden Years Club

Enjoy social connections, games and friendly conversation.

Hills Boys

A group where men can enjoy a good chat, as well as games and more.

Lunch Out and About

Visit local eateries and enjoy a delicious lunch with fellow foodies once a month.

Men's Zone

A group where men can enjoy a good chat, games and so much more.

Music and Song

Sing your heart out to your favourite songs old and new.

Walking Group

Take a walk in the local area, while enjoying lively conversation.

All social group activities include light refreshments.

Contact us on 1300 444 663 or homecare@helpinghand.org.au to find out more

Social Group Activities Timetable 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Be Connected					Gilles Plains 1:00pm–3:00pm
Crafty Capers			Wynn Vale 1:00pm–4:00pm		
Creative Catch-Ups					Gilles Plains 9:30am–12:00pm 1:00pm–4:00pm
Games and More			Wynn Vale 12:30pm–4:00pm		
Gawler Cinema		Meet at Gilles Plains 10:00am–1:00pm <i>Second Tuesday of the month</i>			
Golden Girls and Guys	Wynn Vale 9:30am–12:00pm 1:00pm–4:00pm	Gilles Plains 9:30am–12:00pm 1:00pm–4:00pm			
Golden Years Club			Wynn Vale 9:30am–12:00pm		
Hills Boys			Holden Hill 9:30am–12:00pm <i>Fortnightly</i>		
Lunch Out and About	Meet at Gilles Plains 11:30am–3:00pm <i>First Monday of the month</i>				
Men's Zone		Gilles Plains 9:30am–12:00pm			
Music and Song				Gilles Plains 12:30pm–3:30pm	
Walking Group			Wynn Vale 9:30am–11:00am <i>Fortnightly</i>		