



ACPA to host open day and festival

Alexandrina Centre for Positive Ageing (ACPA) assist ageing people in the community to come together to re-connect and give them a sense of purpose.

The ACPA in Goolwa is holding an open day and Every Generation Festival on Sunday October 17 from 10.00am to 2.00pm.

Staff and volunteers of the centre are keen to welcome all members of the Alexandrina community to come along and find out what fantastic opportunities are available for older residents to participate in within the Alexandrina Council area.

The ACPA offers a broad range of activities and events Monday to Friday.

Centre activities encourage and promote the following;

- * continuous learning and the exchange of skills,
- * promotion of health and wellbeing,
- * fostering social inclusion, interaction and maintaining connectivity with our wider

community and,

- * most importantly, to be fun and enjoyable.

The ACPA also encourages younger people to become involved with the centre through the GoolwaSkill program.

The GoolwaSkill program provides young people with the opportunity to learn new skills across a variety of trades, activities and interests whilst fostering positive intergenerational relationships with older volunteer leaders who are willing to share their knowledge and skills in their chosen field.

So if you are looking for a place to learn some new skills, boost your social interaction, have fun with others or perhaps you know someone who may benefit from some like minded company, then head to the Alexandrina Centre for Positive Ageing on the corner of Cadell Street and Cutting Road, Goolwa on Sunday October 17 2010 and see what you have been missing.

Don't forget to grab a friend and bring them along.



◀ GET INVOLVED:

Helping people at aged care facilities is a fantastic way to become involved in the community and help brighten up someone's day.