

Jewish Community Services



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A dynamic, not-for profit organisation providing services and programs that meet the changing social, emotional and practical needs of the Jewish Community in South Australia

Chaverim

The Chaverim group meets each Thursday at Rose Harrison Hall, Beit Shalom Synagogue for a gentle chair-based exercise routine, followed by light lunch and board games or other social activity.

The exercises are designed to maintain flexibility, balance and strength as we age so that we can remain independent and enjoy life to the fullest.

Ali Sulan, Viv Bolaffi and Lynette Ninio are the three trained leaders who conduct the classes.

Come and Join Us!

We are ready to start a second group and welcome anyone who would like to come to watch or join a session to learn more about our programme.

The exercises are tailored to meet the needs of each group with varying levels of activity, but always with the aim of maintaining and improving each participant's physical well being.



Transport is often seen to be a barrier to participation but we have arrangements to help so that this problem can be overcome.

Please contact the office to speak to Ali, Viv or Lynette and we will enjoy talking to you about the programme.