

socialhub program

AGED CARE
JANUARY – MARCH 2022



Welcome

We continue to include the things you love in this program with our longer trips, in hub craft, music entertainment, museums and more. Remember in these warmer months when you are out and about to bring your hat, sun cream and a bottle of water.

Our regular swimming and pool access at the Hobart Aquatic Centre, bill paying and shopping, exercises, wellness and relaxation sessions continue in this program.

Our hubs will be closed over the Christmas break for two weeks with our first day back being Wednesday the 5th of January 2022.

We look forward to sharing the fun with you for the year of 2022.

If you have suggestions, activities or events that you would like to see on the next program then please fill out our activity suggestion forms which are located in our hubs. There is never a suggestion that is too big or too small.

Highlights

Lunch at the Gretna Green Heartlands Hotel

Tour of Mount Pleasant Observatory and lunch at Richmond

Australia Day Party

Incat Museum and Tour

Dover RSL Lunch and explore

Old Hobart Town Model Village in Richmond

Sing along with Johnny at New Town hub and three course lunch

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
CLOSED	CLOSED	COMBINED HUB CONCERT 🏠	HARMONY GARDEN CENTRE Lauderdale \$ Optional 🚌\$	SUMMER PRODUCE TOUR AND PACKED LUNCH \$ Optional 🚌\$
		THREE COURSE LUNCH 🏠	IN HUB BBQ 🏠	EXERCISES MADE FUN ⚙️🏠

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
CAMBRIDGE PARK SHOPPING AND CAFÉ \$ Optional 🚌\$	LUNCH AT THE LUFRA HOTEL AT EAGLE HAWK NECK \$10 - \$20 🚌\$	EIGHT BALL AND LUNCH AT THE MARQUIS OF HASTINGS Buffet or menu options available \$10 - \$25 🚌\$	WALK, ROLL AND COFFEE Client choice location ⚙️	ALL DAY OP-SHOPPING MYSTERY TOUR AND PACKED LUNCH \$ Optional 🚌\$
DIY BIRD SEED FEEDERS 🏠	SUMMER BINGO 🏠	JEWELLERY MAKING 🏠	BOCCE AND RING TOSS CHALLENGE 🏠	GARDENING ⚙️🏠

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
WESTERWAY RASPBERRY FARM, ICE CREAM AND PACKED LUNCH \$ Optional 🚌\$	AGEING BACKWARDS EXERCISES AND COFFEE AT BLACKMANS BAY \$ Optional ⚙️🚌\$	BOTANICAL GARDENS TOUR: WALKING OR BUGGY RIDE AND PACKED LUNCH \$5 🚌\$	BUSHY PARK COMMUNITY MARKET AND LUNCH \$10 - \$20 🚌\$	LUNCH AT THE GREYNA GREEN HEARTLANDS HOTEL \$15 - \$25 ★🚌\$
CARD MAKING 🏠	CARDS AND CRIB CHALLENGE 🏠	LEARN TO JUGGLE 🏠	RHYMING RIDDLES AND OPTICAL ILLUSIONS 🏠	RUMIKUB AND SCRABBLE 🏠

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
VISIT GREEN HILL NURSERY AND BUSH BAKERY LUNCH \$5 - \$10 🚌\$	AUSTRALIA DAY PARTY In hub BBQ, pavlova, lamingtons, lucky door and best dressed prizes, aussie bingo and more ★🏠	PUBLIC HOLIDAY Hub closed	LUNCH AT BROOKFIELD MARGATE \$15 - \$20 🚌\$	TOUR OF MOUNT PLEASANT OBSERVATORY AND LUNCH AT RICHMOND \$15 - \$25 ★🚌\$
AUSTRALIAN HISTORY QUIZZES 🏠			AGEING BACKWARDS EXERCISES AND COFFEE AT BLACKMANS BAY \$ Optional ⚙️🚌\$	GUIDED ART 🏠

MONDAY 31
IN HUB MASQUERADE PARTY AND KARAOKE Prize for best dressed 🏠
THREE COURSE LUNCH 🏠

January



There is a cost associated with this activity. CBS will send you an invoice at the end of the month.



These activities are out and about in the community.



These activities are held at the hub.



Feature activities. (Book early!)



Wellness activities.

TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
CHINESE LUNCH OUTING Hong Kong restaurant Moonah \$15 - \$25 \$	TOUR THE RICHMOND GAOL AND BAKERY LUNCH \$5 - \$10 \$	LUNCH AT MY SLICE OF PIE IN MOUNTAIN RIVER \$10 - \$20 \$	ACTIVITIES AND BBQ LUNCH AT WATERWORKS RESERVE Activities include games, scavenger hunt and bird watching \$
CHINESE NEW YEAR CELEBRATIONS 	SCRATCH ART 	LEAF PRESERVING ART 	QUIZZES AND PUZZLES

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
KINGSTON BEACH SECOND HAND SHOP, BEACH WALK AND PICNIC LUNCH \$ Optional 	VISIT THE STATE LIBRARY 	INCAT MUSEUM AND TOUR \$5 \$	ARM CHAIR TRAVEL Have a french travel experience from the comfort of the hub 	VALENTINES DAY IN HUB CELEBRATIONS Chocolate making, DIY cards and name the song challenge
PAINTING WITH PISTOLS 	BOARD GAMES 	EIGHT BALL 	VISIT JEAN PASCAL PATISSERIE \$ Optional \$	WALK, ROLL AND COFFEE \$ Optional \$

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
PUBLIC HOLIDAY Hub closed	THE BOARD WALK CAFÉ Lunch outing at the casino \$10 - \$20 \$	INDOOR CRICKET COMPETITION CBS VS RECLINK At the indoor cricket center challenge a group from reclink 	TOUR AND PACKED LUNCH AT TOFFEEMONT ALPACAS FARM IN ORIELTON Feed, pat and be surrounded by local alpacas \$16 \$	DUNALLEY GOLF CLUB LUNCH OUTING \$20 - \$25 \$
	MAKE YOUR OWN DOG BISCUITS 	SWIMMING AT THE AQUATIC CENTRE \$4 \$	LEAN MORE ABOUT GARDENING 	BRAIN TEASERS

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
LUNCH AT THE CLAREMONT HOTEL \$15 - \$25 \$	ROCK DIPPING ART PART 1 Head to the beach to collect rocks for rock dipping art 	EXPLORE AND COFFEE AT MT NELSON SIGNAL STATION \$ Optional \$	LUNCH AT THE RIVULET AFÉ Located in south hobart \$5 - \$15 \$	DOVER RSL LUNCH AND EXPLORE \$15 - \$20 \$
MUSIC QUIZZES 	AGEING BACKWARDS EXERCISES AND COFFEE AT BLACKMANS BAY \$ Optional \$	SWIMMING AT THE AQUATIC CENTRE \$4 \$	SCRAPBOOKING 	PAMPERING AFTERNOON

MONDAY 28
A DAY AT THE LEE Gourmet BBQ lunch, on site activities, bird watching and great company \$10 \$
GARDEN MAINTENANCE AND PLANTING

February



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These activities are held at the hub.



Feature activities. (Book early!)



Wellness activities.

TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
TINDERBOX BEACH PICNIC, WALK AND SCENIC DRIVE 🚌	BUCKLAND BUSH GARDENS AND BBQ LUNCH 🚌	MARGATE TRAIN SHOPPING AND COFFEE \$ Optional 🚌	COUNTER MEAL AT THE HUNTING TAVERN IN KEMPTON \$15 - \$25 🚌
QUIZZES AND BRAIN TEASERS 🏠	BACKYARD ACTIVE GAMES ⚙️🏠	WORLD WILDLIFE DAY In hub celebrations and quizzes of wildlife and koala keno 🏠	STRAW PAINTING 🏠

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
OLD HOBART TOWN MODEL VILLAGE IN RICHMOND \$12 ★🚌	VISIT THE FLORA AND FAUNA GARDENS Located in Margate 🚌	FISH AND CHIPS ON HOBART'S WATERFRONT Mures \$15 - \$25 🚌	CWA SHOP IN CYGNET AND LUNCH \$ Optional 🚌	MONA MUSEUM TOUR AND COFFEE \$ Optional 🚌
WHITE-BOARD WORD GAMES 🏠	ROCK DIPPING ART PART 2 Decorate rocks from collection using various methods of paint ★🏠	SWIMMING AT THE AQUATIC CENTRE \$4 ⚙️	GROUP CHAT Talk about the history of hobart 🏠	GUEST SPEAKER FROM ADVOCACY TASMANIA 🏠

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
PUBLIC HOLIDAY Hub closed	TOUR HOBART ON THE RED DECKER BUS \$20 🚌	BBQ AND STROLL AT RISDON BROOK DAM Outing	LUNCH AT BOTANIC RESTURANT IN SALAMANCA \$15 - \$25 🚌	SING ALONG WITH JOHNNY AT NEW TOWN HUB ★🏠
	TEACH US SOMETHING NEW Bring in your skill, trick or something we might not know 🏠	TEN-PIN BOWLING \$6.50 🚌	AGEING BACKWARDS EXERCISES AND COFFEE AT BLACKMANS BAY \$ Optional 🚌	IN HUB THREE COURSE LUNCH 🏠

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
OP SHOPPING AND BILL PAYING Your choice location \$ Optional 🚌	DUNALLEY BAKERY Drive and lunch \$5 - \$15 🚌	SWIMMING AT THE AQUATIC CENTRE \$4 ⚙️🚌	ALL DAY OUTING TO ROSS Explore the Tasmanian Wool Center, Ross bridge, Little Lolly shop, Female Factory and lunch at the bakery \$10 - \$15 ★🚌	HYPERDRIVE KART RACING \$20. Spectators welcome at no cost. 🚌
SPEAK UP STAY CHATTY GUEST SPEAKER 🏠	SCRABBLE CHALLENGE 🏠	IN HUB CINEMA DAY Pizzas, popcorn, choc tops and more 🏠	MARBLE PAINTING 🏠	OP SHOPPING AND BILL PAYING \$ Optional 🚌

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31
TRIABUNNA OUTING AND LUNCH AT THE FISH VAN \$10 - \$20 🚌	SHOPPING AT HUONVILLE \$ Optional 🚌	SOUTH ARM RSL LUNCH AND SCENIC TOUR \$20 - \$25 🚌	IN HUB TAI CHI Guided by an instructor to suit all capabilities ⚙️🏠
BINGO 🏠	LEARN A DIFFERENT LANGUAGE 🏠	JEWELLERY MAKING 🏠	WALK, ROLL AND COFFEE \$ Optional ⚙️

March

- 💰 There is a cost associated with this activity. CBS will send you an invoice at the end of the month.
- 🚌 These activities are out and about in the community.
- 🏠 These activities are held at the hub.
- ★ Feature activities. (Book early!)
- ⚙️ Wellness activities.

Meal Delivery Service

Our meal delivery service is very popular so make sure you book in early so we can provide for you!

Meals are cooked fresh and delivered frozen so you can store them for those days you can't be bothered cooking. But if you can't wait, they can be heated in either the microwave or the oven.

We deliver to:

- Hobart and surrounds
- Eastern Shore (Tranmere, Acton Park, Lauderdale, Geilston Bay, Old Beach, Gagebrook and everywhere in between)
- Northern Suburbs and New Norfolk
- Kingston and Huon area



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 communitybasedsupport

Meal Costs

CHSP	My Aged Care referral for Social Support individual	+ \$5 per meal (capped at 3 meals per week)
HACC	Tas Community Care Referral	+ \$5 per meal (capped at 5 meals per week)

Short notice cancellations

A 'short notice cancellation' is when a client cancels support after 5pm the day before supports are to occur. (I.e. phoning and cancelling support after 5:00pm the day prior to support).

With an increasing number of short notice cancellations occurring Community Based

Support will in future invoice clients for the required client contribution relevant to the service, if a short notice cancellation is made.

Should you need to cancel services at any time please do so as early as possible and no later than 5pm the day prior.

-  Phone: 1300 227 827 or 6208 6600
-  Email: social.groups@cbsaust.org.au
-  Visit: www.cbsaust.org.au

