

socialhub program

DISABILITY SUPPORT
APRIL – JUNE 2022



Welcome

There's an action packed program for you this quarter with lots of fun outings, experiences and activities at the hub.

We'll be venturing up to the summit of Mount Wellington to take in the amazing views. There'll be a trip out to Maydena Bike Park, a tour of Par Avion at Cambridge and lots more exciting adventures.

In the hub we'll be getting creative, making all sorts of fun arts and crafts like decorations, painting and games and puzzles.

There'll be guest speakers from Cancer Council and the Tasmanian Fire Service sharing important information as well as classes on online shopping.

We can't wait to see you all and continue our fun together.

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

Jamsetters concert

Mount Wellington trip

Lunch at the Maydena Bike Park

Tasmanian Transport Museum

Tour and lunch at the Old Kempton Distillery

Old Chapel Tea Rooms lunch

Big Swing Golf Cambridge

FRIDAY 1

April Fools Day celebrations

In-hub celebrations, quizzes, jokes and games.



In-hub cooking

Cook up some goodies to take home



MONDAY 4

Bellerive Yacht Club Marina bar lunch

\$15 - \$25



TUESDAY 5

Moonah Arts Center

Visit featured exhibitions



WEDNESDAY 6

Theatre Royal

Guided tour \$8



THURSDAY 7

Jamsetters concert

New Town hub



FRIDAY 8

Woodfired pizza at Pooley Wines

Located in Richmond \$15



Rummikub



DIY vase jars



Chocolate making



Gumboot planters



Board games



MONDAY 11

Mt Wellington trip

Visit the summit then coffee at the Springs & packed lunch



TUESDAY 12

Lunch at the Grand Hotel Huonville

\$15 - \$20



WEDNESDAY 13

Marble art and painting



THURSDAY 14

Combined Easter long table lunch



FRIDAY 15

**PUBLIC HOLIDAY
GOOD FRIDAY**

Hub closed

Egg carton bingo



Gift bag decorating



Swimming at the Aquatic Centre

\$4



Scavenger hunt & egg and spoon race

Scavenger hunt, egg and spoon race. Prizes for the winners.



MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
PUBLIC HOLIDAY EASTER MONDAY Hub closed	Mini Golf at Barilla Putt and Play \$12 \$	Lunch at the Maydena Bike Park \$10 - \$20 \$ ★	Visit the Kingston library 	In-hub Anzac Day commemorations
	Scrapbooking 	Scratch art 	Make your own epsom salt bottle 	Trip to Soldiers Memorial & Cenotaph Queens Domain, Hobart.

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
PUBLIC HOLIDAY ANZAC DAY Hub closed	Shopping at Sorell \$ Optional \$	Fire safety info session Guest speaker on fire safety for the upcoming winter months. 	Tour of Blundstone Arena Guided tour of Australia's most scenic sports stadium. \$7 \$ ★	Bothwell Castle Hotel lunch \$15 - \$25 \$
	Beading and jewellery making 	Swimming at the Aquatic Centre \$4 ⚙️ \$	Visit State Library 	Scrabble challenge



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.
















April









MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<p>Shopping at Eastlands</p> <p>\$ Optional</p> <p> \$</p>	<p>Lunch at Mood Food in Kempton</p> <p>Newly renovated \$5 - \$15</p> <p> \$</p>	<p>Bingo afternoon</p> <p>Enjoy a fun afternoon of in-hub bingo.</p> <p></p>	<p>Honey Pot Huonville lunch and shopping</p> <p>\$10 - \$30</p> <p> \$</p>	<p>Waterfalls Café Mt Field</p> <p>\$15 - \$25</p> <p> \$ </p>
<p>Pancake lunch</p> <p>Delicious pancake lunch with a variety of toppings sure to delight.</p> <p></p>	<p>Nature art</p> <p></p>	<p>Swimming at the Aquatic Centre</p> <p>\$4</p> <p>  \$</p>	<p>Flower and leaf pressing</p> <p></p>	<p>Knitting session</p> <p></p>

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<p>Risdon Brook Hotel pub lunch</p> <p>\$15 - \$25</p> <p> \$</p>	<p>Visit Tasmanian Museum and Art Gallery</p> <p>Visit Australia's second oldest museum.</p> <p></p>	<p>Ten Pin bowling</p> <p>Zone bowling, Moonah. \$6.50</p> <p> \$</p>	<p>Channel Heritage Museum</p> <p>\$6 for tour + \$ optional for hot drink.</p> <p> \$</p>	<p>Eagles By the Bay</p> <p>Lunch at North West Bay Golf Club \$15 - \$25</p> <p> \$</p>
<p>Colour and coffee</p> <p></p>	<p>Recycled puzzle photo frames</p> <p></p>	<p>Walk, roll and coffee</p> <p>\$ Optional</p> <p>\$</p>	<p>Free choice activities</p> <p></p>	<p>Crosswords and puzzles</p> <p></p>

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<p>Music with Johnny</p> <p></p>	<p>Wattlebanks Café lunch</p> <p>Orford \$15 - \$25</p> <p> \$</p>	<p>Lunch at the Horseshoe Inn</p> <p>\$15 - \$25</p> <p> \$</p>	<p>Shopping at Spotlight</p> <p>Explore the new Spotlight store in Glenorchy</p> <p>\$ Optional</p> <p> \$</p>	<p>Mystery bus challenge</p> <p></p>
<p>Painting</p> <p></p>	<p>Card games</p> <p></p>	<p>Swimming at the Aquatic Centre</p> <p>\$4</p> <p>  \$</p>	<p>Table restoration project</p> <p></p>	<p>DIY name badge</p> <p></p>

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Tasmanian Transport Museum Visit to the Tasmanian Transport Museum, including rail car ride. \$10   	Guest Speaker from the Cancer Council Combined at New Town hub 	Explore Ross Packed Lunch & visit the bakery, bridge, lolly shop and more \$10 - \$20  	Fish and chips at Franklin \$10 - \$20  	Australia's Biggest Morning Tea In-hub morning tea gathering 
Resin painting 	Three Course in-hub lunch 	Brain teasers 	Daffodil craft 	Shopping in Glenorchy \$ Optional  

MONDAY 30	TUESDAY 31
Richmond Bakery lunch Visit the bakery and local shops \$5 - \$10  	DS Coffee House café Huonville \$15 - \$20  
Learn to juggle 	Bingo afternoon 

May



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Feature activities. (Book early!)












Wellness activities.



		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		<p>Combined hubs Winter party</p> <p>Celebrate the first day of winter with in-hub lunch, quizzes, games and more.</p> <p></p>	<p>Rivulette Café lunch</p> <p>\$10 - \$15</p> <p> </p>	<p>Par-Avion tour</p> <p>See the aircraft up close, with a tour of the Par Avion airport at Cambridge.</p> <p> </p>
		<p>Swimming at the Aquatic Centre</p> <p>\$4</p> <p>  </p>	<p>Hub scavenger hunt</p> <p></p>	<p>In-hub cooking</p> <p>Cook up some goodies to take home</p> <p></p>
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
<p>Shopping and lunch at Northgate</p> <p>\$10 - \$20</p> <p> </p>	<p>Tour and lunch of the Old Kempton Distillery</p> <p>\$10 for tour (Optional) & \$10 - \$20 Lunch</p> <p>  </p>	<p>Indoor cricket CBS vs Reclink</p> <p>Kingston indoor cricket center</p> <p></p>	<p>Big Swing Golf Cambridge</p> <p>Play on a golf simulation screens. Suited to all abilities and experience levels \$10</p> <p>  </p>	<p>Lunch at the Beach House café</p> <p>Sandy Bay \$15 - \$20</p> <p> </p>
<p>In-hub exercises</p> <p></p>	<p>Straw painting</p> <p></p>	<p>Mandala colouring</p> <p></p>	<p>Table restoration project</p> <p></p>	<p>Paper flower making</p> <p></p>
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
<p>PUBLIC HOLIDAY</p> <p>QUEENS BIRTHDAY</p> <p>Hub closed</p>	<p>Queens Birthday high tea</p> <p>In-hub celebratory high Tea, including scones, cakes and a variety of flavoured teas.</p> <p></p>	<p>Lunch and eightball at the Marquis of Hastings</p> <p>Buffet and menu options available. \$10 - \$30</p> <p> </p>	<p>Tour Oatlands Gaol & Court House</p> <p>Tour the Oatlands military precinct.</p> <p> </p>	<p>Triabunna op shop and lunch</p> <p> </p>
	<p>Guest Speaker from Hearing Tasmania</p> <p></p>	<p>Swimming at the Aquatic Centre</p> <p>\$4</p> <p>  </p>	<p>Coffee and conversations</p> <p></p>	<p>Jokes and riddles</p> <p></p>

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<p>Visit the Bush Bakery</p> <p>A trip to an award winning local bakery located in Leslie Vale. \$ optional.</p> <p> \$</p>	<p>Music with Johnny</p> <p>Sing along with Johnny at the New Town hub.</p> <p></p>	<p>Hub movie day</p> <p>Choose from our selection of movies or bring your own to share</p> <p></p>	<p>Tasmanian Golf Club lunch</p> <p>A trip out to Cambridge for lunch at the golf club. \$15 - \$30</p> <p> \$</p>	<p>Lunch outing to the Crown Inn at Pontville</p> <p>Lunch \$15 - 30</p> <p> \$ ★</p>
<p>Word ladder</p> <p></p>	<p>World Music Day & Winter solstice celebrations</p> <p></p>	<p>Walk, roll and coffee</p> <p>\$ Optional</p> <p>\$</p>	<p>Table restoration project</p> <p></p>	<p>Chocolate making</p> <p></p>

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30
<p>Mawsons Replica museum</p> <p>Tour with historic insight into the daily lives of the Australian Antarctic expeditioners.</p> <p></p>	<p>Lunch at My Slice of Pie</p> <p>Lunch outing to the Huon Valley \$15 - \$20</p> <p> \$</p>	<p>Old Chapel Tea Rooms lunch</p> <p>Located in Glenorchy \$10 - \$20</p> <p> \$ ★</p>	<p>New Norfolk drive and lunch at Banjos</p> <p>\$5 - \$15</p> <p> \$</p>
<p>DIY string decorations</p> <p></p>	<p>Millionaire game</p> <p></p>	<p>Swimming at the Aquatic Centre</p> <p>\$4</p> <p>  \$</p>	<p>Scattogories game</p> <p></p>



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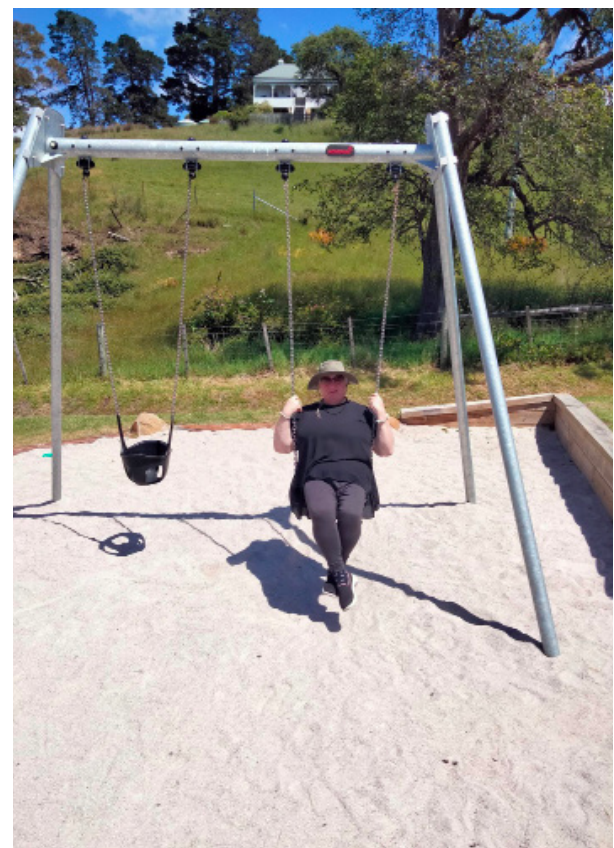
Feature activities. (Book early!)



Wellness activities.

June

Outings photos



Short notice cancellations

All NDIS funded clients are required to provide more than two (2) clear business days' notice for cancellations of support. If support is cancelled with less than two (2) business days' notice CBS will claim for the support from a client's plan.

This is in line with the National Disability Insurance Scheme Price Guide. All other clients are required to provide notice before 5pm the day before their support is due to occur.

- ☎ Phone: 1300 227 827 or 6208 6600
- ✉ Email: social.group@cbsaust.org.au
- 🌐 Visit: www.cbsaust.org.au

