

socialhub program

AGED CARE
JULY – SEPTEMBER 2022



Welcome

There's plenty of fun and exciting outings coming up this quarter despite the colder weather and shorter days. We'll be visiting some old favourites as well as some new sights.

Join our traditional and popular Christmas in July at the hub. Choose from plenty of tasty lunches and high teas out and about at popular spots like Mount Field or the Puddleduck vineyard near Richmond. Speaking of, we're excited to explore the newly re-opened maze and cafe.

There'll be the usual mix of historic tours to interesting sights, scenic drives around southern Tassie and of course, plenty of fun filled activities, talks and performances at the hubs.

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 and we love having your input into the program.

Highlights

Richmond Maze

Christmas in July party

Spring Garden high tea

Mystery Bus Challenge

Lunch at Puddleduck vineyard

FRIDAY 1

<p>Mawson's Huts Replica Museum</p> 
<p>Card Making</p> 

MONDAY 4

TUESDAY 5

WEDNESDAY 6

THURSDAY 7

FRIDAY 8

<p>Boardwalk Bistro Lunch \$15 - \$25  \$</p>	<p>Mount Nelson Signal Station Walk and coffee \$ Optional  \$</p>	<p>Guest speaker fire safety </p>	<p>Foods of the World Day </p>	<p>Dover RSL Lunch \$15 - \$25  \$ ★</p>
<p>NAIDOC WEEK Paper mosaicing </p>	<p>NAIDOC WEEK Music </p>	<p>NAIDOC WEEK Rock art </p>	<p>NAIDOC WEEK Dot painting </p>	<p>NAIDOC WEEK Short stories </p>

MONDAY 11

TUESDAY 12

WEDNESDAY 13

THURSDAY 14

FRIDAY 15

<p>IT workshop Bring your own device if possible </p>	<p>Explore New Norfolk all day outing Catered lunch \$17  \$</p>	<p>Shoreline cafe lunch \$10 - \$20  \$</p>	<p>Geckostrands scarf making demonstration & lunch Located in Franklin \$10 - \$15 for lunch  \$</p>	<p>Op shopping all day tour \$ Optional  \$</p>
<p>Photo mural project </p>	<p>Eight ball </p>	<p>Swimming at the Aquatic Centre \$4  ⚙️ \$</p>	<p>Board games and puzzles </p>	<p>Quizzes and trivia </p>

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
The Crown Inn pub lunch Pontville \$15 - \$30 	Christmas in July celebration New Town hub 	Huonville shopping \$ Optional 	Village Cinema trip Movie TBA the week prior \$20 	Lufra Hotel Lunch \$15-\$25
Resin painting 	Three course lunch, music and prizes 	Arts and crafts 	Jewellery making 	Crosswords and puzzles
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
State Library outing 	Police Museum 	The Marquis of Hastings Lunch and eight ball \$15 - \$25 	Shopping in New Norfolk \$ Optional 	International Friendship Day Entertainment and lunch
Candle making 	Painting 	Swimming at the Aquatic Centre \$4 	Air dry clay scentables 	Mini golf at Putters \$6.50

July



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.



MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Music with Johnny 	Shopping, explore and lunch at Richmond \$5 - \$15  \$	Ten Lives Cat Centre tour Learn what goes on behind the scenes and see the cute kittens 	Combined hub lunch at Woodfield Adventure Park \$15  \$	Snug Hotel Lunch \$15 - \$20  \$
Games 	Brain Teasers 	Paper Cup chocolate boxes 	Card Games 	Paper Craft 

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Bush Bakery Lunch \$5 - \$10  \$	Bunnings and Spotlight shopping \$ Optional  \$	Op shopping \$ Optional  \$	Cygnnet Hotel and drive Lunch \$15 - \$20  \$	Wicked Cheese Gift shop, tasting, tea/coffee \$ Optional  \$
Bingo afternoon 	Baking Cook up some goodies to take home 	Swimming at the Aquatic Centre \$4   \$	Word ladders 	Eight ball 

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Northgate shopping \$ Optional  \$	Grand Hotel Huonville Lunch \$10 - \$20  \$	Tour of the Theatre Royal Guided tour \$12   \$	Shopping at Kmart \$ Optional  \$	Gretna Green Heartlands Hotel Lunch \$15 - \$20  
DIY fridge magnets 	Pastel painting art 	Photo mural project 	Recipe exchange and cooking 	Board games 

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
The Quilted Teapot New Norfolk cafe and gallery \$10 - \$15  \$	Ageing Backwards exercise class 	Rivulet Cafe Lunch \$7 - \$15  \$	Star and Garter Hotel Lunch at New Norfolk \$15 - \$25  \$	Mystery bus trip \$ Optional  \$ ★
Word games 	Ceramic mug painting 	Swimming at the Aquatic Centre \$4   \$	Gardening 	Winter craft 

MONDAY 29	TUESDAY 30	WEDNESDAY 31
TSO concert Three course lunch  ★	Port Huon Trading Post cafe Lunch \$8 - \$15  \$	Moonah Arts Centre Art gallery 
Pampering afternoon  	Bingo morning 	Scrapbooking 

August



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Feature activities. (Book early!)



Wellness activities.



September

THURSDAY 1

Puddleduck Vineyard

Lunch \$15 - \$20



FRIDAY 2

Dodges Ferry Hotel

Lunch \$15 - \$25



Rummikub



Salt bottle craft



MONDAY 5

Curringa Farm

Hamilton farm tour, sheep dog show and morning tea \$25



TUESDAY 6

Mitre 10 Kingston shopping and coffee

\$ Optional



WEDNESDAY 7

Baking

Cook up some goodies to take home



THURSDAY 8

Midway Point Tavern

Lunch \$15 - \$25



FRIDAY 9

Collinsvale Garden

Explore and tour.



DIY towel animals



Jewellery making



Swimming at the Aquatic Centre

\$4



Spring craft paper flowers



DIY bird feeders



MONDAY 12

Orford Bowls Club

Lunch \$20 and game of bowls \$5 (Optional)



TUESDAY 13

Chameleon Glass Gallery

Glass making demonstration in Franklin.



WEDNESDAY 14

Dr Syntax

Lunch \$10 - \$30



THURSDAY 15

Movie Day

Choose from our selection of movies or bring your own to share.



FRIDAY 16

Hyperdrive Go Karts

\$30 to drive, spectators welcome, at no cost.



Dice games



Jewellery making



Hangman challenge



Terracotta wind chimes



Mosaic art



MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Guest Speaker scam safety 	Bird watching and beach walk 	Dunalley Hotel Lunch \$15 - \$25  	Amaze Richmond \$12   	Waterfalls Café lunch Mount Field \$15 - \$20  
Salamanca Art Gallery 	BBQ 	Swimming at the Aquatic Centre \$4   	Gardening 	Make your own bookmark 
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Music with The Jamsetters New Town hub  	Eastlands shopping \$ Optional  	My Slice of Pie Huonville lunch \$15 - \$20  	Garden high tea Kingston hub  	Spring walk and coffee at the Botanical Gardens \$ Optional  
Three course lunch 	Photo mural project 	Crosswords and colouring 	Candle making 	Tissue paper art 



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Wellness activities.



Ageing Backwards movement program

Ageing Backwards' belief towards exercise is to build strength in our daily movement patterns. All whilst having fun and making exercise an easy part of our daily lives. Please don't think you are not fit enough to join in. Everyone is welcome and will walk away with a feeling of accomplishment.

The classes are gentle and age appropriate and a great way for our clients to keep active at their pace, in a social environment. You don't have to be a CBS client to sign up so feel free to bring a friend.

Instructor Liz is an experienced and qualified personal trainer with a passion for training and educating others on health and fitness. "Having worked in aged care, I understand the importance of maintaining fitness to keep your body strong and active".

Times and locations

Tuesday 10:30am | Blackmans Bay Hall, The Esplanade

Tuesday 2pm | Claremont Girl Guides Hall

Thursday 10:30am | Blackmans Bay Hall, The Esplanade

Thursday 1pm | New Norfolk RSL

Friday 10.30am | Tolosa Street Hall, Glenorchy



"I enjoy going, having a laugh and feeling a bit more confident and steady"

Ann (Claremont group)

**Call us on
1300 227 827
to book your
free trial**

Short notice cancellations

Just a reminder that should you need to cancel services at any time, please do so no later than 48 hours before your services are scheduled to occur. Failure to do so,

will result in charges being incurred. A short notice cancellation is when a client cancels support within 48 hours of supports that are scheduled.

☎ Phone: 1300 227 827 or 6208 6600

✉ Email: social.group@cbsaust.org.au

✓ Visit: www.cbsaust.org.au

