



**community
based support**
maximising client independence

socialhub program

SOUTH
JANUARY – MARCH 2023



Welcome

Summer's here at last, albeit a little more rainy than we'd like. We've got a packed program of activities and outings for January to March and are excited to share it with you.

We'll be visiting some beautiful locations in southern Tasmania, including trips to the always stunning Derwent Valley. You'll get to pick your own fruit at Westerway Raspberry Farm and soak up the heritage and amazing views at Glen Derwent Estate. There'll be plenty more sightseeing opportunities throughout the program. There will be lots of opportunities to try something new, like a spot of archery, fishing or go-karting.

At the hubs we'll have our usual mix of entertainment and performances from local artists as well as wellness activities like yoga, zumba and creative pursuits. Given it's bushfire season, we'll have guest speakers from the Tasmania Fire Service giving advice on staying safe this summer.

On days where you have chosen the outing, we cannot guarantee there will be time for the other activity on the program (where applicable).

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

Westerway Raspberry Farm

Australia Day party











Archery

Glen Derwent Estate

Yoga





Longley Hotel

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
PUBLIC HOLIDAY HUB CLOSED	HUB CLOSED	HUB CLOSED	Christmas reminiscing 	Westerway Raspberry Farm \$ Optional  \$ 
			Gardening 	Free choice activities 

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Iron Creek Bay Lunch \$15 - \$30  \$	Ageing Backwards Gentle exercises to improve strength and balance 	Backyard bocce and quoits 	Masquerade party and karaoke 	Op Shopping \$ Optional  \$
Dice games 	Scrapbooking 	Swimming at the Aquatic Centre \$4  \$	Buffet style lunch 	Guided art 


MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Quiz day 	Fire safety information session 	Wharf walk \$ Optional  \$	Bush Bakery and Green Hill nursery \$ Optional  \$ 	Shopping at Cambridge Park \$ Optional  \$
Cooking 	Summer gardening 	Summer bingo 	DIY bird seed feeders 	Painting 

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Fishing outing 	Gretna Green Heartlands Hotel Lunch \$15 - \$25  \$	Australia Day party  	PUBLIC HOLIDAY HUB CLOSED	Buckland Bush Gardens 
Card making 	Board games 	Swimming at the Aquatic Centre \$4  \$		Brain teasers 

MONDAY 30	TUESDAY 31
Beach walk and lunch \$ Optional  \$	Tolosa Street BBQ 
Jewellery making 	Craft 

Program details are subject to change. Please contact CBS for the most up to date program information.

January

 There is a cost associated with this activity. You will be required to pay on the day.

 These activities are out and about in the community.

 These activities are held at the hub.






 Feature activities. (Book early!)

 Wellness activities.

WEDNESDAY 1

THURSDAY 2

FRIDAY 3

<p>Archery \$15  </p>	<p>Gardening </p>	<p>Tip Shop trip \$ Optional  \$</p>
<p>Terracotta wind chimes </p>	<p>Scrapbooking </p>	<p>Summer raffle </p>








MONDAY 6

TUESDAY 7

WEDNESDAY 8

THURSDAY 9

FRIDAY 10

<p>Mount Nelson Signal Station Explore and coffee  \$</p>	<p>Cooking </p>	<p>Swimming at the Aquatic Centre \$4  \$</p>	<p>Foods of the world day </p>	<p>Backyard scavenger hunt </p>
<p>Eight-ball challenge </p>		<p>Silhouette pictures </p>		


MONDAY 13





TUESDAY 14




WEDNESDAY 15

THURSDAY 16

FRIDAY 17

<p>PUBLIC HOLIDAY HUB CLOSED</p>	<p>Valentines Day party </p>	<p>Glen Derwent Estate Devonshire Tea \$ 20  \$ </p>	<p>Music quizzes and trivia </p>	<p>Rock on rock art Part 1 </p>
	<p>Music entertainment </p>	<p>Carnival games </p>		<p>Pampering afternoon </p>

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Shopping Local shopping complex \$ Optional  \$	Finish off your projects day 	Swimming at the Aquatic Centre \$4  \$	Croquet and BBQ 	Rivulet Cafe \$ 10 - \$15  \$
DIY foam flower 			Comedy afternoon 	Gardening Give a bit / Take a bit 

MONDAY 27	TUESDAY 28
Mount Pleasant Observatory Tour and lunch at Richmond  \$	DIY finishing projects 
Colour by dice game 	Ping-Pong challenge 

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February



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Feature activities. (Book early!)


























Wellness activities.



March

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Ten pin bowling \$ 6.50 per person 	Claremont Men's Shed Shop for bargains \$ Optional  \$	Montrose Bay BBQ 
		Outdoor scavenger hunt 	Artist impression painting and colouring 	Rock on rock art Part 2 
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Painting 	Bingo 	Decorate a notebook 	Yoga  ★	Mystery Bus Tour 
	Biscuit baking 	Swimming at the Aquatic Centre \$4   \$	Art 	Craft Pomander Balls 
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
PUBLIC HOLIDAY HUB CLOSED	Baby competition 	Mouth Waters Cafe Lunch \$10 - \$15  \$	Dunalley Golf Club Lunch \$20 - \$25  \$	Darts competition 
	Craft DIY scented bath salts 	Polish folk art 	Colour by numbers 	Cooking Pizzas 

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Recycled CD art 	Royal Hobart Golf Club \$15 - \$25  	Swimming at the Aquatic Centre \$4   	Tea cup candle making 	Card making 
Online TSO concert 	Succulent painting 		Mad Hatters tea party 	
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Bunnings shopping \$ Optional  	Longley Hotel \$15 - \$20   	Movie day 	Outdoor bingo 	New Norfolk outing Packed lunch 
Gardening Give a bit / Take a bit 	Garden restoration 		Op Shop fashion parade 	This day in history 

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These activities are held at the hub.



Feature activities. (Book early!)



Wellness activities.



These activities are out and about in the community.



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 48 hours before your services are scheduled to occur if you are receiving HACC,

HCP or CHSP supports and no less than 7 days if you are receiving NDIS supports. Failure to do so will result in charges being incurred.

☎ Phone: 1300 227 827 or 6208 6600

✉ Email: social.group@cbsaust.org.au

✓ Visit: www.cbsaust.org.au

