

# socialhub program

JUNE 2023



## Welcome

Welcome to our June program at the Social Hub. We have a range of exciting outings planned for the month, including a stroll along the Wrest Point Boardwalk, a visit to the Snug Tavern for a cozy meal, a trip to the Tasmanian Museum and Art Gallery, and a chance to enjoy some delicious fish and chips at Mures.



For those who prefer to stay closer to home, we have plenty of in-hub activities planned as well. Get creative with scrapbooking, sing your heart out with karaoke, explore your artistic side with painting, tend to the garden or unleash your crafty side with a variety of projects. We also have some fantastic celebration days coming up, including World Oceans Day, where we'll learn about the importance of protecting our oceans and marine life.

Please note that on days when you have chosen an outing, we cannot guarantee that there will be time for other activities on the program (where applicable). If you have any suggestions for activities or events that you would like to see in the next program, please fill out our activity suggestion forms, which can be found in our hubs. We welcome all suggestions, big or small, and value your input into the program.

# June

THURSDAY 1

FRIDAY 2

<p><b>Global Day of Parents</b> Bring photos of family to share stories </p>	<p><b>Italy Day</b> </p>
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MONDAY 5

TUESDAY 6

WEDNESDAY 7

THURSDAY 8

FRIDAY 9

<p><b>Cooking</b> Cupcakes </p>	<p><b>Gardening</b> </p>	<p><b>Wrest Point Boardwalk</b> \$ Optional   </p>	<p><b>Art activities</b> World Oceans Day </p>	<p><b>Painting</b> </p>
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MONDAY 12

TUESDAY 13

WEDNESDAY 14

THURSDAY 15

FRIDAY 16

<p><b>PUBLIC HOLIDAY</b> <b>HUB CLOSED</b></p>	<p><b>King's birthday celebration</b> </p>	<p><b>Hub Olympics</b> </p>	<p><b>Snug Tavern</b> \$ Optional   </p>	<p><b>Cooking</b> Scones </p>
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MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
<p><b>Cooking</b> International Sushi Day 🏠</p>	<p><b>Scrap booking</b> 🏠</p>	<p><b>Gardening</b> 🏠</p>	<p><b>Bingo</b> 🏠</p>	<p><b>Terracotta Wind Chimes</b> 🏠</p>
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
<p><b>TMAG and Mures</b> \$15 - \$30 🚌💰★</p>	<p><b>Karaoke</b> 🏠</p>	<p><b>Silhouette Craft</b> 🏠</p>	<p><b>Cooking</b> Pizzas 🏠</p>	<p><b>8 ball competition</b> 🏠</p>

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

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

🏠 These activities are held at the hub

🚌 These activities are out and about in the community.

★ Feature activities. (Book early!)

# 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, age appropriate and a great way for to keep active at your pace, in a social environment. You don't have to be a CBS client to sign up so feel free to bring a friend.



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

Ann (Claremont group)



## Meet your instructor Liz

Liz is an experienced and qualified personal trainer with a passion for training and educating others about health and fitness.

"Having worked in the aged care sector, I understand the importance of maintaining fitness to keep your body strong and active to prevent injury, falls, weight gain, heart disease, diabetes and keeping a strong, active body".

## 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](mailto:social.group@cbsaust.org.au)

✔ Visit: [www.cbsaust.org.au](http://www.cbsaust.org.au)

