

# socialhub program

AUGUST 2023



## Welcome

Welcome to your social hub program for August. From craft days to talent showcases, from gardening to game competitions, there's something for everyone to enjoy.

On craft days, create and decorate your very own tote bag or do some silhouette leaf painting. You can also try your hand at lavender bag making or indulge in the joy of scrapbooking, whether at our Kingston or New Town hub. Our Sip and Paint event offers the chance to get creative while painting the picturesque Tasman Bridge.

Looking for some fashionable fun? Don't miss Jeans for Genes Day, where you can participate in a denim fashion show and support a great cause. For those who enjoy friendly competition, we have Hub Olympics and games days, where you can test your skills and have a blast with fellow participants. And if you're up for a challenge, Celebrity Head will put your guessing abilities to the test at both our New Town and Kingston hubs.

In addition, we have plenty of relaxing experiences too. Music with Johnny will soothe your soul and if you're in the mood for a social bite to eat, join us at the Grenada Tavern or Dodges Ferry Pub for delicious meals.

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.


**TUESDAY 1**

**Craft day**  
Create and decorate your own tote bag  


**WEDNESDAY 2**

**Hub Olympics**  



**THURSDAY 3**

**Craft day**  
Lavender bag making  


**FRIDAY 4**

**Jeans for Genes Day**  
Denim fashion show  


**MONDAY 7**

**Game day**  
Celebrity Head at New Town hub  


**TUESDAY 8**

**Game day**  
Celebrity Head at Kingston hub  


**WEDNESDAY 9**



**Gardening day**  


**THURSDAY 10**

**Music with Johnny**  
10:30 - 11:30 New Town with bus from Kingston  


**FRIDAY 11**

**Art day**  
Silhouette leaf painting  


**Old Chapel Tea Rooms**  
Kingston hub  
  

**Old Chapel Tea Rooms**  
New Town hub  
  




**MONDAY 14**

**Craft day**  
Clothespin craft  


**TUESDAY 15**

**Craft day**  
Making mosaic coasters and tiles  


**WEDNESDAY 16**

**Granada Tavern**  
New Town hub  
\$ as per menu  
  

**Craft Day**  
Scrapbooking at Kingston  


**THURSDAY 17**

**8 Ball competition**  


**FRIDAY 18**

**High Tea**  












**MONDAY 21**

**TUESDAY 22**

**WEDNESDAY 23**

**THURSDAY 24**

**FRIDAY 25**

<p><b>Hub's Got Talent</b> Showcase your skills</p> <p></p>	<p><b>Granada Tavern</b> Kingston hub \$ as per menu</p> <p>  </p>	<p><b>Sip and Paint</b> Paint the Tasman Bridge</p> <p></p>	<p><b>Dodges Ferry pub</b> \$22 for 2 course meal</p> <p>  </p>	<p><b>Games day</b> Inside and outside fun</p> <p></p>
	<p><b>Craft Day</b> Scrapbooking at New Town</p> <p></p>			

**MONDAY 28**





**TUESDAY 29**

**WEDNESDAY 30**

**THURSDAY 31**

<p><b>Craft day</b> Card making</p> <p></p>	<p><b>Happiness Happens Month</b> Celebrate what makes you happy</p> <p></p>	<p><b>TMAG and Mures</b> \$15 - \$30</p> <p>  </p>	<p><b>Craft day</b> Make your own snow globe</p> <p></p>
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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!)

# August

# 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)

