

# socialhub program

SEPTEMBER  
2023



## Welcome

This month's social hub program is packed with activities and with the mercury rising, so is the number of outings you can partake in. We've split the program up by location this month with set activities and outings for each of the hubs at New Town, Kingston and Cygnet as well as those extra social days when we all come together for a chat, something to eat or a fun activity.

For the foodies, you'll be visiting plenty of cafes, restaurants and bakeries to enjoy a nice cuppa and a bite to eat. There'll also be some al fresco dining opportunities with BBQs at some lovely scenic spots (don't forget to bring a blanket and a jacket just in case Tassie's weather doesn't play nice).

The arts and crafts lovers will be kept busy at our well stocked hubs with a choice of activities and creative pursuits to get stuck into. You can keep your skills sharp with 8 ball competitions, board games and trivia days or be entertained by a movie or two. We always love getting everyone together for the day and this month we'll have a number of opportunities to do so with outings to Willie Smiths down the Huon, trips to Bunnings and a spot of Karaoke too.

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 always value your input into the program. It's your day and we want to make sure you enjoy it to the fullest.

# September

## FRIDAY 1

**Afternoon Tea**  
Cygnet Conservatory Cafe  
@ Cygnet Old Bank  
🚌 \$ ★

**Afternoon Tea**  
Cornelian Bay Cafe  
🚌 \$ ★

## MONDAY 4

**Channel Cafe and Gift Shop**  
🚌 \$ ★

**New Town Station Cafe**  
🚌 \$ ★

## TUESDAY 5

**Cooking day**  
🏠

**Cooking day**  
🏠

## WEDNESDAY 6

**Bunnings activity**  
Learn woodworking at  
the New Town hub  
followed by lunch



## THURSDAY 7

**Dru Point Lookout**  
Packed lunch  
🚌

**Montrose Bike Park stroll**  
Packed lunch  
🚌

## FRIDAY 8

**Banjors Bakery Huonville**  
Lunch and coffee  
🚌 \$ ★

**Hobart Workers Club**  
Eightball and lunch  
🚌 \$ ★

## MONDAY 11

**Stroll and packed lunch**  
Sandy Bay beach  
🚌

**Stroll and packed lunch**  
Bellerive Boardwalk  
🚌

## TUESDAY 12

**New Town Station Cafe**  
Afternoon Tea  
🚌 \$ ★

**Marina Cafe Derwent Park**  
Lunch  
🚌 \$ ★

## WEDNESDAY 13

**Craft day**  
🏠

**Craft day**  
🏠

## THURSDAY 14

**Appleflap Cafe Dru Point**  
Coffee and muffins  
🚌 \$ ★

**Channel Cafe and gift shop**  
Afternoon Tea  
🚌 \$ ★

## FRIDAY 15

**Trivia day**  
🏠

**Trivia day & 8 ball competition**  
🏠

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<b>Movie day</b> 	<b>Hobart Rivulet Cafe</b> Lunch   	<b>Dru Point BBQ</b> Bring a jacket and blanket 	<b>Board games</b> 	<b>Willie Smiths</b> Lunch (Cygnet and New Town)   
<b>Movie day</b> 	<b>Banjós Bakery</b> Lenah Valley morning/afternoon tea   	<b>Tolosa Street Park</b> BBQ lunch and games 	<b>Board games</b> 	
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<b>Oyster Cove Inn</b> Lunch \$28 2 courses   	<b>Karaoke</b> New Town and Kingston hubs  	<b>Kingston Beach</b> BBQ lunch 	<b>Trivia day</b> 	<b>Cooking</b> Cupcakes 
<b>Tolosa Street Park</b> BBQ lunch and games 		<b>Brewlab Derwent Park</b> Lunch   	<b>Brighton Bakery</b> Afternoon tea   	<b>Gardening</b> 





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!)

	New Town hub activity
	Kingston hub activity
	Cygnet hub activity
	Joint hub activity

# 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)

