

### Welcome

Throughout the month of March, the Social Hub program offers a diverse range of engaging activities aimed at fostering social connection, creativity, and exploration for participants. Kicking off the program on Friday 1, the Cygnet hub hosts a Wind Spinners crafting session, while in New Town, participants can join in making a cake for afternoon tea.

As the month progresses, the hubs continue to offer a rich variety of experiences. Combined social hub activities include a tour of the Theatre Royal, a trip to Mount Field National Park to explore Russell Falls and an archery activity. Meanwhile, there's outings to parks, libraries and popular spots for lunch outings, alongside inhouse activities such as drawing tutorials and crafting sessions. In addition to these activities, themed events like the St. Patrick's Day celebration add an extra layer of fun to the program.

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.

# March

FRIDAY 1

Craft Day (C)

Make a wind spinner

**Baking Day (NT)** 

Make a cake for afternoon tea

MONDAY 4	<b>TUESDAY 5</b>	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Theatre Royal Tour (NT/K)	Kingston Library visit (K)	Huon Bush Retreats (K) Packed lunch	Project Day (K)  Make a hub photo mural	VDA Archery (C) \$17 entry. Packed lunch ♠\$★
\$12 entry <b>□</b> \$ ★	Gardening Day (NT) BBQ for lunch	Tynwald Park (NT) BBQ lunch	Project Day (NT)  Make a hub photo mural	MONA Museum (NT) \$ for coffee. Packed lunch  ☐\$

**HUB CLOSED** 

**MONDAY 11** 

**8 Hour Day** 

**Mount Field (NT/K)** 

**TUESDAY 12** 

Trip to Russell Falls



**Project Day (K)** 

**WEDNESDAY 13** 

Make a hub photo mural

**THURSDAY 14** 

Craft Day (K)

Make a wind spinner

**Project Day (NT)** 

Make a hub photo mural

Craft Day (NT)

Make a wind spinner

St. Patricks Day activities (C)

FRIDAY 15

Wear something green

St. Patricks Day activities (NT)

Wear something green

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Craft Day (K)  Make a hand fan	Art Day (K) Drawing/Painting tutorial	Alpaca Farm tour (NT/K)	MONA Museum (K) Packed lunch. \$ for coffee	Easter celebrations (C) Feast and activities
Craft Day (NT)  Make a hand fan	Art Day (NT) Drawing/Painting tutorial	\$22.50 entry. Packed lunch  ☐\$★	Glenorchy Library visit (NT)	Games Day (NT) Bocce and ring toss challenge
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Craft Day (K) Your choice	Franks Cider House (K)  Lunch outing	VDA Archery (NT/K) \$17 entry Packed lunch ♠\$★	Easter celebrations (K) Feast and activities	HUB CLOSED Good Friday
Craft Day (NT) Your choice	Risdon Brook Hotel (NT)  Lunch outing		Easter celebrations (NT) Feast and activities	

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



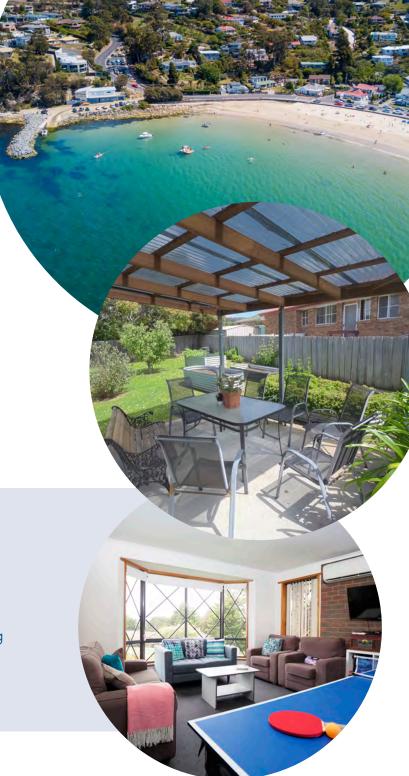
## Short Term Accommodation and Respite

CBS offers Short Term Accommodation (STA) respite services at our modern and comfortable property located in Kingston. Let us take care of your home away from home arrangements and tailor the experience just how you would like it.

It's a chance to try new things, enjoy the comforts of a home environment and recharge. As they say, a change is as good as a holiday. STA also means your family or carer can get some time to refresh too – everyone wins.

### Support provided

- Nutrition
- Meal planning and cooking
- Personal care such as showering and dressing
- Taking medication
- Planning social outings with you



#### 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

✓ Visit: www.cbsaust.org.au

