



**community  
based support**  
maximising client independence

# socialhub program

APRIL – JUNE 2024



## Welcome

Community Based Support (CBS) is thrilled to announce the return of our three-month Social Hub Program, aimed at fostering connections and enriching the lives of our diverse community members. Throughout the program, you'll have the chance to take part in various activities and outings tailored to your interests.

We're starting off with trips to local cafes, art and craft sessions, and special lunches. You can explore scenic spots like kunanyi Mount Wellington, Richmond, and the Huon Valley, or simply enjoy fun experiences right here at the hub.

At CBS, we're dedicated to creating an inclusive and supportive environment where everyone feels valued and respected. Our staff and volunteers will be there to offer assistance and encouragement, ensuring that you can fully participate and connect with others.

The Social Hub Program isn't just about activities; it's about fostering a sense of belonging and empowerment in our community. By sharing experiences, learning new skills, and enjoying each other's company, you'll make lasting memories and strengthen friendships.

There's mixed emotions as we say farewell to our Cygnet social hub location but are excited to welcome the Cygnet group into our Kingston hub, which will be opening on Fridays from the 12th of April.

**We welcome your suggestions for future programs. If you have ideas for activities or events, please fill out our activity suggestion forms located in our hubs. Your input is valuable to us, and no suggestion is too big or small. We appreciate your involvement in shaping our program.**

Access the community | Learn new skills | Wellness and reablement | Social connection

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
HUB CLOSED EASTER MONDAY	Mouth Waters Cafe (NT/K) \$15 🚌\$★	National Rainbow Day (K) Art and craft 🏠	Ageing Backwards & coffee (K) 10:30 Blackmans Bay 🚌\$	3 course lunch (C) Last day at Cygnet hub celebration 🏠
		National Rainbow Day (NT) Art and craft 🏠	Op Shopping (NT) Lunch at Banjos 🚌\$	Games and treats (NT) Board games and cupcake making 🏠

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Inverawe Native Gardens (K) \$10 entry. Packed lunch 🚌	Leaf Art (K) 🏠	Classic & Vintage Motorcycle Show (NT/K) \$6 entry 🚌\$★	3 course lunch (K) 🏠	Margate shopping (K) Op shopping and Banjos 🚌\$★
3 course lunch (NT) 🏠	New Town Station Nursery (NT) Afternoon Tea 🚌\$		Inverawe Native Gardens (NT) \$10 entry. Packed lunch 🚌	Leaf Art (NT) 🏠

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Huonville BBQ (K) 🚌	Harmony Garden Centre (K) Lauderdale \$ Optional 🚌\$	Craft Day (K) Work on a project 🏠	Marina Cafe Goodwood (NT/K) 🚌\$	Archery (K) \$17 entry with packed lunch 🚌\$
kunanyi/Mount Wellington (NT) Drive and packed lunch 🚌	Harmony Garden Centre (NT) Lauderdale \$ Optional 🚌\$	Craft Day (NT) Work on a project 🏠		Montrose foreshore walk (NT) Coffee \$ Optional 🚌\$

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<b>Craft Day (K)</b> Decorate soap holders 	<b>Mental Gymnastics (K)</b> Trivia, word problems and math 	<b>Craft Day (K)</b> Make a poppy pin for Anzac Day 	<b>HUB CLOSED</b> <b>ANZAC DAY</b>	<b>Midway Point Tavern (NT/K)</b> Lunch \$15  \$
<b>Craft Day (NT)</b> Decorate soap holders 	<b>Mental Gymnastics (NT)</b> Trivia, word problems and math 	<b>Craft Day (NT)</b> Make a poppy pin for Anzac Day 		

MONDAY 29	TUESDAY 30
<b>Margate Tavern (NT/K)</b> Lunch \$20  \$ 	<b>Bunnings (K)</b> Shopping outing and coffee  \$
	<b>Bunnings (NT)</b> Shopping outing and coffee  \$

# April

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!)



(NT) New Town hub activity

(K) Kingston hub activity

(C) Cygnet hub activity

(NT/K) Joint hub activity



# May

## WEDNESDAY 1

**Craft Day (K)**  
Recycled CD Art



**Craft Day (NT)**  
Recycled CD Art



## THURSDAY 2

**Bellerive Ferry (NT/K)**  
Catch the ferry to Hobart for a walk around Salamanca



## FRIDAY 3

**Claremont RSL (NT/K)**  
Eight ball and lunch



## MONDAY 6

**National Scrapbooking Day (K)**



**National Scrapbooking Day (NT)**



## TUESDAY 7

**Wooden Boat Centre Franklin (NT/K)**

\$12 entry



## WEDNESDAY 8

**Cooking Day (K)**  
Making jam



**Cooking Day (NT)**  
Making jam



## THURSDAY 9

**kunanyi/Mount Wellington (NT/K)**

Drive to the summit with packed lunch



## FRIDAY 10

**Movie Day (K)**

Watch a movie on the big screen with popcorn



**Movie Day (NT)**

Watch a movie on the big screen with popcorn



## MONDAY 13

**Tas Fire station tour (NT/K)**



## TUESDAY 14

**Sip and Paint (K)**



**Sip and Paint (NT)**



## WEDNESDAY 15

**Games Day (K)**

Board games and 8 ball competition



**Games Day (NT)**

Board games and 8 ball competition



## THURSDAY 16

**National BBQ Day (K)**



**National BBQ Day (NT)**























## FRIDAY 17





**Amaze Richmond (NT/K)**





\$15 entry















MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<b>Games Day (K)</b> Rummikub and Bingo 	<b>Pamper Day (K)</b> 	<b>Margate Train (NT/K)</b> Shopping and lunch \$ optional  \$ 	<b>Cooking Day (K)</b> Make an International feast 	<b>Craft Day (K)</b> Melted crayon art 
<b>Games Day (NT)</b> Rummikub and Bingo 	<b>Pamper Day (NT)</b> 		<b>Cooking Day (NT)</b> Make an International feast 	<b>Craft Day (NT)</b> Melted crayon art 
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
<b>Spotlight and coffee (K)</b> \$ optional  \$	<b>Craft Day (K)</b> Make a hand fan 	<b>Craft Day (K)</b> Make a windmill 	<b>Granada Hotel (NT/K)</b> Lunch \$  \$ 	<b>Baking Day (K)</b> 
<b>Spotlight and coffee (NT)</b> \$ optional  \$	<b>Craft Day (NT)</b> Make a hand fan 	<b>Craft Day (NT)</b> Make a windmill 		<b>Baking Day (NT)</b> 











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MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
<b>Craft Project (K)</b> Shabby up a furniture item 	<b>Richmond Bakery (NT/K)</b> Lunch and walk  	<b>Art Day (K)</b> Straw painting 	<b>Baking Day (K)</b> Make kiss biscuits for afternoon tea 	<b>Fish and Chips Day (K)</b> Celebrate National Fish and Chips Day 
<b>Craft Project (NT)</b> Shabby up a furniture item 		<b>Art Day (NT)</b> Straw painting 	<b>DS Coffee House (NT)</b> Huonville  	<b>Fish and Chips Day (NT)</b> Celebrate National Fish and Chips Day 

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
<b>HUB CLOSED</b> <b>King's Birthday</b>	<b>Cooking Day (K)</b> Prepare a warm winter feast for lunch 	<b>Games Day (K)</b> Crib challenge and 8 ball competition 	<b>Craft Day (K)</b> Beading and jewellery making 	<b>Modern Thai Cuisine (K)</b> Channel Court Kingston  
	<b>Cooking Day (NT)</b> Prepare a warm winter feast for lunch 	<b>Games Day (NT)</b> Crib challenge and 8 ball competition 	<b>Craft Day (NT)</b> Beading and jewellery making 	<b>Brighton Bakery (NT)</b> Lunch  

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
<b>Quiz Day (K)</b> 	<b>Craft Project (K)</b> Shabby up a furniture item 	<b>Brighton Hotel (NT/K)</b> Lunch  	<b>Art Day (K)</b> Resin painting 	<b>Cooking Day (K)</b> Pancake lunch with a variety of toppings 
<b>Quiz Day (NT)</b> 	<b>Craft Project (NT)</b> Shabby up a furniture item 		<b>Art Day (NT)</b> Resin painting 	<b>Cooking Day (NT)</b> Pancake lunch with a variety of toppings 

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
<b>Carlyle Hotel (NT/K)</b> Lunch 	<b>Craft Day (K)</b> Make and decorate a bookmark 	<b>Craft Day (K)</b> Make a ceramic mug 	<b>Fuchsia House Ukelele Group (NT/K)</b> Live music at New Town 	<b>DS Coffee House (K)</b> Huonville 
	<b>Craft Day (NT)</b> Make and decorate a bookmark 	<b>Craft Day (NT)</b> Make a ceramic mug 		<b>Craft Project (NT)</b> Shabby up a furniture item 

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# June



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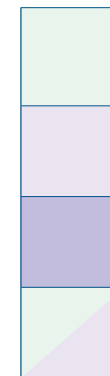
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# Short Term Accommodation and Respite

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

✉ Email: [social.group@cbsaust.org.au](mailto:social.group@cbsaust.org.au)

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

