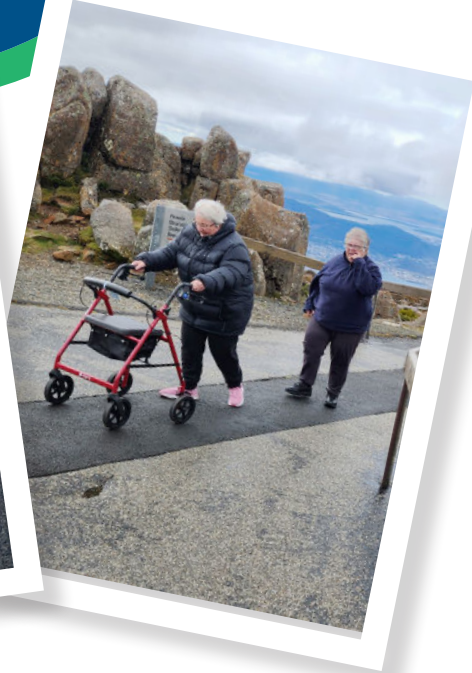




socialhub program

JULY – SEPTEMBER
2024



Welcome








We are excited to present our Social Hub Programme for July to September, packed with a variety of engaging activities.











In July, our outings and in-hub activities include a fish and chips day at the wharf, fun guessing games with pet photos, lunch at the Dodges Ferry Hotel, a nostalgic movie experience at Rewind Cinema, and an UNO challenge. The second week of July is dedicated to NAIDOC Week, featuring various cultural activities hosted in our hubs.










August offers activities like a walk along Kingston Beach, a fancy dress day, and lunch at the Shoreline Hotel. We'll also have themed days such as Christmas in July, with craft sessions and festive celebrations. Later in the month, enjoy activities like decoupage, Nepalese cooking, and armchair travel to Mexico, culminating in a movie day at Village Cinemas Hobart.

September brings a mix of creative, culinary, and recreational activities. Highlights include making sushi, a spot of karaoke, a visit to the Longley International Hotel and crafting tissue paper art. We'll celebrate National Potato Day with a cook-up and enjoy outings to local cafes and bakeries. To wrap up the month, we'll engage in bookmark making, music through the years, archery, and celebrating RU OK? Day at the Hub. We look forward to welcoming you and enjoying these experiences together.

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.

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Fish and Chips (NT/K) Hobart waterfront  \$	Guess who's pet? (K) Bring a photo of a pet past or present 	Dodges Ferry Hotel (NT/K) Lunch and eight ball  \$	Rewind Cinema (NT/K) \$25 includes popcorn and soft drink  \$	UNO challenge (K) 
	Guess who's pet? (NT) Bring a photo of a pet past or present 			UNO challenge (NT) 

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
NAIDOC Week (K) Paper mosaicing 	NAIDOC Week (K) Music 	NAIDOC Week (K) Cultural Cooking 	NAIDOC Week (K) Dot painting 	NAIDOC Week (K) Rock art 
NAIDOC Week (NT) Paper mosaicing 	NAIDOC Week (NT) Music 	NAIDOC Week (NT) Cultural Cooking 	NAIDOC Week (NT) Dot painting 	NAIDOC Week (NT) Rock art 

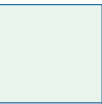
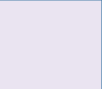
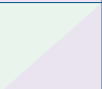
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Kingston Beach (K) Walk 	Huonville outing (K) Shopping/lunch at Banjos  \$	Fancy Dress Day (K) 	Shoreline Hotel (NT/K) \$25- \$30 lunch  \$	Walk, Roll and Coffee (K) 
Montrose Foreshore (NT) Walk 	New Norfolk outing (NT) Shopping/lunch at Banjos  \$	Fancy Dress Day (NT) 		Walk, Roll and Coffee (NT) 





MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Cygnets Old Bank (K) Lunch outing  \$	Ageing Backwards (NT/K) Montrose Yacht Club with cafe outing  \$	Craft Day (K) Christmas in July 	Christmas in July (K) Day of festivities 	Kingston Library visit (K) 
Quilted Teapot New Norfolk (NT) Lunch outing  \$		Craft Day (NT) Christmas in July 	Christmas in July (NT) Day of festivities 	Glenorchy Library visit (NT) 

MONDAY 29	TUESDAY 30	WEDNESDAY 31
Hub Olympics (K) 	International Friendship Day (K) 	My Slice of Pie (NT/K) Huonville outing  \$
Hub Olympics (NT) 	International Friendship Day (NT) 	

July

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 Please contact CBS for the most up to date program information.

	(NT) New Town hub activity
	(K) Kingston hub activity
	(NT/K) Joint hub activity

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-  Feature activities. (Book early!)

August

THURSDAY 1

<p>Ten Pin Bowling (NT/K) Moonah Bowl and lunch</p> <p>🚌\$</p>
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FRIDAY 2

<p>Walk, Roll and Coffee (K)</p> <p>🏠</p>
<p>Walk, Roll and Coffee (NT)</p> <p>🏠</p>

MONDAY 5

<p>Craft Day (K) Decoupage</p> <p>🏠</p>
<p>Craft Day (NT) Decoupage</p> <p>🏠</p>

TUESDAY 6

<p>Mornington Inn (NT/K) Lunch</p> <p>🏠</p>

WEDNESDAY 7

<p>Cooking Day (K) Nepalese food</p> <p>🏠</p>
<p>Cooking Day (NT) Nepalese food</p> <p>🏠</p>

THURSDAY 8

<p>Armchair Travel (K) Mexico</p> <p>🏠</p>
<p>Armchair Travel (NT) Mexico</p> <p>🏠</p>

FRIDAY 9

<p>Cinema outing (NT/K) Village Cinemas Hobart</p> <p>🚌\$</p>

MONDAY 12

<p>Cooking Day (K) Make sushi</p> <p>🏠</p>
<p>Red Square Cafe (NT) Cambridge</p> <p>🚌\$</p>

TUESDAY 13

<p>Karaoke Day (K)</p> <p>🏠</p>
<p>Karaoke Day (NT)</p> <p>🏠</p>

WEDNESDAY 14






















<p>Longley International Hotel (NT/K) Lunch</p> <p>🚌\$</p>
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THURSDAY 15

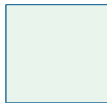


<p>Movie Day (K)</p> <p>🏠</p>
<p>Movie Day (NT)</p> <p>🏠</p>





FRIDAY 16

<p>Red Square Cafe (K) Cambridge</p> <p>🚌\$</p>
<p>Cooking Day (NT) Make sushi</p> <p>🏠</p>










MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
National Potato Day (K) Cook a jacket potato 	Op Shopping (K) Cafe lunch  	Craft Day (K) Knitting, sewing and craft 	Tasmanian Gourmet Seafood (NT/K)  	Craft Day (K) Tissue paper art 
National Potato Day (NT) Cook a jacket potato 	Op Shopping (NT) Cafe lunch  	Craft Day (NT) Knitting, sewing and craft 		Craft Day (NT) Tissue paper art 
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Bush Bakery outing (NT/K)  	Music with Johnny (NT/K) New Town Hub 	Your choice activity (K) 	Hub Roast (K) 	Richmond Bakery (NT/K)  
		Your choice activity (NT) 	Hub Roast (NT) 	









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MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Baby photo comp (K) Win a prize! 	The Wood Guys visit (NT/K) Outing and demo 	Mad Hatter Tea Party (K) Dress up day 	Baking Day (K) Cake decorating 	New Norfolk Hotel (NT/K) Lunch outing  \$
Baby photo comp (NT) Win a prize! 		Mad Hatter Tea Party (NT) Dress up day 	Baking Day (NT) Cake decorating 	

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Craft Day (K) Make a bookmark 	Music Day (K) Music through the years 	Archery Outing (NT/K) \$17 and packed lunch  \$	R U OK? Day (K) 	Mitre 10 outing (K) Coffee and afternoon tea  \$
Craft Day (NT) Make a bookmark 	Music Day (NT) Music through the years 		R U OK? Day (NT) 	Green Store outing (NT) Coffee and afternoon tea  \$

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
The Rivulet Cafe (K) Lunch outing  \$	Salmon Ponds (NT/K) Coffee and packed lunch  \$	Scrapbooking (K) Bring some photos from home 	Craft Day (K) Decorate pots and plant succulents 	Channel Cafe (NT/K) Lunch and gift shop  \$
The Jamsetters (NT) Music performance 		Scrapbooking (NT) Bring some photos from home 	Craft Day (NT) Decorate pots and plant succulents 	

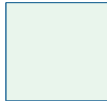


MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
The Jamsetters (K) Music performance 	Craft Day (K) Candle making 	AMAZE Richmond (NT/K) Packed lunch  	AFL Party (K) Wear your team colours 	Board games day (K) 
The Rivulet Cafe (NT) Lunch outing  	Craft Day (NT) Candle making 		AFL Party (NT) Wear your team colours 	Board games day (NT) 





MONDAY 30

Moonah Arts Centre (K) 
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September

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New beginnings for Ageing Backwards classes

We are delighted to introduce our new trainer for the CBS Ageing Backwards classes, Paul Hamilton. Paul is a qualified and well-rounded instructor with rehabilitation accreditation and experience in training older adults.

"I'm passionate about my role and pride myself on looking after clients whether group or personal training through tailored exercise routines to accommodate all levels with proper, supportive technique."

- Paul Hamilton



With winter upon us there is no better time to get moving, keep those joints happy and have a laugh with new friends.

Classes on offer are as below, however we are open to offering more should there be further demand.

Tuesday 11am, Montrose Yacht Club
Thursday 1pm, New Norfolk RSL

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

✓ Visit: www.cbsaust.org.au

