



**community
based support**
maximising client independence

socialhub program

OCTOBER – DECEMBER
2024



Welcome









As we transition from spring to summer, the latest CBS social hubs program offers a variety of activities designed to engage and uplift our community. October kicks off with outdoor explorations and creative in-hub sessions, including spring themed art, strolls to scenic spots, and a festive Halloween celebration.










In November, clients can look forward to several outings, from visits to local cafes and vineyards to a Mystery Bus Tour. Creative and community focused activities are a highlight, with opportunities to make Christmas cards, jewellery, and festive treats. The program balances these with regular in-hub events like games, movie days, and BBQs out into the (hopefully) sunny garden areas of the Kingston and New Town social hubs.

December wraps up the year with a festive spirit, featuring Christmas-themed activities across the Hubs. Clients can enjoy celebrations, craft sessions, and outings, all leading up to the grand combined Christmas party at the Tasmanian Golf Club.

The program provides a mix of social, creative, and outdoor activities, ensuring clients can enjoy the lead-up to the holidays in a supportive and engaging environment. As always, the Hub program is designed to build community connections, promote wellbeing, and create memorable experiences for all participants.

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.

TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Sandy Bay Beach (K) Stroll and packed lunch 	Art & Craft Day (K) Celebrate spring with leaf art 	Outdoor adventures (K) Collecting and exploring 	Margate outing (K) Bakery  \$
Bellerive Boardwalk (NT) Cripps Bakery and a stroll  \$	Art & Craft Day (NT) Celebrate spring with leaf art 	Outdoor adventures (NT) Montrose Bay walk after lunch 	Glenorchy outing (NT) Bakery and shopping  \$

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Rivulet Cafe (NT/K) Lunch  \$ 	Baking Day (K) Choc Chip cookies 	South Arm RSL (NT/K) Lunch outing  \$	Gardening and BBQ (K) 	Breast Cancer Awareness Month (K) Morning tea 
	Baking Day (NT) Choc Chip cookies 		Midway Point Tavern (NT)  \$	Breast Cancer Awareness Month (NT) Morning tea 

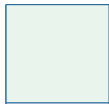
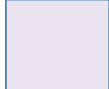
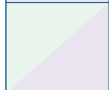
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Baking Day (K) Choc chip cookies 	Grand Hotel Huonville (NT/K)  \$	Hub Olympics (K) 	Huonville Esplanade BBQ (K) 	Glen Huon park BBQ (K) 
Movie Day (NT) 		Hub Olympics (NT) 	Tolosa Park BBQ (NT) 	Walk, roll and coffee (NT) \$ optional  \$





MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Garden Day (K) 🏠	Mystery bus tour (K) Packed lunch 🚌	Shopping outing (K) Bunnings and Spotlight 🚌\$	HUB CLOSED PUBLIC HOLIDAY	Puddleduck Vineyard (NT/K) Packed lunch and optional coffee 🚌\$★
Sip and paint (NT) 🏠	Mystery bus tour (NT) Packed lunch 🚌	Backyard BBQ (NT) BBQ lunch and totem tennis 🏠		

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31
Granada Tavern (NT/K) 🚌\$	Your choice activity (K) 🏠	Halloween cooking (K) 🏠	Halloween Hub party (NT/K) New Town 🏠★
	Your choice activity (NT) 🏠	Halloween cooking (NT) 🏠	

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

October

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

-  There is a cost associated with this activity. You will be required to pay on the day.
-  These activities are out and about in the community.
-  These activities are held at the hub.
-  Feature activities. (Book early!)

November

FRIDAY 1

Bonorong outing (NT/K)
\$13 per person with tour


MONDAY 4

TUESDAY 5

WEDNESDAY 6

THURSDAY 7

FRIDAY 8

<p>Mystery Bus Tour (K)</p> <p></p>	<p>Garden picnic (K)</p> <p></p>	<p>Wharf outing (NT/K) Fish and chips at Flippers</p> <p>  </p>	<p>Outdoor adventures (K) Finding craft items. Packed lunch</p> <p></p>	<p>Margate outing (K) Afternoon tea</p> <p> </p>
<p>Art & Craft Day (NT) Rock art and stroll around Cornelian Bay</p> <p> </p>	<p>Rivulet Cafe (NT) Lunch outing</p> <p> </p>		<p>Outdoor adventures (NT) Finding craft items. Packed lunch</p> <p></p>	<p>Your choice activity (NT)</p> <p></p>














MONDAY 11

TUESDAY 12

WEDNESDAY 13

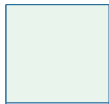
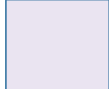
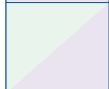
THURSDAY 14





FRIDAY 15

<p>Outdoor games (K)</p> <p></p>	<p>Therapy Paws (NT/K) Doggy painting</p> <p> </p>	<p>Your choice craft (K)</p> <p></p>	<p>Salmon ponds (NT/K) Packed lunch \$6 entry</p> <p>  </p>	<p>Dru Point outing (K) Coffee \$ optional</p> <p> </p>
<p>Outdoor games (NT)</p> <p></p>		<p>Your choice craft (NT)</p> <p></p>		<p>Coffee and stroll (NT) Cornelian Bay \$ optional</p> <p> </p>

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Richmond outing (NT/K) Bakery lunch \$	Dru Point outing (K) Coffee \$ optional \$	BBQ in the park (K) 	Hub Olympics (K) 	Your choice activity (K)
	Art & Craft Day (NT) Make a bird feeder 	BBQ in the park (NT) Huonville Rotunda 	Hub Olympics (NT) 	Granada Tavern (NT) Lunch outing \$
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Karaoke Day (K) 	IT with Rosa (NT/K) New Town. Learn new computer skills 	Bush Bakery (NT/K) \$	Craft & walk (K) Kingston \$ coffee optional \$	Mystery bus tour (K) Packed lunch
Karaoke Day (NT) 			Red Square Cafe (NT) Lunch at Cambridge Park \$	Mystery bus tour (NT) Packed lunch

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MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Decorate hub 🏠	Mount Field outing (NT/K) Waterfalls cafe and Russell Falls walk 🚌💰★	BBQ and games (K) 🏠	Movie day (K) Afternoon trip to garden centre 🏠	Old Chapel Tea Room (K) 🚌💰
Decorate hub 🏠		BBQ and games (NT) Backyard cricket 🏠	Old Chapel Tea Room (NT) 🚌💰	Movie day (NT) Afternoon trip to garden centre 🏠

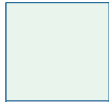
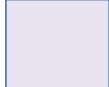
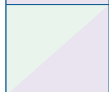
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Kingston beach BBQ (NT/K) 🚌	Craft day (K) Christmas card making 🏠	IT with Rosa (NT/K) New Town. Learn new computer skills 🏠	Baking day (K) Making Christmas pudding 🏠	Activities day (K) Wrapping Christmas cookies and gardening 🏠
	Craft day (NT) Christmas card making 🏠		Baking day (NT) Baking Christmas cookies 🏠	Activities day (NT) Wrapping Christmas cookies and gardening 🏠





MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Christmas wind down (K) 🏠	Hubs Christmas party (NT/K) Tasmanian Golf Club 🚌💰★	Christmas wind down (K) Cooking, decorating and Christmas cards 🏠	Christmas wind down (K) Cooking, decorating and Christmas cards 🏠	Christmas wind down (K) Cooking, decorating and Christmas cards 🏠
Christmas wind down (NT) Make mini quiches and backyard picnic 🏠		Christmas wind down (NT) Cooking, decorating and Christmas cards 🏠	Christmas wind down (NT) Cooking, decorating and Christmas cards 🏠	Christmas wind down (NT) Cooking, decorating and Christmas cards 🏠

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Christmas movie (NT/K) Watch a festive film with a cup of egg nog 	HUB CLOSED	HUB CLOSED	HUB CLOSED	Coffee and a walk (NT/K) Gather rocks for decorating 
MONDAY 30	TUESDAY 31	WEDNESDAY 1 JAN	THURSDAY 2 JAN	FRIDAY 3 JAN
Rock Painting (NT/K) New Year's wishing rocks 	Mornington (NT/K) 2 course Lunch \$20   	HUB CLOSED	Cooking Day (NT/K) Make your own pizzas 	Beach and BBQ (NT/K) 

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December

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Ageing Backwards movement program

Ageing Backward's 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
(Ageing Backwards
attendee)



Meet your instructor Paul

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."

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

