



socialhub program

JANUARY – MARCH
2025



Welcome

The CBS Social Hubs are back for a vibrant start to 2025! From January through March, join us for a wide variety of activities and outings designed to keep you engaged, active, and connected.

The program offers something for everyone. Highlights include regular BBQs at beautiful locations such as Waterworks Reserve and Risdon Brook Dam, picnic outings to scenic spots like Sandy Bay Beach and New Norfolk, and visits to favourite cafes and restaurants like Richmond's Granada Tavern and the Kermantie Hotel. For those who enjoy a creative touch, there are craft days featuring projects like bird feeders, pastry-making sessions, and more.

Hub Days bring a mix of indoor fun, including games, craft, and history activities, while "Wander and Coffee" outings provide a chance to explore old neighbourhoods and take a trip down memory lane. In February, a live music session with Johnny promises great entertainment. Look out for more special treats, including possible pet therapy sessions in March.

As we enjoy the warmer weather, we encourage you to bring a sun hat for outdoor activities.

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.

WEDNESDAY 1

THURSDAY 2

FRIDAY 3

<p>HUB CLOSED</p> <p>NEW YEARS DAY</p>	<p>Cooking day (NT/K) Make your own pizzas</p> <p>🏠</p>	<p>Picnic outing (NT/K) Gretna \$ optional</p> <p>🚌</p>
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MONDAY 6

TUESDAY 7

WEDNESDAY 8

THURSDAY 9

FRIDAY 10

<p>Game day (NT/K)</p> <p>🏠</p>	<p>Picnic outing (K) Snug \$ optional</p> <p>🚌</p>	<p>Wander and coffee (K) Hobart 2025 \$ optional</p> <p>🚌\$</p>	<p>Craft Day (K) Make a bird feeder</p> <p>🏠</p>	<p>Lunch outing (NT/K) Red Velvet Lounge Cygnet \$ Lunch</p> <p>🚌\$</p>
	<p>Picnic outing (NT) Sorrel \$ optional</p> <p>🚌</p>	<p>Wander and coffee (NT) Hobart 2025 \$ optional</p> <p>🚌\$</p>	<p>Craft Day (NT) Make a bird feeder</p> <p>🏠</p>	

MONDAY 13












TUESDAY 14

WEDNESDAY 15

THURSDAY 16

FRIDAY 17

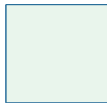


<p>Raspberry Farm outing (NT/K) Westerway \$ Optional</p> <p>🚌\$</p>	<p>Hub Day (K) Card and board games</p> <p>🏠</p>	<p>BBQ outing (K) Taroona \$ optional</p> <p>🚌</p>	<p>Lunch outing (NT/K) Shoreline Hotel \$ Lunch</p> <p>🚌\$</p>	<p>Wander and coffee (K) Hobart 2025 \$ optional</p> <p>🚌\$</p>
	<p>Hub Day (NT) Card and board games</p> <p>🏠</p>	<p>BBQ outing (NT) Richmond \$ optional</p> <p>🚌</p>		<p>Wander and coffee (NT) Hobart 2025 \$ optional</p> <p>🚌\$</p>





MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
BBQ outing (NT/K) Waterworks Reserve 	Wander and coffee (K) Hobart 2025 \$ optional  	Lunch outing (NT/K) Dover RSL \$ Lunch  	Hub day (K) Craft and games 	Hub Day (K) Memory Lane activity 
	Wander and coffee (NT) Hobart 2025 \$ optional  		Hub day (NT) Craft and games 	Hub Day (NT) Memory Lane activity 

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
HUB CLOSED AUSTRALIA DAY	BBQ outing (NT/K) Tynwald Park 	Hub Day (K) Craft/Games 	Picnic outing (NT/K) Bellerive Beach \$ optional 	Cooking day (K) Make your own pizzas 
		Hub Day (NT) Craft/Games 		Cooking day (NT) Make your own pizzas 









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









January







	(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 held at the hub.
-  These activities are out and about in the community.
-  Feature activities. (Book early!)

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Hub Day (K) Craft 	Picnic outing (K) Sandy Bay Beach \$ optional 	Pastry day (K) Make your own sausage rolls 	Wander and coffee (K) Hobart 2025 \$ optional  \$	Lunch outing (NT/K) Granada Tavern \$ Lunch  \$
Hub Day (NT) Craft 	Picnic outing (NT) Lindisfarne \$ optional 	Pastry day (NT) Make your own sausage rolls 	Wander and coffee (NT) Hobart 2025 \$ optional  \$	

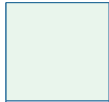
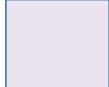
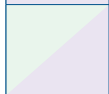
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Picnic outing (NT/K) Kempton Park 	Hub Day (K) Craft 	BBQ outing (K) Richmond \$ optional coffee  \$	Music with Johnny (NT/K) New Town Hub 	Wander and coffee (K) Hobart 2025 \$ optional  \$
	Hub Day (NT) Craft 	BBQ Outing (NT) Taroon \$ optional coffee  \$		Wander and coffee (NT) Hobart 2025 \$ optional  \$





MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
BBQ outing (NT/K) Huonville Esplanade \$ optional  \$	Wander and coffee (K) Hobart 2025 \$ optional  \$	Lunch outing (NT/K) Mornington Inn \$ Lunch  \$	Hub Day (K) IT workshop/History addresses 	Hub Day (K) Craft/Games 
	Wander and coffee (NT) Hobart 2025 \$ optional  \$		Hub Day (NT) IT workshop/History addresses 	Hub Day (NT) Craft/Games 









MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Lunch outing (NT/K) Gretna Green Hotel \$ Lunch 	BBQ outing (NT/K) Tolosa Park 	Games day (NT/K) 	Picnic outing (K) New Norfolk 	Hub Day (NT/K) Games/Karaoke 
			Picnic outing (NT) Kingston Park 	







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February

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


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-  These activities are held at the hub.
-  Feature activities. (Book early!)

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Hub Day (NT/K) Games/Karaoke 	Picnic outing (K) Sorrel \$ optional 	Wander and coffee (K) Hobart 2025 \$ optional  \$	Hub day (K) Craft 	Lunch outing (NT/K) Carlyle Hotel \$ Lunch  \$
	Picnic outing (NT) Snug \$ optional 	Wander and coffee (NT) Hobart 2025 \$ optional  \$	Hub day (NT) Craft 	

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
HUB CLOSED 8 HOURS DAY	Hub Day (K) Card and board games 	BBQ outing (NT/K) Risdon Brook Dam 	Lunch outing (NT/K) South Arm RSL \$ Lunch  \$	Wander and coffee (K) Hobart 2025 \$ optional  \$
	Hub Day (NT) Card and board games 			Wander and coffee (NT) Hobart 2025 \$ optional  \$

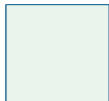


MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Hub day (K) IT/Google history 	Pastry day (K) Make your own tarts and pies 	Lunch outing (NT/K) Rivulet Cafe \$ Lunch  \$	Wander and coffee (K) Hobart 2025 \$ optional  \$	Picnic outing (NT/K) Margate 
Pastry day (NT) Make your own tarts and pies 	Hub day (NT) IT/Google history 		Wander and coffee (NT) Hobart 2025 \$ optional  \$	





MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Lunch outing (NT/K) Kermandie Hotel  \$	BBQ outing (NT/K) Tynwald Park  \$	Hub day (K) Craft/Games \$ optional coffee  \$	Picnic outing (NT/K) Bellerive Beach \$ optional coffee  \$	Hub day (K) Craft and games 
		Hub day (NT) Craft/Games 		Hub day (NT) Craft and games 

MONDAY 31
Lunch outing (NT/K) Old Chapel Tea Rooms  \$

March

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

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Ageing Backwards movement program

The Ageing Backwards Movement Program is a fantastic opportunity for older adults to embrace gentle, effective exercise that improves mobility, balance, and overall well-being. Designed with accessibility in mind, this program helps participants reconnect with their bodies through tailored movements that focus on strength, flexibility, and reducing discomfort.

Led by experienced instructors who adapt exercises to individual needs, Ageing Backwards is perfect for anyone looking to regain confidence in movement, reduce stiffness, or stay active as they age.

This isn't just about physical fitness; it's also a chance to connect with others in a supportive, friendly environment. Whether you're easing back into exercise or managing ongoing aches and pains, the Ageing Backwards program provides a safe and welcoming space to invest in your health and happiness.

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

Call us on **1300 227 827** to find out more.



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

