



# socialhub program

JULY – SEPTEMBER  
2025



## Welcome

Our latest Social Hub program offers a warm and welcoming mix of activities designed to bring people together and make the most of the colder months. From creative sessions and tech days to relaxed café catch-ups and outings to local favourites, there's something happening every day.

Regular highlights include Takeaway Day, Wander & Coffee, and Sip & Draw, alongside visits to spots like the Beltana Hotel, Red Velvet Lounge, and Margate Train. You'll also find games, craft, movie mornings, BBQs, and special events like scavenger hunts and "Bring & Show" afternoons.

It's a chance to stay social, try something new or simply enjoy time with others in a friendly and supportive space.

**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                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>IT day (K)</b><br>Library or Google<br>  | <b>Takeaway day (NT/K)</b><br>Windys Lauderdale<br> \$ | <b>Wander and coffee (K)</b><br>Margate 2025<br> \$  | <b>Lunch outing (NT/K)</b><br>Lenah Valley RSL<br> \$ |
| <b>IT day (NT)</b><br>Library or Google<br> |                                                                                                                                           | <b>Op shopping (NT)</b><br>Hobart \$ optional<br> \$ |                                                                                                                                          |

| MONDAY 7                                                                                                                              | TUESDAY 8                                                                                                                    | WEDNESDAY 9                                                                                                                                      | THURSDAY 10                                                                                                                                                | FRIDAY 11                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Takeaway day (NT/K)</b><br>Richmond Bakery<br> \$ | <b>Hub day (K)</b><br>Craft and games<br>   | <b>Wander and coffee (K)</b><br>Bunnings Kingston 2025<br> \$ | <b>Lunch outing (NT/K)</b><br>Billy Goats Gruff Cafe and Milkbar<br> \$ | <b>Movie &amp; milkshakes (K)</b><br>   |
|                                                                                                                                       | <b>Hub day (NT)</b><br>Craft and games<br> | <b>Shopping Day (NT)</b><br>Bunnings Mornington<br> \$       |                                                                                                                                                            | <b>Movie &amp; milkshakes (NT)</b><br> |

| MONDAY 14                                                                                                                                                        | TUESDAY 15                                                                                                                            | WEDNESDAY 16                                                                                                        | THURSDAY 17                                                                                                                               | FRIDAY 18                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Lunch outing (NT/K)</b><br>Glenorchy Club Hotel<br>Parmy and pint \$17<br> | <b>Wander and coffee (K)</b><br>Hobart 2025<br> \$ | <b>Sip &amp; draw (K)</b><br>  | <b>Takeaway day (NT/K)</b><br>Claremont Plaza<br> \$ | <b>Craft day (K)</b><br>Pastry art<br>  |
|                                                                                                                                                                  | <b>Shopping day (NT)</b><br>Garden Centre<br> \$   | <b>Sip &amp; draw (NT)</b><br> |                                                                                                                                           | <b>Craft day (NT)</b><br>Pastry art<br> |

| MONDAY 21                                         | TUESDAY 22                                            | WEDNESDAY 23                                                | THURSDAY 24                             | FRIDAY 25                                               |
|---------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------|
| <b>Wander and coffee (K)</b><br>Hobart 2025<br>\$ | <b>Bring &amp; show (K)</b><br>Photos/relics etc<br>  | <b>Lunch outing (NT/K)</b><br>The Mont 3 courses \$22<br>\$ | <b>Craft day (K)</b><br>Pastry art<br>  | <b>Takeaway day (NT/K)</b><br>Banhmi Bites Moonah<br>\$ |
| <b>Shopping day (NT)</b><br>TCM Lauderdale<br>\$  | <b>Bring &amp; show (NT)</b><br>Photos/relics etc<br> |                                                             | <b>Craft day (NT)</b><br>Pastry art<br> |                                                         |

| MONDAY 28                                                                  | TUESDAY 29                                      | WEDNESDAY 30                 | THURSDAY                                 |
|----------------------------------------------------------------------------|-------------------------------------------------|------------------------------|------------------------------------------|
| <b>Lunch outing (NT/K)</b><br>Beltana Hotel Lindisfarne<br>\$20 menu<br>\$ | <b>Takeaway day (NT/K)</b><br>Museum cafe<br>\$ | <b>Make a video (K)</b><br>  | <b>Op shopping (NT/K)</b><br>Rosny<br>\$ |
|                                                                            |                                                 | <b>Make a video (NT)</b><br> |                                          |

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

# July

|  |                            |
|--|----------------------------|
|  | (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!)

# August

FRIDAY 1

Op Shopping (NT/K)

Claremont



MONDAY 4

Wander and coffee (K)

Wellington Centre



Wander and coffee (NT)

Sandy Bay beach



TUESDAY 5

Scavenger hunt (NT/K)

Prizes to be won



WEDNESDAY 6

Movie & milkshakes (K)



Movie & milkshakes (NT)



THURSDAY 7

Hub day (K)

Craft and games



Hub day (NT)

Craft and games



FRIDAY 8

Lunch outing (NT/K)

12 Mile Steakhouse

Granton



MONDAY 11

IT day (K)

Library or Google



IT day (NT)

Library or Google



TUESDAY 12

Lunch outing (NT/K)

Mornington Inn



WEDNESDAY 13

Wander and coffee (K)

Kingston shopping centre



Wander and coffee (NT)

Spotlight



THURSDAY 14

BBQ outing (NT/K)

Snug Park



FRIDAY 15

Hub day (K)

Craft and games



Hub day (NT)

Craft and games



| MONDAY 18                                                             | TUESDAY 19                                               | WEDNESDAY 20                                           | THURSDAY 21                                 | FRIDAY 22                                            |
|-----------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------|---------------------------------------------|------------------------------------------------------|
| <b>Lunch outing (NT/K)</b><br>Old Chapel Tea Rooms<br>\$              | <b>Photography day (K)</b><br>Bring camera or phone<br>  | <b>Takeaway day (NT/K)</b><br>Colebrook Hacienda<br>\$ | <b>Sip &amp; draw (K)</b><br>               | <b>BBQ outing (NT/K)</b><br>Legacy Park<br>          |
|                                                                       | <b>Photography day (NT)</b><br>Bring camera or phone<br> |                                                        | <b>Sip &amp; draw (NT)</b><br>              |                                                      |
| MONDAY 25                                                             | TUESDAY 26                                               | WEDNESDAY 27                                           | THURSDAY 28                                 | FRIDAY 29                                            |
| <b>Takeaway day (NT/K)</b><br>Treats on Franklin<br>Lindisfarne<br>\$ | <b>Hub day (K)</b><br>Craft and games<br>                | <b>Wander and coffee (K)</b><br>New Norfolk<br>\$      | <b>IT day (K)</b><br>Library or Google<br>  | <b>Lunch outing (NT/K)</b><br>Lenah Valley RSL<br>\$ |
|                                                                       | <b>Hub day (NT)</b><br>Craft and games<br>               | <b>Wander and coffee (NT)</b><br>New Norfolk<br>\$     | <b>IT day (NT)</b><br>Library or Google<br> |                                                      |

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|  |                            |
|--|----------------------------|
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|  | (K) Kingston hub activity  |
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- ★ Feature activities. (Book early!)

| MONDAY 1                                                                                                                | TUESDAY 2                                                                                                                                     | WEDNESDAY 3                                                                                                                    | THURSDAY 4                                                                                                                                                 | FRIDAY 5                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Movie &amp; milkshakes (K)</b><br>  | <b>Takeaway day (NT/K)</b><br>Lantern Centre Kingston<br> \$ | <b>BBQ outing (NT/K)</b><br>Legacy Park<br> | <b>Wander and coffee (K)</b><br>Sandy Bay<br> \$                        | <b>Lunch outing (NT/K)</b><br>Beltana Hotel Lindisfarne<br>\$20 menu<br> |
| <b>Movie &amp; milkshakes (NT)</b><br> |                                                                                                                                               |                                                                                                                                | <b>Shopping outing (NT)</b><br>Treats on Franklin<br>Lindisfarne<br> \$ |                                                                                                                                                             |

| MONDAY 8                                                                                                                     | TUESDAY 9                                                                                                                    | WEDNESDAY 10                                                                                                                          | THURSDAY 11                                                                                                                                     | FRIDAY 12                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>Hub day (K)</b><br>Craft and games<br>   | <b>BBQ outing (NT/K)</b><br>Legacy Park<br> | <b>Lunch outing (NT/K)</b><br>Velvet Sorrel<br> \$ | <b>Takeaway day (NT/K)</b><br>Lantern Centre Kingston<br> \$ | <b>Sip &amp; draw (K)</b><br>  |
| <b>Hub day (NT)</b><br>Craft and games<br> |                                                                                                                              |                                                                                                                                       |                                                                                                                                                 | <b>Sip &amp; draw (NT)</b><br> |

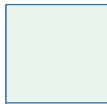
| MONDAY 15                                                                                                                           | TUESDAY 16                                                                                                                       | WEDNESDAY 17                                                                                                                            | THURSDAY 18                                                                                                                 | FRIDAY 19                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Takeaway day (NT/K)</b><br>Opposum Bay<br> \$ | <b>Op shopping (NT/K)</b><br>Claremont<br> \$ | <b>Lunch outing (NT/K)</b><br>Margate Train<br> \$ | <b>Movie &amp; milkshakes (K)</b><br>  | <b>Scavenger hunt (NT/K)</b><br>Prizes to be won<br> |
|                                                                                                                                     |                                                                                                                                  |                                                                                                                                         | <b>Movie &amp; milkshakes (NT)</b><br> |                                                                                                                                           |

| MONDAY 22                                                                                                                             | TUESDAY 23                                                                                                                           | WEDNESDAY 24                                                                                                                          | THURSDAY 25                                                                                                    | FRIDAY 26                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>Cooking day (K)</b><br>Scones, jam and cream<br>  | <b>Wander and coffee (NT/K)</b><br>Eastlands<br> \$ | <b>Lunch outing (NT/K)</b><br>Beltana Hotel<br> \$ | <b>Pancake day (K)</b><br>  | <b>Takeaway outing (NT/K)</b><br>St. Marks<br> \$ |
| <b>Cooking day (NT)</b><br>Scones, jam and cream<br> |                                                                                                                                      |                                                                                                                                       | <b>Pancake day (NT)</b><br> |                                                                                                                                      |

| MONDAY 29                                                                                                                                | TUESDAY 30                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Wander and coffee (NT/K)</b><br>Richmond area<br> \$ | <b>Lunch outing (NT/K)</b><br>Glenorchy Club Hotel<br> \$ |

# September

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|                                                                                       |                            |
|---------------------------------------------------------------------------------------|----------------------------|
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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](mailto:social.group@cbsaust.org.au)

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

