

socialhub program

OCTOBER – DECEMBER
2025



Welcome

As the days get warmer and longer, our October to December program is filled with opportunities to enjoy the best of the season. You'll find plenty of picnics and BBQs in beautiful spots like Cremorne, Dru Point and Bellerive Beach, along with relaxed lunches at local favourites including the York Hotel, Carlyle Hotel and Mornington Inn.

During Seniors Week, we'll host a Pizza in the Park event at Legacy Park on the 15th October, a chance to share a meal outdoors with friends.

Back at the Hub, there's a mix of creative workshops, gardening days, games and cooking sessions from sausage rolls to Christmas cakes, plus themed events like Halloween decorations and festive hub decorating. We'll finish the year with Christmas luncheons, a New Year's Eve gathering and some special outings to round out 2025 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.

WEDNESDAY 1
THURSDAY 2
FRIDAY 3
Lunch outing (NT/K)

York Hotel



\$

Picnic outing (NT/K)

Cremorne


Craft Day (K)

Chocolate art


Wander & coffee (NT)

Bunnings for seedlings



\$

MONDAY 6
TUESDAY 7
WEDNESDAY 8
THURSDAY 9
FRIDAY 10
Wander and coffee (K)

Bunnings for seedlings



\$

Gardening Day (K)

Games Day (K)

Lunch outing (NT/K)

Rivulet Cafe



\$

Picnic outing (NT/K)

Dru Point


Craft Day (NT)

Photo wall


Gardening Day (NT)

Games Day (NT)

MONDAY 13
TUESDAY 14
WEDNESDAY 15
THURSDAY 16
FRIDAY 17
Lunch outing (NT/K)

Carlyle Hotel



\$

Cooking Day (K)

Sausage rolls


Cooking day (NT)

Sausage rolls


SENIORS WEEK
Pizza in the park (NT/K)

Legacy Park 12 - 3pm


Gardening Day (K)

Craft Day (NT)

Photo wall


Lunch outing (NT/K)

Beltana Hotel

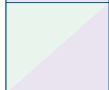


\$

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Wander and coffee (K) Bunnings  \$	Lunch outing (NT/K) Mornington Inn  \$	Craft day (K) Halloween decorations 	Cooking Day (K) Biscuits 	Takeaway day (NT/K) Mouth Waters Cafe  \$
Craft Day (NT) Chocolate art 		Craft day (NT) Halloween decorations 	Cooking day (NT) Biscuits 	
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Takeaway day (NT/K) Eastlands food court  \$	Lunch outing (NT/K) Old Chapel Tea Rooms  \$	Cooking Day (K) Halloween treats 	Craft day (K) Halloween decorations 	Halloween Party at New Town hub (NT/K)  
		Cooking day (NT) Halloween treats 	Craft day (NT) Halloween decorations 	

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!)

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Games Day (K) 	Picnic outing (NT/K) Royal Tasmanian Botanical Gardens 	Lunch outing (NT/K) C3 Hobart Rivulet  \$	Craft Day (K) Bird feeders 	Craft & Games Day (K) 
Games Day (NT) 			Craft day (NT) Bird feeders 	Craft & Games Day (NT) 

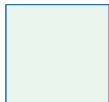
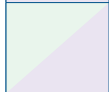
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Wander and coffee (K) Penny's Bakery Kingston  \$	BBQ outing (NT/K) Tolosa Park 	Gardening and Craft Day (K) 	Lunch outing (NT/K) Rhonda's Baghdad  \$	Movies & Milkshakes (K) 
Wander and coffee (NT) Penny's Bakery Rosny  \$		Gardening and Craft Day (NT) 		Movies & Milkshakes (NT) 

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Library day (K) With optional coffee  \$	Craft & Games Day (K) 	Lunch outing (NT/K) Lantern Centre Kingston  \$	Lunch outing (NT/K) Hooked Bellerive  \$	Picnic outing (NT/K) Westbury 
Library day (NT) With optional coffee  \$	Craft & Games Day (NT) 			

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
BBQ outing (NT/K) Rosny Point 	Lunch outing (NT/K) RSL South Arm  \$	Wander and coffee (K) Margate Train  \$	Picnic outing (NT/K) Cremorne 	Wander and coffee (K)  \$
		Wall art (NT) 		Wall art (NT) 

November

Program details are subject to change.
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

-  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!)

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Lunch outing (NT/K) Mornington Inn  \$	Takeaway day (NT/K) Windys Lauderdale  \$	Picnic outing (NT/K) Royal Tasmanian Botanical Gardens 	Cooking Day (K) Xmas cake 	BBQ outing (NT/K) Cremorne 
			Cooking Day (NT) Xmas cake 	

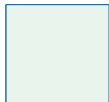
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Hub day (K) Xmas decorating 	Picnic outing (NT/K) Sorell 	Takeaway day (NT/K) New Norfolk  \$	Hub day (K) Xmas decorating 	Lunch outing (NT/K) Margate Train  \$
			Hub day (NT) Xmas decorating 	

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Cooking day (K) Xmas cooking 	Xmas Luncheon (NT/K) Lindisfarne Yacht Club  \$ ★	BBQ outing (NT/K) Dru Point 	Picnic & tiki tour (NT/K) Brighton 	Takeaway day (NT/K) Richmond  \$

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Picnic outing (NT/K) Bellerive Beach 	Lunch outing (NT/K) Richmond Arms  	Cooking day (K) Xmas cooking 	HUB CLOSED Public Holiday	HUB CLOSED Public Holiday
		Cooking day (NT) Xmas cooking 		
MONDAY 29	TUESDAY 30	WEDNESDAY 31		
BBQ outing (NT/K) Rosny Point 	Craft day (K) New Years wishing rocks 	NYE Luncheon (NT/K) Carlyle Hotel  		
	Craft day (NT) New Years wishing rocks 			

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

December

	(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!)

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

