



# socialhub program

JANUARY – MARCH  
2026



## Welcome

Our summer program brings together a mix of outings, creative activities and easy social catch-ups. There's a good balance of picnics, coffee wanders, BBQs, local walks and visits to favourite cafés, along with relaxed in-hub sessions such as craft, cooking and games.

For those keen to explore, we've included fishing trips, op-shop crawls, coastal wanders and visits to places like Richmond Green, Lindisfarne Yacht Club and Longley Hotel. Creative options range from painting and garden crafts to biscuit making and simple cooking days.

A few special activities also feature, including kite flying, Paw Therapy and the Generations Connection Fun Day. There's plenty to enjoy, whether you like getting out or staying closer to home.

**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.**

THURSDAY 1

FRIDAY 2

HUB CLOSED

Public Holiday

Combined BBQ (K/NT)

Soundy Park



MONDAY 5

TUESDAY 6

WEDNESDAY 7

THURSDAY 8

FRIDAY 9

Craft Day (K)

Wishing rocks



Lunch outing (K/NT)

Gourmet Seafood  
Cambridge



\$

Combined Games Day  
(K/NT)



Baking Day (K)

Biscuits



Wander and coffee (K)

Kingston Beach



\$

Craft Day (NT)

Wishing rocks



Baking Day (NT)

Biscuits



Wander and coffee (NT)

Glenorchy



\$

MONDAY 12

TUESDAY 13

WEDNESDAY 14

THURSDAY 15

FRIDAY 16

BBQ day (K/NT)

The Springs Mount  
Wellington



Games Day (K)



Takeaway day (K/NT)

The Roost Bridgewater



\$

Lunch outing (K/NT)

Westerway  
Raspberry Farm



\$



Combined Day (K/NT)

Games and craft










MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
<b>Wander and coffee (K)</b> The Springs \$	<b>Picnic outing (K/NT)</b> Snug 	<b>BBQ day (K/NT)</b> The Springs Mount Wellington 	<b>Lunch outing (K/NT)</b> Lindisfarne Yacht Club \$	<b>Takeaway day (K/NT)</b> Your choice \$
<b>Craft Day (NT)</b> Painting 				
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
<b>HUB CLOSED</b>  <b>Public Holiday</b>	<b>Australia Day BBQ (K/NT)</b> 7 Mile Beach. Bring a friend. Bookings essential ★	<b>Craft Day (K)</b> Painting 	<b>Hub day (K)</b> Gardening and craft 	<b>Generations Connect Fun Day (K/NT)</b> \$ ★
		<b>Wander and coffee (NT)</b> Cornelian Bay \$	<b>Hub day (NT)</b> Gardening and craft 	

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

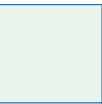
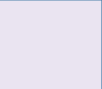
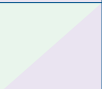
MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<b>Lunch outing (K/NT)</b> Coal Valley Golf Links  \$	<b>Op Shop Crawl (K)</b>  \$	<b>Pancake Day (K/NT)</b> 	<b>Lunch outing (K/NT)</b> Old Chapel Tea Rooms  \$	<b>Hub Day (K)</b> Learn a new game 
	<b>Op Shop Crawl (NT)</b>  \$			<b>Hub Day (NT)</b> Wall art 

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<b>HUB CLOSED</b>  <b>Public Holiday</b>	<b>Lunch outing (K/NT)</b> Lindisfarne Yacht Club  \$	<b>Hub Day (K)</b> Gardening and craft 	<b>Hub Day (K)</b> Sip & draw 	<b>Fishing (K)</b> Bellerive Jetty 
		<b>Fishing (NT)</b> Bellerive 	<b>Hub Day (NT)</b> Sip & draw 	<b>Hub Day (NT)</b> 





MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
<b>Craft Day (K/NT)</b> Crazy Sock painting 	<b>Cooking Day (K/NT)</b> Sausage rolls 	<b>Therapy Paws (K/NT)</b> 	<b>Lunch outing (K/NT)</b> Longley Hotel  \$	<b>Aged/NDIS tour (K/NT)</b> Tour of supplier 








MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
<b>Picnic outing (K/NT)</b> Richmond Green/Amaze 	<b>Hub day (K)</b> Gardening and craft 	<b>Lunch outing (K/NT)</b> Hollow Tree Cafe Cambridge   	<b>Pancake Day (K/NT)</b> 	<b>Lunch outing (K/NT)</b> Longley Hotel  
	<b>Hub day (NT)</b> Gardening and craft 			





# February


	(NT) New Town hub activity
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MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<b>Wander and coffee (K)</b> Margate Train  \$	<b>Lunch outing (K/NT)</b> Golf Park Hobart  \$	<b>Lunch outing (K/NT)</b> Rhonda's Bagdad  \$	<b>Hub Day (K)</b> 	<b>BBQ outing (K/NT)</b> Risdon Brook Dam 
<b>Wander and coffee (NT)</b> 7 Mile Beach  \$			<b>Hub Day (NT)</b> 	

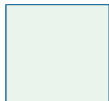


MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<b>HUB CLOSED</b>  <b>Public Holiday</b>	<b>Kite flying day (K/NT)</b> Queens Walk oval 	<b>Lunch outing (K/NT)</b> Billy Goats Gruff Huonville  \$	<b>Lunch outing (K/NT)</b> Hooked Bellerive  \$	<b>Lunch outing (K/NT)</b> Black Friday lunch  \$



MONDAY 16	TUESDAY 17	WEDNESDAY 18	 \$		FRIDAY 20
<b>Cooking day (K)</b> Sausage rolls 	<b>St. Patricks Day (K/NT)</b> 	<b>BBQ outing (K/NT)</b> South Arm 	<b>Lunch outing (K/NT)</b> Lantern centre  \$	<b>Lunch outing (K/NT)</b> Claremont RSL  \$	
<b>Cooking day (NT)</b> Sausage rolls 					

MONDAY 23		TUESDAY 24		WEDNESDAY 25		THURSDAY 26		FRIDAY 27	
<div>Chip &amp; Dip Day (K/NT)</div> <div>🏠</div>		<div>Hub Day (K)</div> <div>Craft and games</div> <div>🏠</div>		<div>Wander and coffee (K)</div> <div>Banjos</div> <div>🚌💰</div>		<div>Library/IT Day (K)</div> <div>🚌</div>		<div>Lunch outing (K/NT)</div> <div>Old Chapel Tea Rooms</div> <div>🚌💰★</div>	
		<div>Hub Day (NT)</div> <div>Craft and games</div> <div>🏠</div>		<div>Wander and coffee (NT)</div> <div>Banjos</div> <div>🚌💰</div>		<div>Library/IT Day (NT)</div> <div>🚌</div>			
MONDAY 30		TUESDAY 31							
<div>Lunch outing (K/NT)</div> <div>Rivulet Cafe</div> <div>🚌💰</div>		<div>Takeaway Day (K/NT)</div> <div>Parthenon Souvlaki</div> <div>Moonah</div> <div>🚌💰</div>							

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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)

