



# socialhub program

JULY – SEPTEMBER  
2026



## Welcome

Our winter–spring program for July to September 2026 offers a well-rounded mix of outings, creative activities and relaxed social catch-ups. Throughout the season, there'll be a balance of local trips, scenic drives and café visits, along with cosy in-hub sessions such as craft, cooking, gentle movement and games.


Across the three months, we've planned a variety of activities to suit different interests and energy levels — from easy social outings to quieter, more relaxed days at the hub. Whether you enjoy getting out and about or prefer staying closer to home, there'll be plenty to look forward to right across the season.

**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**

**Takeaway outing (K/NT)**  
 Fish Frenzy  
 Hobart  
 \$


**THURSDAY 2**

**Hub Day (K)**  


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**Hub Day (NT)**  



**FRIDAY 3**

**Festival of Voices outing (K/NT)**  
 St. David's Cathedral  
 Hobart  



**MONDAY 6**

**Wander & Coffee (K/NT)**  
 Station Cafe  
 New Town  
 \$


**TUESDAY 7**

**Hub Day (K)**  


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**Hub Day (NT)**  



**WEDNESDAY 8**

**Festival of Voices outing (K/NT)**  
 St. David's Cathedral  
 Hobart  



**THURSDAY 9**

**Wander & Coffee (K/NT)**  
 Bunnings (Local)  
 \$

**FRIDAY 10**

**Day outing (K/NT)**  
 Richmond  
 \$


**MONDAY 13**

**Quiz outing (K/NT)**  
 Mathers House  
 House  



**TUESDAY 14**

**Lunch outing (K/NT)**  
 Forcett Lakes Golf Club &  
 Restaurant  
 \$

**WEDNESDAY 15**

**Hub Day (K)**  


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**Hub Day (NT)**  


**THURSDAY 16**

**Takeaway outing (K/NT)**  
 KFC (Local)  
 \$

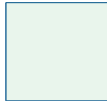


**FRIDAY 17**





**Aged & Disability Expo (K/NT)**  
 Hotel Grand Chancellor  


MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<b>Hub Day (K)</b> Smoothie making 🏠	<b>Armchair Travel Day (K)</b> See Tasmania 🏠	<b>Lunch outing (K/NT)</b> Huonville Hotel 🚌\$	<b>Hub Day (K)</b> 🏠	<b>Christmas in July (K/NT)</b> Mathers House Hobart 🚌\$
<b>Hub Day (NT)</b> Smoothie making 🏠	<b>Armchair Travel Day (NT)</b> See Tasmania 🏠		<b>Hub Day (NT)</b> 🏠	
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
<b>Hub Day (K)</b> 🏠	<b>Wander &amp; Coffee (K/NT)</b> Treats on Franklin Lindisfarne 🚌\$	<b>Lunch outing (K/NT)</b> Beltana Hotel Lindisfarne 🚌\$	<b>TMAG outing (K/NT)</b> Hobart 🚌\$	<b>Hub Day (K)</b> Craft 🏠
<b>Hub Day (NT)</b> 🏠		<b>Hub Day (NT)</b> Craft 🏠		

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

MONDAY 3

**Takeaway outing (K/NT)**  
Chish & Fips  
Derwent Park  
 \$



TUESDAY 4

**Lunch outing (K/NT)**  
Gigglemug's Antarctic  
Cafe  
Kingston  
 \$

WEDNESDAY 5

**Lunch outing (K/NT)**  
Lantern Centre Cafe  
Kingston  
 \$

THURSDAY 6

**Hub Day (K)**  
  
**Hub Day (NT)**  




FRIDAY 7

**TMAG outing (K/NT)**  
Beaker Street Exhibition  
 \$

MONDAY 10

**Bonorong outing (K/NT)**  
Brighton  



TUESDAY 11

**Hub Day (K)**  
Making sausage rolls  
  
**Hub Day (NT)**  
Making sausage rolls  


WEDNESDAY 12

**Lunch outing (K/NT)**  
Richmond Golf Club  
 \$

THURSDAY 13

**Takeaway outing (K/NT)**  
Windys Bakery Lauderdale  
 \$

FRIDAY 14

**Lunch outing (K/NT)**  
Claremont RSL  
 \$

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
<b>Wander &amp; Coffee (K/NT)</b> Cornelian Bay New Town \$	<b>Wander &amp; Coffee (K/NT)</b> Salamanca Art Galleries Hobart \$	<b>Hub Day (K)</b> Craft 	<b>National Bacon Lovers Day (K/NT)</b> 	<b>Hub Day (K)</b> 
		<b>Hub Day (NT)</b> Craft 		<b>Hub Day (NT)</b> 

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
<b>Hub Day (K)</b> Savoury Scones baking 	<b>Lunch outing (K/NT)</b> The Pancake and Crepe Shop Oatlands \$	<b>Hub Day (K)</b> 	<b>Takeaway outing (K/NT)</b> Brighton Bakery \$	<b>Takeaway outing (K/NT)</b> Kingston Fish & Chips \$
<b>Hub Day (NT)</b> Savoury Scones baking 		<b>Hub Day (NT)</b> 		

MONDAY 31
<b>Takeaway outing (K/NT)</b> Parthenon Souvlaki Bar/ Bahn Mi Bites Moonah \$

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	(NT/K) Joint hub activity

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These activities are held at the hub.
















These activities are out and about in the community.

Feature activities. (Book early!)

TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Hub Day (K) 🏠	Lunch outing (K/NT) Dunalley Hotel 🚗💰	Hub Day (K) Bingo 🏠	Lunch outing (K/NT) Lenah Valley RSL 🚗💰
Hub Day (NT) 🏠		Hub Day (NT) Bingo 🏠	




MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Takeaway outing (K/NT) Lauderdale 🚗💰	Op Shopping (K/NT) New Norfolk 🚗💰	Hub Day (K) 🏠	Lunch outing (K/NT) Saigon Art Gallery Glenorchy 🚗💰	Hub Day (K) Craft 🏠
		Hub Day (NT) 🏠		Hub Day (NT) Craft 🏠





MONDAY 14	TUESDAY 15	WEDNESDAY 16	WEDNESDAY 17	FRIDAY 18
Hub Day (K) 🏠	Hub Day (K) 🏠	Outing (K/NT) Royal Tasmanian Botanical Gardens Hobart 🚗	BBQ outing (K/NT) Dru Point Park Margate 🚗	Lunch outing (K/NT) Boardwalk Cafe Wrest Point Sandy Bay 🚗💰
Hub Day (NT) 🏠	Hub Day (NT) 🏠			

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<b>Lunch outing (K/NT)</b> Federation Chocolate Richmond 	<b>Lunch outing (K/NT)</b> Boardwalk Cafe Wrest Point Sandy Bay  	<b>Hub Day (K)</b>  <hr/> <b>Hub Day (NT)</b> 	<b>Lunch outing (K/NT)</b> Granada Tavern Berriedale  	<b>Hub Day (K)</b> Craft  <hr/> <b>Hub Day (NT)</b> Craft 
MONDAY 28	TUESDAY 29	WEDNESDAY 30		
<b>Hub Day (K)</b>  <hr/> <b>Hub Day (NT)</b> 	<b>TMAG outing (K/NT)</b> Hobart  	<b>Lunch outing (K/NT)</b> Mornington Inn  		

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# September

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

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

