



**Social Support Activities
January - March 2024**

For more information
call 8595 4596, or email
socialsupport@accesshc.org.au



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

8

9

10

11

12

15

Armchair Travel
1- 2.30pm

Currawong Bush Park

16

Walking Group
Ruffey Lake Park
(Boulevard Entrance)
Melways 33 F10
9.30 - 11am

17

Chinese Seniors Group
NEW
10am - 12pm
Greythorn Hub

18

Seniors Carers Group
10am - 1pm

Heimat Centre

19

22

23

Walking Group
Mullum Mullum
(meet near toilet block)
Melways 34 F3
9.30 - 11am

24

25

Movie and Discussion
10am - 12.30pm
Book Group
1 - 3pm
Heimat Centre

26

29

30

Walking Group
Finns Reserve
(car park)
Melways 33 B4
9.30 - 11am

31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
<p>5 Art Appreciation 11am - 12.30pm Games with Friends 1- 2.30pm Currawong Bush Park</p>	<p>6 Walking Group Birrarung (car park near toilet block) Melways 32 H3 9.30 - 11am</p>	<p>7 Social Sing Along 10am - 12pm Greythorn Hub</p>	8	<p>9 Bus Outing- Williamstown 9am - 3.30pm</p>
<p>12 Flicks with Friends *NEW* Approximately 10am Time to be confirmed the week before</p>	<p>13 Walking Group Ruffey Lake Park (Boulevard Entrance) Melways 33 F10 9.30 - 11am</p>	<p>14 If Pages Could Talk 10.30am - 12pm Greythorn Hub</p>	<p>15 Seniors Carers Group 10am - 1pm Heimat Centre</p>	16
<p>19 Trivia 11am - 12.30pm Armchair Travel 1 - 2.30pm Currawong Bush Park</p>	<p>20 Walking Group Mullum Mullum (meet near toilet block) Melways 34 F3 9.30 - 11am</p>	<p>21 Chinese Seniors Group *NEW* 10am - 12pm Greythorn Hub</p>	<p>22 Movie and Discussion 10am - 12.30pm Book Group 1 - 3pm Heimat Centre</p>	23
26	<p>27 Walking Group Finns Reserve (car park) Melways 33 B4 9.30 - 11am</p>	28	29	

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Program details

Armchair Travel

Travel overseas without leaving your seat! Sit back and enjoy a presentation on a different city or country every month.

Art Appreciation

Get together with like-minded people to share an appreciation of art. All are welcome! Each month will focus on a different artist/s or exhibition, with an interactive presentation where everyone can share their thoughts on the art.

Bus Outing

Day trips to different parts of Greater Melbourne. The trips depart and finish at Heimat Centre- 125 George St, Doncaster East. Please note that you may not attend consecutive trips.

Chinese Seniors Group **NEW**

A social group for Mandarin-speaking seniors. Make new friends in a relaxed environment.

Held at Greythorn Community Hub- 2 Centre Way, Balwyn North

Book Group

Gather to discuss an old favourite or a recent read. Leave with plenty of suggestions to add to your reading list!

Flicks with Friends **NEW**

Head to Reading Cinemas at Burwood Brickworks to check out one of the latest releases. Afterwards, chat about the movie in a local cafe.

Games with Friends

Play your favourite board or card games in small groups. Games are provided, or you can bring your own.

If Pages Could Talk

Poetry enthusiasts read through a number of poems and discuss.
Held at Greythorn Community Hub- 2 Centre Way, Balwyn North

Movie and Discussion

Come together to watch an old favourite, or perhaps a film you have never seen before! Followed by a discussion.

Senior Carers Group

Come together with fellow Carers to discuss your months and provide advice. The activity may include a guest speaker or an outing. Lunch provided.

Social Sing Along

Sing along to a variety of songs, as Ray Stolz provides keyboard accompaniment.
Held at Greythorn Community Hub- 2 Centre Way, Balwyn North

Trivia

Test your general knowledge and puzzle skills in small groups!

Walking Group

Go for a walk around the Manningham area, and finish with a coffee. Locations include Ruffey Lake Park and Mullum Mullum.



Access Health and Community run a number of social support groups for people over 65. These groups provide opportunities to get out and about, to make new friends and to stay socially engaged and active.

Location

Monday: Currawong Bush Park Conference Centre- 277-285 Reynolds Rd, Warrandyte

Wednesday: Greythorn Community Hub- 2 Centre Way, Balwyn North

Thursday: Heimat Centre- 125 George St, Doncaster East

Friday Bus Outings depart from Heimat Centre car park

Walking Group rotates between four locations

Registering and Cancelling

You must register for each program you wish to attend. You can register by:

- Calling 8595 4596, or
- Emailing socialsupport@accesshc.org.au

Participants book into programs on an ongoing basis. You must give us at least 48 hours notice if you will not be attending. Late cancellations will be charged. Exceptions to this may be made in some circumstances at the Team Leader's discretion.

Bus outings are booked on an ad hoc basis, subject to availability. Bus outings are extremely popular and places are limited. To ensure everyone is able to participate you may not book into consecutive outings.

Programs at Currawong Bush Park will not run on extreme fire days.

Cost

Programs are \$6 per session.

Senior Carers Group- \$16 per session.

Bus outings are \$12 per trip, plus the cost of meals.

Invoices are issued monthly.

Exercising Safely

Regular participation in structured exercise is important for maintaining good health but please talk to your doctor before joining our program. You should also consult your health professional if you have been unwell or are returning to exercise following surgery to make sure that you are fit and well enough.

Stop exercising IMMEDIATELY & notify your instructor if you experience discomfort or pain, including chest pain, extreme breathlessness or a rapid or irregular heartbeat.

Here are some tips for participating in an exercise class or walking group:

- Wear comfortable clothing such as shorts and t-shirt, or a tracksuit. Always wear appropriate lace-up shoes.
- Bring along any medication required with your name clearly labelled and make sure it is easily reached.
- Bring along a water bottle, exercise mat and an old towel.
- Come to class on time to participate in the warm-up.

The Walking Group will not run when extreme weather conditions are predicted, including fire danger, temperatures over 35°C, or thunderstorms.

