



## **Social Support Activities January - March 2026**

For more information  
call 8595 4596, or email  
[socialsupport@accesshc.org.au](mailto:socialsupport@accesshc.org.au)





## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

29	30	31	1	2
5	<b>6</b> <b>Walking Group</b> <b>Mullum Mullum</b> (meet near toilet block) Melways 34 F3 <b>9.30 - 11am</b>	<b>7</b> <b>Enjoying Poetry Together</b> <b>10.30am - 12pm</b> <b>Trentwood at the Hub</b>	8	<b>9</b> <b>Bus Outing</b> <b>9am - 3.30pm</b> Morning Tea: Gardenworld Lunch: Frankston RSL \$20
<b>12</b> <b>Movie and Discussion</b> <b>11am - 2pm</b>	<b>13</b> <b>Walking Group</b> <b>Banksia Park</b> (Near Heide Kitchen) Melways 32 E5 <b>9.30 - 11am</b>	14	15	16
<b>19</b> <b>Trivia</b> <b>11am - 12.30pm</b> <b>Armchair Travel</b> Belgium & Bruges <b>1.15 - 2.45pm</b>	<b>20</b> <b>Walking Group</b> <b>Finns Reserve</b> (car park) Melways 33 B4 <b>9.30 - 11am</b>	<b>21</b> <b>Book Group</b> <b>1pm - 3pm</b> <b>Trentwood at the Hub</b>	22	<b>23</b> <b>Bus Outing</b> <b>9am - 3.30pm</b> Devonshire Tea: Coomb Estate \$35 Lunch: Gladysdale B'house
<b>26</b>  <b>No program due to Public Holiday</b>	<b>27</b> <b>Walking Group</b> <b>Birrarung</b> (car park near toilet block) Melways 32 H3 <b>9.30 - 11am</b>	28	29	30

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2

**Games with Friends**  
1.15 - 2.45pm

3

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

4

5

6

**Senior Carer's Bus Outing**  
**9am - 3.30pm**  
Morning Tea: Tooradin  
Bakery  
Lunch: Garfield Pub \$23

9

**Movie and Discussion**  
11am - 2pm

10

**Walking Group**  
**Westerfolds Park**  
(Porter St Picnic Area)  
Melways 33 E3  
**9.30 - 11am**

11

**Enjoying Poetry Together**  
**10.30am - 12pm**  
**Greythorn Community Hub**

12

13

**Bus Outing**  
**9am - 3.30pm**  
Morning Tea: Yarra Deli  
Lunch: Rose Cottage  
Monbulk \$24

16

**Trivia**  
**11am - 12.30pm**  
**Armchair Travel**  
NZ Cruise with Janine  
**1.15 - 2.45pm**

17

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

18

19

20

23

**Brain Challenge**  
**11am - 12.30pm**  
**Rummikub**  
**1.15 - 2.45pm**

24

**Walking Group**  
**Banksia Park**  
(Near Heide Kitchen)  
Melways 32 E5  
**9.30 - 11am**

25

**Book Group**  
**1pm - 3pm**  
**Greythorn Community Hub**

26

27

**Bus Outing**  
**9am - 3.30pm**  
Morning Tea: The Greenery  
Lunch: Customs House  
Hotel, Williamstown \$22

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		MARCH 2026 FRIDAY	
2		3		4		5		6	
Games with Friends 1.15pm - 2.45pm		Walking Group Finns Reserve (car park) Melways 33 B4 9.30 - 11am						Senior Carers Bus Outing 9am - 3.30pm Morning Tea: Tooradin Bakery; Lunch: Warragul Country Club \$22.50	
9		10		11		12		13	
No program due to Public Holiday		Walking Group Birrarung (car park near toilet block) Melways 32 H3 9.30 - 11am		Enjoying Poetry Together 10.30am - 12pm Greythorn Community Hub				Bus Outing 9am - 3.30pm Morning Tea: Sage's Farm Lunch: Rosebud RSL \$21	
16		17		18		19		20	
Trivia 11am - 12.30pm Armchair Travel Vietnam with Michelle 1.15 - 2.45pm		Walking Group Ruffey Lake Park (Boulevard Entrance) Melways 33 F10 9.30 - 11am							
23		24		25		26		27	
Brain Challenge 11am - 12.30pm Rummikub 1.15 - 2.45pm		Walking Group Westerfolds Park (Porter St Picnic Area) Melways 33 E3 9.30 - 11am		Book Group 1pm - 3pm Greythorn Community Hub				Bus Outing 9am - 3.30pm Morning Tea: Marnong Est Lunch: Victorian Tavern, Gisborne \$17	
30		31							
		Walking Group Mullum Mullum (meet near toilet block) Melways 34 F3 9.30 - 11am							

# Program details

## Armchair Travel

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

*Currawong Bush Park Function Centre*

## Art Appreciation

Get together with like-minded people to share an appreciation of art. All are welcome! Each month focuses on a different artist/s or exhibition.

*Currawong Bush Park Function Centre*

## Book Group

Gather to discuss an old favourite or a recent read.

*Trentwood at the Hub*

## Brain Challenge

Challenge your mind with fun games, including rebus puzzles, anagrams, scattergories, and riddles. A no pressure, social environment where puzzles are worked out together.

*Currawong Bush Park Function Centre*

## Bus Outing

Day trips to different parts of Greater Melbourne.

*Trips depart from, and finish at, the Heimat Centre.*

Please note that you may not attend two trips in one month, however you are welcome to put your name on the waiting list. Bookings, and the waiting list, operate on a first-come, first-served basis. Prices quoted for meals are approximate.

## Enjoying Poetry Together

Poetry enthusiasts read through a number of poems and discuss.

*Trentwood at the Hub*

## Games with Friends

Play your favourite board or card games in small groups. Games provided.

*Currawong Bush Park Function Centre*

## Movie and Discussion

Come together to watch an old favourite, or something you've never seen!

A light lunch is served after the movie.

*Currawong Bush Park Function Centre*

## Rummikub

Play this popular game and have a chat at the same time!

*Currawong Bush Park Function Centre*

## Senior Carers Group Bus Outing

Come together with fellow carers for a day out.

*Trips depart from, and finish at, the Heimat Centre.*

## Trivia

Test your general knowledge and puzzle skills in small groups!

*Currawong Bush Park Function Centre*

## Walking Group

Go for a walk around the Manningham area, and finish with a coffee.

*Location rotates- please see calendar for more information.*

**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

**Currawong Bush Park** - 277-285 Reynolds Rd, Warrandyte

**Greythorn Community Hub** - 2 Centre Way, Balwyn North

**Heimat Centre** - 125 George St, Doncaster East

### Registering and Cancelling

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

- Calling 8595 4596, or
- Emailing [socialsupport@accesshc.org.au](mailto: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 only attend one outing per month.

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

### Cost

Programs are \$8 per session.

Movie and Discussion- \$15 per session.

Bus outings are \$15 per trip, plus the cost of meals.

Invoices are issued monthly.

Fees are subject to change.

### 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.

