



Social Support Activities

January - March 2026

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



J A N U A R Y 2 0 2 6

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

F E B R U A R Y 2 0 2 6

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

M A R C H 2 0 2 6				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Games with Friends 1.15pm - 2.45pm	3 Walking Group Finns Reserve (car park) Melways 33 B4 9.30 - 11am	4	5	6 Senior Carers Bus Outing 9am - 3.30pm Morning Tea: Tooradin Bakery; Lunch: Warragul Country Club \$22.50
9 No program due to Public Holiday	10 Walking Group Birrarung (car park near toilet block) Melways 32 H3 9.30 - 11am	11 Enjoying Poetry Together 10.30am - 12pm Greythorn Community Hub	12	13 Bus Outing 9am - 3.30pm Morning Tea: Sage's Farm Lunch: Rosebud RSL \$21
16 Trivia 11am - 12.30pm Armchair Travel Vietnam with Michelle 1.15 - 2.45pm	17 Walking Group Ruffey Lake Park (Boulevard Entrance) Melways 33 F10 9.30 - 11am	18	19	20
23 Brain Challenge 11am - 12.30pm Rummikub 1.15 - 2.45pm	24 Walking Group Westerfolds Park (Porter St Picnic Area) Melways 33 E3 9.30 - 11am	25 Book Group 1pm - 3pm Greythorn Community Hub	26	27 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

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.

