



Social Support Activities April - June 2024

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>No program due to public holiday</p>	<p>2</p> <p>Walking Group Birrarung (car park near toilet block) Melways 32 H3 9.30am - 11am</p>	<p>3</p> <p>Social Sing Along 10am - 12pm Greythorn Community Hub</p>	<p>4</p> <p>Movie and Discussion 10am - 12.30pm Currawong Bush Park</p>	<p>5</p>
<p>8</p> <p>Flicks with Friends Approximately 10am Time to be confirmed the week before</p>	<p>9</p> <p>Walking Group Ruffey Lake Park (Boulevard Entrance) Melways 33 F10 9.30am - 11am</p>	<p>10</p> <p>Enjoying Poetry Together 10.30am - 12pm Greythorn Community Hub</p>	<p>11</p>	<p>12</p> <p>Bus Outing- Gisborne Explore the Macedon Ranges before lunch at the Victorian Tavern 9am - 3.30pm Lunch: \$15</p>
<p>15</p> <p>Trivia 11am - 12.30pm Armchair Travel 1.15pm - 2.45pm Currawong Bush Park</p>	<p>16</p> <p>Walking Group Mullum Mullum (meet near toilet block) Melways 34 F3 9.30am - 11am</p>	<p>17</p>	<p>18</p> <p>Seniors Carers Group 10am - 1pm Heimat Centre</p>	<p>19</p>
<p>22</p>	<p>23</p> <p>Walking Group Finns Reserve (car park) Melways 33 B4 9.30am - 11am</p>	<p>24</p> <p>Book Group 1pm - 3pm Greythorn Community Hub</p>	<p>25</p>	<p>26</p> <p>Bus Outing- Sunbury Stop at the aircraft viewing area, before lunch at Sunbury Bowling Club 9am - 3.30pm Lunch: \$18</p>
<p>29</p>	<p>30</p> <p>Walking Group Birrarung (car park near toilet block) Melways 32 H3 9.30am - 11am</p>			

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29	30	1 Social Sing Along 10am - 12pm Greythorn Community Hub	2 Movie and Discussion 10am - 12.30pm Currawong Bush Park	3
6 Art Appreciation 11am - 12.30pm Games with Friends 1.15pm - 2.45pm Currawong Bush Park	7 Walking Group Ruffey Lake Park (Boulevard Entrance) Melways 33 F10 9.30am - 11am	8 Enjoying Poetry Together 10.30am - 12pm Greythorn Community Hub	9	10 Bus Outing- Yarra Valley A tasting at Yarra Valley Chocolaterie (\$3), followed by lunch in Healesville 9am - 3.30pm Lunch: \$18
13 Flicks with Friends Approximately 10am Time to be confirmed the week before	14 Walking Group Mullum Mullum (meet near toilet block) Melways 34 F3 9.30am - 11am	15	16 Seniors Carers Group 10am - 1pm Heimat Centre	17
20 Armchair Travel Middle East w/ David Jellie 1.15pm - 2.45pm Currawong Bush Park	21 Walking Group Finns Reserve (car park) Melways 33 B4 9.30am - 11am	22 Book Group 1pm - 3pm Greythorn Community Hub	23	24 Bus Outing- Werribee A guided tour of Werribee Park Mansion (\$19), followed by lunch in town 9am - 3.30pm Lunch: \$16
27	28 Walking Group Birrarung (car park near toilet block) Melways 32 H3 9.30am - 11am	29	30	31

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<p>10</p> <p>No program due to public holiday</p>	<p>11</p> <p>Walking Group Mullum Mullum (meet near toilet block) Melways 34 F3 9.30am - 11am</p>	<p>12</p> <p>Enjoying Poetry Together 10.30am - 12pm</p> <p>Greythorn Community Hub</p>	<p>13</p>	<p>14</p> <p>Bus Outing- Mornington Explore the antiques at Tyabb Packing House, followed by lunch 9am - 3.30pm Lunch: \$16</p>
<p>17</p> <p>Trivia 11am - 12.30pm</p> <p>Armchair Travel 1.15pm - 2.45pm</p> <p>Currawong Bush Park</p>	<p>18</p> <p>Walking Group Finns Reserve (car park) Melways 33 B4 9.30am - 11am</p>	<p>19</p>	<p>20</p> <p>Seniors Carers Group 10am - 1pm</p> <p>Heimat Centre</p>	<p>21</p>
<p>24</p>	<p>25</p> <p>Walking Group Birrarung (car park near toilet block) Melways 32 H3 9.30am - 11am</p>	<p>26</p> <p>Book Group 1pm - 3pm</p> <p>Greythorn Community Hub</p>	<p>27</p>	<p>28</p> <p>Bus Outing- Hurstbridge Check out Bridges Nursery in Hurstbridge, before lunch at the same venue. 9am - 3.30pm Lunch: \$16</p>
<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>

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 will focus on a different artist/s or exhibition, with an interactive presentation where everyone can share their thoughts.

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 consecutive trips, however you are welcome to put your name on the waiting list. Bookings, and the waiting list, are on a first-come, first-served basis.

Book Group

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

Greythorn Community Hub

Flicks with Friends

Head to Hoyts at Forest Hill to check out one of the latest releases. Seniors tickets from \$14.85, with a Hoyts membership. Afterwards, chat about the movie in a local cafe.

Forest Hill Chase

Games with Friends

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

Currawong Bush Park Function Centre

Enjoying Poetry Together

Poetry enthusiasts read through a number of poems and discuss.

Greythorn Community Hub

Movie and Discussion

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

Currawong Bush Park Function Centre

Senior Carers Group

Come together with fellow carers to discuss your months and provide advice. May include a guest speaker or an outing. Lunch provided.

Heimat Centre

Social Sing Along

Sing along to a variety of songs, as Ray Stolz provides keyboard accompaniment.

Greythorn Community Hub

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 between Ruffey Lake Park, Mullum Mullum, Finns Reserve, and Birrarung

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

Heimat Centre - 125 George St, Doncaster East

Greythorn Community Hub - 2 Centre Way, Balwyn North

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 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.

