



## **Social Support Activities July - September 2024**

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





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1  <b>Art Appreciation</b>            11am - 12.30pm  <b>Games with Friends</b>            1.15pm - 2.45pm  <b>Currawong Bush Park</b></p>	<p>2  <b>Walking Group</b>  <b>Ruffey Lake Park</b>            (Boulevard Entrance)            Melways 33 F10  <b>9.30am - 11am</b></p>	<p>3  <b>Social Sing Along</b>            10am - 12pm  <b>Greythorn</b>  <b>Community Hub</b></p>	<p>4  <b>Movie and Discussion</b>            10am - 12.30pm  <b>Currawong Bush Park</b></p>	<p>5</p>
<p>8  <b>Flicks with Friends</b>  <b>Approximately 10am</b>            Time to be confirmed the week before</p>	<p>9  <b>Walking Group</b>  <b>Westerfolds Park</b>            (Porter St Picnic Area)            Melways 33 E3  <b>9.30am - 11am</b></p>	<p>10  <b>Enjoying Poetry Together</b>  <b>10.30am - 12pm</b>  <b>Greythorn</b>  <b>Community Hub</b></p>	<p>11</p>	<p>12  <b>Bus Outing- Rosebud</b>            Take a drive to the beach for lunch, then check out the view at Arthurs Seat  <b>9am - 3.30pm</b> Lunch: \$18</p>
<p>15  <b>Armchair Travel</b>            From Borneo to Arnhem Land w/ Dr Russell Conway  <b>1.15pm - 2.45pm</b>  <b>Currawong Bush Park</b></p>	<p>16  <b>Walking Group</b>  <b>Mullum Mullum</b>            (meet near toilet block)            Melways 34 F3  <b>9.30am - 11am</b></p>	<p>17</p>	<p>18  <b>Seniors Carers Group</b>  <b>10am - 1pm</b>  <b>Heimat Centre</b></p>	<p>19</p>
<p>22</p>	<p>23  <b>Walking Group</b>  <b>Finns Reserve</b>            (car park)            Melways 33 B4  <b>9.30am - 11am</b></p>	<p>24  <b>Book Group</b>  <b>1pm - 3pm</b>  <b>Greythorn</b>  <b>Community Hub</b></p>	<p>25</p>	<p>26  <b>Bus Outing- Bayswater</b>            Take a guided tour of the Ambulance museum (\$10) before lunch in Lilydale  <b>9am - 3.30pm</b> Lunch: \$20</p>
<p>29</p>	<p>30  <b>Walking Group</b>  <b>Banksia Park</b>            (Near Heide Kitchen)            Melways 32 E5  <b>9.30am - 11am</b></p>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p>	<p>30</p>	<p>31</p>	<p>1  <b>Movie and Discussion</b>                      10am - 12.30pm                      Currawong Bush Park</p>	<p>2</p>
<p>5  <b>Art Appreciation</b>                      11am - 12.30pm  <b>Games with Friends</b>                      1.15pm - 2.45pm                      Currawong Bush Park</p>	<p>6  <b>Walking Group</b>  <b>Birrarung</b>                      (car park near toilet block)                      Melways 32 H3  <b>9.30am - 11am</b></p>	<p>7  <b>Social Sing Along</b>                      10am - 12pm                      Greythorn                      Community Hub</p>	<p>8</p>	<p>9  <b>Bus Outing- Doveton</b>                      Visit Myuna Farm (\$8) in Doveton, followed by lunch at Mulgrave Country Club  <b>9am - 3.30pm</b> Lunch: \$18</p>
<p>12  <b>Flicks with Friends</b>                      Approximately 10am                      Time to be confirmed the week before</p>	<p>13  <b>Walking Group</b>  <b>Ruffey Lake Park</b>                      (Boulevard Entrance)                      Melways 33 F10  <b>9.30am - 11am</b></p>	<p>14  <b>Enjoying Poetry Together</b>                      10.30am - 12pm                      Greythorn                      Community Hub</p>	<p>15  <b>Seniors Carers Group</b>                      10am - 1pm                      Heimat Centre</p>	<p>16</p>
<p>19  <b>Trivia</b>                      11am - 12.30pm  <b>Armchair Travel</b>                      Sth India w/ Janine Johnston                      1.15pm - 2.45pm</p>	<p>20  <b>Walking Group</b>  <b>Westerfolds Park</b>                      (Porter St Picnic Area)                      Melways 33 E3  <b>9.30am - 11am</b></p>	<p>21</p>	<p>22</p>	<p>23  <b>Bus Outing- Emerald</b>                      Visit the Lakeside Visitor Centre followed by lunch at Upper Yarra RSL  <b>9am - 3.30pm</b> Lunch: \$22</p>
<p>26</p>	<p>27  <b>Walking Group</b>  <b>Mullum Mullum</b>                      (meet near toilet block)                      Melways 34 F3  <b>9.30am - 11am</b></p>	<p>28  <b>Book Group</b>                      1pm - 3pm                      Greythorn                      Community Hub</p>	<p>29</p>	<p>30</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Art Appreciation</b> 11am - 12.30pm</p> <p><b>Games with Friends</b> 1.15pm - 2.45pm</p> <p>Currawong Bush Park</p>	<p>3</p> <p><b>Walking Group</b> Finns Reserve (car park) Melways 33 B4 9.30am - 11am</p>	<p>4</p> <p><b>Social Sing Along</b> 10am - 12pm</p> <p>Greythorn Community Hub</p>	<p>5</p> <p><b>Movie and Discussion</b> 10am - 12.30pm</p> <p>Currawong Bush Park</p>	<p>6</p>
<p>9</p> <p><b>Flicks with Friends</b> Approximately 10am Time to be confirmed the week before</p>	<p>10</p> <p><b>Walking Group</b> Banksia Park (Near Heide Kitchen) Melways 32 E5 9.30am - 11am</p>	<p>11</p> <p><b>Enjoying Poetry Together</b> 10.30am - 12pm</p> <p>Greythorn Community Hub</p>	<p>12</p>	<p>13</p> <p><b>Bus Outing- Rippon Lea</b> Visit Rippon Lea Estate gardens (\$12), with lunch at Elsternwick Hotel 9am - 3.30pm Lunch: \$16</p>
<p>16</p> <p><b>Armchair Travel</b> 1.15pm - 2.45pm</p> <p>Currawong Bush Park</p>	<p>17</p> <p><b>Walking Group</b> Birraring (car park near toilet block) Melways 32 H3 9.30am - 11am</p>	<p>18</p>	<p>19</p> <p><b>Seniors Carers Group</b> 10am - 1pm</p> <p>Heimat Centre</p>	<p>20</p>
<p>23</p>	<p>24</p> <p><b>Walking Group</b> Ruffey Lake Park (Boulevard Entrance) Melways 33 F10 9.30am - 11am</p>	<p>25</p> <p><b>Book Group</b> 1pm - 3pm</p> <p>Greythorn Community Hub</p>	<p>26</p>	<p>27</p> <p><b>No program due to public holiday</b></p>
<p>30</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</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](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 \$6 per session.

Senior Carers Group- \$16 per session.

Bus outings are \$12 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.

