



Social Support Activities July - September 2025

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30

1

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

2

Social Singing
10am - 12pm
Greythorn Community Hub

3

4

Senior Carers Bus Outing
 Visit Cloudehill (\$15), with
 lunch at Club Kilsyth
9am - 3.30pm Lunch: \$19<

7

Art Appreciation
 Joy Hester & Albert Tucker
11am - 12.30pm
Games with Friends
1.15 - 2.45pm

8

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

9

Enjoying Poetry Together
10.30am - 12pm
Greythorn Community Hub

10

11

Bus Outing
 Tarrawarra Museum of Art
 (\$15) and Healesville RSL
9am - 3.30pm Lunch: \$18<

14

Movie and Discussion
11am - 2pm

15

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

16

17

18

21

Trivia
11am - 12.30pm
Armchair Travel
 Volcanoes in Victoria
1.15 - 2.45pm

22

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

23

Book Group
1pm - 3pm
Greythorn Community Hub

24

25

Bus Outing
 Visit Dandenong Market, then
 Wheelers Hill Hotel for lunch
9am - 3.30pm Lunch: \$17<

28

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

29

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

30

31

1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28

29

30

31

1

Senior Carers Bus Outing

Visit Kuranga Nursery, with lunch at Rose Cottage

9am - 3.30pm Lunch: \$24<

4

Art Appreciation**11am - 12.30pm****Games with Friends****1.15 - 2.45pm**

5

Walking Group**Birrarung**

(car park near toilet block)

Melways 32 H3

9.30 - 11am

6

Social Singing**10am - 12pm****Greythorn Community Hub**

7

8

Bus Outing

Mont De Lancey Historic Homestead (\$12), followed by lunch York on Lilydale

9am - 3.30pm Lunch: \$17<

11

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

12

Walking Group**Ruffey Lake Park**

(Boulevard Entrance)

Melways 33 F10

9.30 - 11am

13

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

14

15

18

Trivia**11am - 12.30pm****Armchair Travel**

Paddle Steamer

1.15 - 2.45pm

19

Walking Group**Westerfolds Park**

(Porter St Picnic Area)

Melways 33 E3

9.30 - 11am

20

21

22

Bus Outing

Heronswood House (\$15), lunch at Peninsula Club

9am - 3.30pm Lunch: \$20

25

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

26

Walking Group**Mullum Mullum**

(meet near toilet block)

Melways 34 F3

9.30 - 11am

27

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

28

29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Art Appreciation Art Deco Buildings 11am - 12.30pm Games with Friends 1.15pm - 2.45pm	2 Walking Group Finns Reserve (car park) Melways 33 B4 9.30 - 11am	3 Social Singing 10am - 12pm Greythorn Community Hub	4	5 Senior Carers Bus Outing Visit Arthurs Seat, followed by Rosebud Country Club 9am - 3.30pm Lunch: \$23
8 Movie and Discussion 11am - 2pm	9 Walking Group Banksia Park (Near Heide Kitchen) Melways 32 E5 9.30 - 11am	10 Enjoying Poetry Together 10.30am - 12pm Greythorn Community Hub	11	12 Bus Outing Rivers of Yarrambat, with lunch at Epping RSL. 9am - 3.30pm Lunch: \$15<
15 Trivia 11am - 12.30pm Armchair Travel Castles of the Rhine 1.15 - 2.45pm	16 Walking Group Birrarung (car park near toilet block) Melways 32 H3 9.30 - 11am	17	18	19
22 Brain Challenge 11am - 12.30pm Rummikub 1.15 - 2.45pm	23 Walking Group Ruffey Lake Park (Boulevard Entrance) Melways 33 F10 9.30 - 11am	24 Book Group 1pm - 3pm Greythorn Community Hub	25	26 No program due to public holiday
29	30 Walking Group Westerfolds Park (Porter St Picnic Area) Melways 33 E3 9.30 - 11am	1	2	3

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.

Greythorn Community 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.

Enjoying Poetry Together

Poetry enthusiasts read through a number of poems and discuss.

Greythorn Community 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!

Now running on the second Monday of the month from 11am - 2pm, and includes lunch.

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.

Social Singing

Sing along together, 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- 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- \$18 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.

