



Better Health Network

Social Support Groups

SCHEDULE FOR 2024



Contact Us – Monday to Friday 9am to 4:30pm

03 9581 8500 | socialsupportgroups@cbchs.org.au

MONDAY SESSIONS

<p>GOLDEN CREW</p> <p>Find purpose and joy in a safe and relaxed centre-based activity program.</p> <p>Maintain your skills and stimulate your mind with new friends.</p>	<table border="1"> <thead> <tr> <th>TIME</th> <th>COST</th> <th>GROUP SIZE</th> </tr> </thead> <tbody> <tr> <td>**10AM to 3PM</td> <td>\$20*</td> <td>10</td> </tr> </tbody> </table>	TIME	COST	GROUP SIZE	**10AM to 3PM	\$20*	10
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**10AM to 3PM	\$20*	10					
<p>MONDAY FIT and FEISTY & SOCIAL CONNECTION</p> <p>Staying fit is essential and remaining feisty is highly recommended!</p> <p>Strength training exercises led by a Social Support Group Supervisor. Followed by cuppa, chat and activities</p>	<table border="1"> <thead> <tr> <th>TIME</th> <th>COST</th> <th>GROUP SIZE</th> </tr> </thead> <tbody> <tr> <td>10:30AM to 12PM</td> <td>\$5</td> <td>20</td> </tr> </tbody> </table>	TIME	COST	GROUP SIZE	10:30AM to 12PM	\$5	20
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<p>WARM WATER EXERCISE & SOCIAL CONNECTION</p> <p>Keep strong and maintain your mobility with exercise in the water.</p> <p>Followed by cuppa and chat Exercises are led by a Social Support Group Supervisor.</p>	<table border="1"> <thead> <tr> <th>TIME</th> <th>COST</th> <th>GROUP SIZE</th> </tr> </thead> <tbody> <tr> <td>1:30PM to 3PM</td> <td>\$5.20</td> <td>20</td> </tr> </tbody> </table>	TIME	COST	GROUP SIZE	1:30PM to 3PM	\$5.20	20
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Venue: 31 Venice St, Mentone (Occasional local outings)
 Client mobility: Mobile independently with or without walking aid.
 Other: Suitable for participants who are experiencing cognitive changes.
**Fee covers cost of meals and activities.*
*** denotes transport time*

Venue: Cheltenham Community Centre - 8 Chesterville Rd, Cheltenham
 Client mobility: Mobile independently with or without walking aid.
 Other: Must have own transport; Must be able to perform exercises independently.

Venue: Waves Leisure Centre - 111 Chesterville Rd, Highett
 Client mobility: Mobile independently with or without walking aid.
 Other: Must have own transport; Must be able to enter/exit pool and perform exercises independently.
**Classes do not run during school holidays but other social events will be available.*

TUESDAY SESSIONS

GOLDIES

Stroll along gardens, attend galleries, and browse the shops with others who are older in age but young at heart.

Select the latest Hollywood blockbuster or art-house movie to watch together every month!

TIME	COST	GROUP SIZE
**9.30AM to 3:30PM	\$6*	5

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

**Participants to cover cost of meals/refreshments and admission fees.*

*** denotes transport time*

KOOKABURRAS

Enjoy a scenic drive on the way to a lovely spot for a bit of a wander.

Following this is a delicious lunch and some stimulating conversation.

TIME	COST	GROUP SIZE
**9:30PM to 4PM	\$10	12

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

**Participants to cover cost of meals/refreshments and admission fees.*

*** denotes transport time*

CHINESE GROUP

Explore the many cultures of China with a diverse group from its various regions.

Feast together with lunch from a local Chinese restaurant!

TIME	COST	GROUP SIZE
10.00AM to 2:30PM	Nil	18

Venue: 58C Viney St, Clarinda

Client mobility: Mobile independently with or without walking aid.

Other: BYO lunch or order take away (at the participants' own expense).

Social Support Groups

CAFÉ CRUISERS

Connect with others.
Enjoy a coffee and share your culture.

TIME

**9:30AM to
1PM

COST

\$10

GROUP SIZE

5

Venue: Local cafes

Client mobility: Mobile independently with or without walking aid.

Other: Group has lunch at local RSL or pub once a month. **denotes transport time

WEDNESDAY SESSIONS

AMIGOS FRIENDSHIP GROUP

A diverse group of friendly people.

Friendship, connection, and getting out & about!

TIME

**9.30AM to
3.30PM

COST

\$10

GROUP SIZE

10

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

Participants to cover cost of meals/refreshments and admission fees.

*** denotes transport time*

GIVE IT A GO

Stay connected with the community and with others also experiencing memory loss.

Enjoy visits to homesteads, gardens, galleries, museums and similar venues.

TIME

**9.30AM to
3:30PM

COST

\$25

GROUP SIZE

8

Venue: Various outings

Client mobility: Mobile independently without or without walking aid

Other: Suitable for clients who remain agile in conversation

**Fee covers cost of meals and activities.*

*** denotes transport time*

Social Support Groups

BENTLEIGH WARM WATER EXERCISE & SOCIAL CONNECTION

Keep strong and maintain your mobility with exercise in the water - followed by cuppa and chat

Exercises are led by a Social Support Group Supervisor.

TIME	COST	GROUP SIZE
2PM – 3.30PM	\$5	10

Venue: 2A Gardeners Rd, Bentleigh East 3165
 Client mobility: Mobile independently with or without walking aid.
 Other: own transport; ability to enter/exit pool and perform exercises independently.

CARERS ART CLASS

Release stress and your artistic potential.

Led by artist Alison Pilcher.

TIME	COST	GROUP SIZE
10AM to 1PM	*	13

Venue: 9/231 Bay Road, Sandringham
 *\$16.50 per week
 Clients are invoiced directly by the artist

FAB WEDNESDAYS

You may be getting frail but you remain fabulous!

Take part in topical discussions, learn from a guest speaker, and unleash your creativity.

TIME	COST	GROUP SIZE
**10AM to 3PM	\$10	10

Venue: 31 Venice St, Mentone (Occasional local outings)
 Client mobility: Mobile independently with or without walking aid.
 *bring own lunch or order takeaway
 ** denotes transport time

THURSDAY SESSIONS

PRIMETIMERS

Enjoy a coffee and a chat with others who share a similar abundance of life experience.

The limbs may be creaky,
but the mind remains cheeky!

TIME	COST	GROUP SIZE
**9:30AM to 4PM	\$10	10

Venue: Various outings
Client mobility: Mobile independently with or without a walking aid.

Participants to cover cost of meals/refreshments and admission fees.

*** denotes transport time*

TURKISH SENIOR CLUB

A monthly group outing for members of the Turkish Community in partnership with the U3A Turkish Senior Group.

Participants are current members of this group.

TIME	COST	GROUP SIZE
**9AM to 4:00PM	Nil	10

Venue: Various outings
Client mobility: Mobile independently without walking aid.

Other: Runs every third Thursday of the month.

Participants to cover cost of meals/refreshments and admission fees.

*** denotes transport time*

GENTLE EXERCISE & SEATED YOGA

Join this group for morning tea and a chat.

Followed by a 45 minute exercise program.

TIME	COST	GROUP SIZE
10AM to 11:30AM	\$5	10

Venue: 31 Venice St, Mentone
Client mobility: Mobile independently without walking aid.

Other: Must have own transport.

Social Support Groups

THURSDAY ESCAPE

Experience different activities as your mood strikes you.

Options include a delicious pub meal, an escape exploring the Bayside/Peninsula regions and market days.

TIME	COST	GROUP SIZE
**9:30AM to 4:00PM	\$10	12

Venue: Various outings

Client mobility: Mobile independently without walking aid; Some outings may include up to 1 hour of walking.

Participants to cover cost of meals/refreshments and admission fees.

*** donotes transport time*

CHELSEA FIT n FIESTY

Staying fit is essential and remaining feisty is highly recommended!

Strength training exercises led by a Allied Health Assistant

Afternoon tea to be shared after exercises

TIME	COST	GROUP SIZE
1.00PM – 3.00PM	\$5	15

Venue: Chelsea Heights Community Centre – Beazley Reserve

160 Thames Promenade, Chelsea Heights 3196

Client mobility: Mobile independently with or without walking aid.

Other: own transport; ability to perform exercises independently.

FRIDAY SESSIONS

FRIDAY ESCAPE

Experience different activities as your mood strikes you.

Options include a delicious pub meal, an escape exploring the Bayside/Peninsula regions and market days.

TIME	COST	GROUP SIZE
**9:30AM to 4:00PM	\$10	12

Venue: Various outings

Client mobility: Mobile independently without walking aid; Some outings may include up to 1 hour of walking.

Participants to cover cost of meals/refreshments and admission fees.

*** denotes transport time*

FRIDAY FIT and FEISTY & SOCIAL CONNECTION

Staying fit is essential and remaining feisty is highly recommended!

Followed by cuppa and chat and activities

Strength training exercises are led by a Social Support Group Supervisor.

TIME	COST	GROUP SIZE
2PM to 3:30PM	\$5	20

Venue: Cheltenham Community Centre,
8 Chesterville Rd, Cheltenham

Client mobility: Mobile independently with or without walking aid

Other: own transport; Ability to perform exercises independently.