



CENTRAL BAYSIDE
COMMUNITY HEALTH SERVICES

Social Support Groups

SCHEDULE FOR 2022



Contact Us – Monday to Friday 9am to 4:30pm
03 9581 8500 | socialsupportgroups@cbchs.org.au

Social Support Groups

MONDAY

Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.

Group times indicated include transport time.

PIONEERS

Take part in stimulating conversation and activities.

Utilise the abilities you have in a supportive setting.

TIME	COST	GROUP SIZE
9AM to 3PM	\$10	10

Venue: 31 Venice St, Mentone (Occasional local outings)

Client mobility: Mobile independently with or without walking aid

Other: Suitable for clients who are experiencing cognitive changes.

STARTERS

Enjoy a game of bocce or quoits at a park or garden.

Stimulate your mind with quizzes and puzzles.

TIME	COST	GROUP SIZE
9AM to 3PM	\$10	6

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

TURKISH GROUP

Celebrate your Turkish heritage through sharing stories and food.

Turkish coffee is optional!

TIME	COST	GROUP SIZE
9AM to 3PM	\$10	7

Venue: 58C Viney St, Clarinda (Outings during renovations)

Client mobility: Mobile independently with or without walking aid.

GOLDIES

Enjoy lunchtime conversation 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
12PM to 5PM	\$6	7

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

Social Support Groups

MONDAY

Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.

Group times indicated include transport time.

FIT and FEISTY

Staying fit is essential and remaining feisty is highly recommended!

Strength training exercises led by a Social Support Group Supervisor.

TIME	COST	GROUP SIZE
10AM to 12:30PM	\$5	20

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.

WARM WATER EXERCISE

Keep strong and maintain your mobility with exercise in the water.

Exercises are led by a Social Support Group Supervisor.

TIME	COST	GROUP SIZE
1PM to 3PM	\$5	16

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.*

Social Support Groups

TUESDAY

Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.

Group times indicated include transport time.

SURVIVORS

Discuss and dissect current and past events with other inquisitive individuals.

Share your knowledge and stories with others.

TIME	COST	GROUP SIZE
9AM to 3PM	\$10	6

Venue: 31 Venice St, Mentone (Occasional local outings)

Client mobility: Mobile independently with or without walking aid

Other: Clients may have been diagnosed with a neurological condition affecting their function.

KOOKABURRAS

Start the day with a caffeine hit at a local garden or shopping centre.

Pick up a new plant for the garden or décor for the home, should you get inspired!

TIME	COST	GROUP SIZE
9:30AM to 3:30PM	\$10	10

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

STRIDERS

Keep your mind and body limber with a walk and conversation.

Perfect for those who enjoy the outdoors!

TIME	COST	GROUP SIZE
9AM to 3PM	\$10	10

Venue: Various outings

Client mobility: Mobile independently without walking aid; Must be able to walk for up to 1 hour.

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
9AM to 2PM	Nil	18

Venue: 58C Viney St, Clarinda

Client mobility: Mobile independently with or without walking aid.

Social Support Groups

TUESDAY

Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.

Group times indicated include transport time.

BRAINY BRUNCH

Enjoy a nutritious brunch to fuel a stimulating visit to the library.

Discover facts and trivia about the topic of the week.

TIME	COST	GROUP SIZE
9AM to 1PM	\$6	6

Venue: Chelsea Library

Client mobility: Mobile independently with or without walking aid

Other: Some clients have an acquired brain injury or intellectual disability.

MUJGAN'S MENU

(Start date TBC)

Share a favourite recipe to cook together or learn something new to add to your repertoire.

Experience some new tastes during a light lunch.

TIME	COST	GROUP SIZE
9AM to 1PM	\$6	6

Venue: Chelsea Library

Client mobility: Mobile independently with or without walking aid.

Social Support Groups

WEDNESDAY

Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.

Group times indicated include transport time.

GERANIUMS

Discuss the topics of the day and ace the quiz!

Share your favourite music, memories, and stories.

TIME	COST	GROUP SIZE
9AM to 3PM	\$10	10

Venue: 31 Venice St, Mentone (Occasional local outings)

Client mobility: Mobile independently with or without walking aid

Other: Suitable for clients who are experiencing cognitive changes.

CONTACT

Create, colour, or craft – you choose!

Creative, colourful and crafty conversations also included!

TIME	COST	GROUP SIZE
9AM to 3:30PM	\$10	6

Venue: 31 Venice St, Mentone (occasional local outings)

Client mobility: Mobile independently with or without walking aid

Other: Some clients have an acquired brain injury or intellectual disability.

MOVERS

Work up an appetite with a park or seaside walk.

Followed by lunch and laughter at Soul Café, Cheltenham Community Centre.

TIME	COST	GROUP SIZE
9AM to 3:30PM	\$10	8

Venue: Cheltenham Community Centre – 8

Chesterville Rd, Cheltenham (and various outings)

Client mobility: Mobile independently without walking aid; Must be able to walk briskly for up to 1 hour.

ESPRESSOS ITALIAN APPRECIATION

Enjoy *la dolce vita e conversazione!*

Finish the day with an espresso and a biscotti.

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

Venue: Chelsea Heights Community Centre – 160 Thames Promenade, Chelsea Heights (and various outings)

Client mobility: Mobile independently without or without walking aid.

Social Support Groups

WEDNESDAY

Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.

Group times indicated include 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	COST	GROUP SIZE
9:30AM to 3:30PM	\$25	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.*

WARM WATER EXERCISE

Keep strong and maintain your mobility with exercises in the water.

Exercises are led by a Social Support Group Supervisor.

TIME	COST	GROUP SIZE
1:30PM to 3PM	\$5	16

Venue: Waves Leisure Centre - 111 Chesterville Rd, Highbett

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.*

KEEP WELL WITH KIM AT M.E.T FITNESS

Let personal trainer Kim guide you through a tailored 30 minute exercise program to enhance your wellbeing.

Join in for "warm down" drinks at a nearby café following the exercise program.

TIME	COST	GROUP SIZE
2PM to 3:30PM	\$10	8

Venue: MET Fitness Studio - 9 Follet Rd, Cheltenham

Client mobility: Mobile independently with or without walking aid

Other: Must have own transport; Must be able to perform exercises independently; Programs are designed for 12 weeks with the option to continue with Kim privately.

Social Support Groups

WEDNESDAY

*Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.
Group times indicated include transport time.*

CARERS ART CLASS

Release stress and your artistic potential.

Led by artist Alison Pilcher.

TIME	COST	GROUP SIZE
10AM to 1PM	Nil	13

Venue: Le Studio Art Space - 24-26 Crown Ave, Mordialloc.

Social Support Groups

THURSDAY

Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.

Group times indicated include transport time.

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
9AM to 3PM	\$10	10

Venue: 31 Venice St, Mentone and Various outings

Client mobility: Mobile independently with or without walking aid.

WALKABOUT

Facilitated outings and socialisation for people living in SRS accommodation.

A morning group held at Achmore Lodge and Manalin House.
 Afternoon group is held at Sandy Lodge.

TIME	COST	GROUP SIZE
9AM to 12PM	Nil	8
12:30PM to 3:30PM		

Venue: Various outings

Client mobility: Mobile independently without walking aid; Must be able to walk for up to 1 hour.

LET'S GO

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

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

TIME	COST	GROUP SIZE
10AM to 2PM	\$25	7+

Venue: Various outings

Client mobility: Mobile independently without or without walking aid

Other: Suitable for clients who are starting to struggle in conversation

**Fee covers cost of meals and activities.*

Social Support Groups

FRIDAY

Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.

Group times indicated include transport time.

BAYSIDE CONNECTIONS

Connect with others who may also be experiencing cognitive changes.

Reminisce and share stories while pottering around in our garden or enjoying a local walk.

TIME	COST	GROUP SIZE
9AM to 3PM	\$10	10

Venue: 31 Venice St, Mentone and various outings

Client mobility: Mobile independently with or without walking aid

Other: Suitable for clients who are experiencing cognitive changes.

FAB FRIDAY

You may be getting frail but you remain fabulous!

Take part in topical discussions, learn from a guest speaker, and try some gentle physical activity.

TIME	COST	GROUP SIZE
9AM to 2PM	\$10	6

Venue: 31 Venice St, Mentone (Occasional local outings)

Client mobility: Mobile independently with or without walking aid.

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 4PM	\$10	10

Venue: Various outings

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

Other: **Week 1:** Pub meal; **Weeks 2/3:** Explore the Bayside/Peninsula regions; **Week 4:** Market day.

COOK ISLANDERS

Pick up some tasty ingredients during a stroll through the markets.

Finish the day with a group lunch.

TIME	COST	GROUP SIZE
10AM to 2PM	Nil	6

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

Social Support Groups

FRIDAY

Please note that we are not able to provide lunch. Clients will need to bring a packed lunch or purchase a meal depending on the group activity.

Group times indicated include transport time.

FIT AND FEISTY

Staying fit is essential and remaining feisty is highly recommended!

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

TIME	COST	GROUP SIZE
1:30PM to 3:30PM	\$5	20

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.