

Social Support Groups

SCHEDULE FOR 2023 – TERM 3/4



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

Social Support Groups

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.

MONDAY

GOLDEN CREW

Find purpose and joy in a safe and relaxed centre-based activity program.

Maintain your skills and stimulate your mind with new friends.

TIME	COST	GROUP SIZE
10AM to 3PM	\$20*	10

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.*

STARTERS

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

Stimulate your mind with quizzes and puzzles.

TIME	COST	GROUP SIZE
10AM to 3PM	\$10	5

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

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
10:30AM to 12PM	\$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
1:30PM to 3PM	\$5.20	20

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 may be available.*

Social Support Groups

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.

TUESDAY

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
10AM 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.*

KOOKABURRAS

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

Follow this with a delicious lunch and stimulating conversation.

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

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

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
9:30AM to 2:30PM	Nil	18

Venue: 58C Viney St, Clarinda

Client mobility: Mobile independently with or without walking aid.

Other: BYO lunch or group may visit a local Chinese restaurant or order take away (at the participants' own expense).

CAFÉ CRUISERS

Connect with others.

Enjoy a coffee and share your culture.

TIME	COST	GROUP SIZE
9:30AM to 1PM	\$10	5

Venue: Local cafes

Client mobility: Mobile independently with or without walking aid.

Social Support Groups

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.

TUESDAY

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

Social Support Groups

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.

WEDNESDAY

AMIGOS FRIENDSHIP GROUP

A diverse group of friendly people.

Friendship, connection, and getting out & about is what they are about!

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

Venue: Various outings

Client mobility: Mobile independently with or without walking aid.

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
9AM 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.*

EXERCISE AND CHAT

Join this group for a 45 minute exercise program.

Enjoy morning tea and time to connect with other group members prior to the exercises

TIME	COST	GROUP SIZE
11AM-12.15PM	\$5	10

Venue: 31 Venice St, Mentone

Client mobility: Mobile independently without walking aid.

Other: Must have own transport.

BENTLEIGH 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
2PM – 3.30PM	\$5	10

Venue: 2A Gardeners Rd, Bentleigh East 3165

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.

Social Support Groups

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.

WEDNESDAY

CARERS ART CLASS

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Led by artist Alison Pilcher.

TIME	COST	GROUP SIZE
10AM to 1PM	*	13

Venue: 9/231 Bay Road, Sandringham

**\$16.50 per week*

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Social Support Groups

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.

THURSDAY

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	\$25*	10

Venue: Various outings

Client mobility: Mobile independently without a walking aid.

**Fee covers cost of meals and activities.*

LODGERS

Facilitated outings and socialisation for people living in SRS accommodation.

A morning group is held for participants from Achmore & Lodge and Manalin House.

An afternoon group is held for participants from Sandy Lodge.

TIME	COST	GROUP SIZE
10AM to 3PM	Nil	8

Venue: Various outings

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

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 4:30PM	Nil	10

Venue: Various outings

Client mobility: Mobile independently without walking aid.

Other: Runs every third Thursday of the month.

Social Support Groups

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Group times indicated include transport time.

THURSDAY

GENTLE EXERCISE & SEATED YOGA

Join this group for morning tea followed by a 45 minute exercise program.

A light lunch will be offered with time to connect with other group members.

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.

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: Must have own transport; Must be able to perform exercises independently.

Commencing 7th September 2023

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Group times indicated include transport time.

FRIDAY

FAB FRIDAY

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.

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 4:30PM	\$10	12

Venue: Various outings

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

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
2PM 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.