

MON	TUES	WEDS	THURS	FRI
<p>1</p> <p>"YOGA" 10:30am – 11:30am FREE</p> <p>"EVENING CHOIR" 6pm – 7:30pm FREE</p>	<p>2</p> <p>"LEARN HOW TO HOST A ZOOM MEETING" 10am - 11:30am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>	<p>3</p> <p>"SPANISH SPEAKING LESSONS" 10am - 11:30am FREE</p> <p>"HUMPDAY TRIVIA" 2pm – 3:30am FREE</p>	<p>4</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>	<p>5</p> <p>"FRIDAY CHIT CHAT" 10am – 11:30am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>
<p>8</p> <p>QUEEN'S BIRTHDAY PUBLIC HOLIDAY</p>	<p>9</p> <p>"COOKING WITH JEN" 10am – 11:30am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>	<p>10</p> <p>"SPANISH SPEAKING LESSONS" 10am - 11:30am FREE</p> <p>"HUMPDAY TRIVIA" 2pm – 3:30am FREE</p>	<p>11</p> <p>"GENTLE EXERCISE" 10am - 11am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>	<p>12</p> <p>"BOOKWORMS BOOK CLUB" 10am – 11:30am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>
<p>15</p> <p>"YOGA" 10:30am – 11:30am FREE</p> <p>"EVENING CHOIR" 6pm – 7:30pm FREE</p>	<p>16</p> <p>"LEARN HOW TO HOST A ZOOM MEETING" 10am - 11:30am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>	<p>17</p> <p>"SPANISH SPEAKING LESSONS" 10am - 11:30am FREE</p> <p>"HUMPDAY TRIVIA" 2pm – 3:30am FREE</p>	<p>18</p> <p>"GENTLE EXERCISE" 10am - 11am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>	<p>19</p> <p>"FRIDAY CHIT CHAT" 10am – 11:30am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>

To register call **1300 134 332** or
 Email: customercare@yourside.org.au

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<p>22</p> <p>"YOGA" 10:30am – 11:30am FREE</p> <p>"EVENING CHOIR" 6pm – 7:30pm FREE</p>	<p>23</p> <p>"COOKING WITH JEN" 10am – 11:30am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>	<p>24</p> <p>"SPANISH SPEAKING LESSONS" 10am - 11:30am FREE</p> <p>"HUMPDAY TRIVIA" 2pm – 3:30am FREE</p>	<p>25</p> <p>"GENTLE EXERCISE" 10am - 11am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>	<p>26</p> <p>"FRIDAY CHIT CHAT" 10am – 11:30am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>
<p>29</p> <p>"YOGA" 10:30am – 11:30am FREE</p> <p>"EVENING CHOIR" 6pm – 7:30pm FREE</p>	<p>30</p> <p>"LEARN HOW TO HOST A ZOOM MEETING" 10am - 11:30am FREE</p> <p>"ZOOM TRAINING" 2pm - 3:30pm FREE</p>			

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WELCOME!

We understand that moving to an online platform to engage with others and participate in activities you would otherwise like to do in person, is very new and daunting; which is why **all activities for the month of June are FREE!** This will give you have the chance to see what it's like to be with others in a virtual space and test out the activities you may like to join. If you feel you need help with computer and internet set up in your home, give us a call and we will arrange a care worker to assist you, at no cost.



For those who would like to participate in an activity but are unable to join online, there is the option to dial in via landline or mobile phone. You will not be able to see the group, but you will be able to be a part of the conversation. If you would like to dial in, please advise us at the time of booking. Please read the description of each activity to see if this option is available.



These activities are designed for clients to maintain engagement with one another in a light hearted, fun manner. In addition to seeing each other as participants, you will recognise a few familiar and friendly faces running these activities. If you have a skill and would like to run an activity, whether or not as a series or a one of, give us a call. We would love to include you in the next calendar!



Lastly, we are creating a private Facebook group for clients of the Social Support program. This will be a space for you to check in at your own leisure to see what the online groups and individuals are doing. There will be photos and highlights of the online activities, riddles, games, fun facts, dress up days and many more. This is your page so please tell us what you would like to see on it! To access the page, give us a call and we will invite you to the page.



DATES:	Every Monday
EVENT:	YOGA
DESCRIPTION:	Improve your balance and increase your strength through fluid movement sequences and yoga postures. The class is designed to adapt to all fitness levels. A 5-minute assessment of your physical health will be conducted at the time of booking.
COST:	FREE
TIMES	10:30am - 11:30am



DATES:	Every Monday
EVENT:	EVENING CHOIR
DESCRIPTION:	For the songbirds and Rock 'n' Rollers at heart, join us on Monday evenings to practice your vocals to pop, world music and folk songs, with a pianist or in anacapella, under the instruction of your choir mistress, Naomi.
COST:	FREE
TIMES	6pm - 7:30pm





DATES:	Alternate Tuesday
EVENT:	LEARN HOW TO HOST A ZOOM MEETING
DESCRIPTION:	Now that you're skilled in participating in a Zoom session, learn how to schedule and host your own sessions. A great way to stay connected with family and friends and impress the grandkids!
COST:	FREE
TIMES	10am -11:30am



DATES:	Alternate Tuesday
EVENT:	COOKING WITH JEN
DESCRIPTION:	This series is aimed at the cook at heart to talk about recipes, cooking techniques and healthy eating options. Some sessions will include demonstrations by yours truly where clients can join in their own kitchen, or simply watch the fun and provide tips. Clients are welcome to cook these same recipes at their own time and share images with the group. Because, if we can't sit at the same table, we can still eat the same meal! The first session will be open to discuss recipes/cuisines and other food related topics you'll like to learn at future sessions.
COST:	FREE
TIMES	10am -11:30am





DATES:	Every Wednesday
EVENT:	THINK SPANISH WITH AMPARO AND FRIENDS
DESCRIPTION:	<p>A 6 week course for beginners and those wanting to freshen up or practice their Spanish speaking skills. Learn in a relaxed environment with fellow Social Support client, Amparo, who will guide you through her native tongue with reference material and exercises emailed/sent to you. For a comprehensive cultural experience, guest speakers will pop in to share stories of their Spanish influenced homeland.</p> <p>Come and join the first class to find out more!</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
COST:	FREE
TIMES	10am - 11:30am

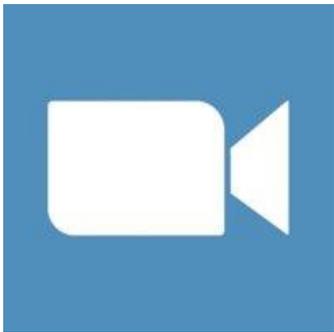


DATES:	Every Wednesday
EVENT:	HUMPDAY TRIVIA
DESCRIPTION:	<p>How many notes in an octave? Who wrote <u>To Kill A Mocking Bird</u>? Who is the longest standing Australian Prime Minister? If you know the answer to these or keen to find out, join us for an afternoon of trivia.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
COST:	FREE
TIMES	2pm - 3:30pm





DATES:	Every Thursday from 11 June
EVENT:	GENTLE EXERCISES WITH SERGIO
DESCRIPTION:	Join us for a fun session of gentle exercises to improve your health and fitness. Benefits includes improvements to balance, flexibility, strength and endurance. Exercises will be modified to your own fitness levels and there is need to purchase equipment as you can use canned goods and bottles for weights. A 5-minute assessment of your physical health will be conducted at the time of booking.
COST:	FREE
TIMES	10am – 11am



DATES:	Every Tuesday, Thursday and Friday
EVENT:	ZOOM TRAINING
DESCRIPTION:	Learn how to use Zoom, the online platform we will be using to deliver our group based activities. Book in for a session to test out how easy it can be! You are welcome to join as many sessions as it'll take to build your confidence so you can focus on hanging out with your mates and participating in the activities.
COST:	FREE
TIMES	2pm - 3:30pm





DATES:	1 st , 3 rd and 4 th Friday of the month
EVENT:	FRIDAY CHIT CHAT
DESCRIPTION:	After a long week, why not unwind with a cuppa and have a yarn with old mates. Use this time to share news of that week, recipes tried and tested, and keep up to date with the latest Netflix series! To ensure everyone has a say and people can be heard, conversations will be guided by a facilitator. <i>Clients are welcome to dial in via landline or mobile phone.</i>
COST:	FREE
TIMES	10am - 11:30am



DATES:	2 nd Friday of the month
EVENT:	BOOKWORMS
DESCRIPTION:	For lovers of the written word, join us on the 2 nd Friday of the month for a discussion on the group's latest chosen read. For the first meet, come with your top picks for the group to explore and decide on a list. Participation can be casual, and you can find out the titles of the month's read by giving us a call. <i>Clients are welcome to dial in via landline or mobile phone.</i>
COST:	FREE (includes cost of book – either hard copy of e-book- and postage)
TIMES	10am - 11:30am

