

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am FALLS PREVENTION PRESENTATION 10:45am—2pm	2 PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	3 MEET US FOR LUNCH AT.... GLADESVILLE RSL 12 noon—2:30pm	4 ONLINE YOGA 2pm - 3pm MEET US FOR LUNCH AT.... GLADESVILLE RSL 12 noon—2:30pm
7 ONLINE YOGA 10:30am - 11:30am	8 Online SPANISH SPEAKING LESSONS 10am—11:30am	9 APRIL BIRTHDAY PARTY 12 noon—3pm	10 MACHU PICCHU 11:45am—3pm	11 ONLINE YOGA 2PM - 3PM ONLINE BOOKWORMS BOOK CLUB 10AM - 11:30AM
14 ONLINE YOGA 10:30am - 11:30am	15 ROSEVILLE MOVIE AND LUNCH "SMALL THINGS LIKE THESE" Lunch: 12 noon Movie: 2:15pm ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	16 A WALK DOWN MEMORY LANE 10am—2pm	17 SYDNEY BUS MUSEUM 12:45pm—3:30pm	18 GOOD FRIDAY
21 EASTER MONDAY	22 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	23 ROSEVILLE MOVIE AND LUNCH "THE CORRESPONDENT" Lunch: 12 noon Movie: 2:15pm	24 MACHU PICCHU 11:45am—3pm	25 ANZAC DAY
28 ONLINE YOGA 10:30am - 11:30am BLUE MOUNTAINS 2 NIGHT STAY	29 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am BLUE MOUNTAINS 2 NIGHT STAY	30 ROSEVILLE MOVIE AND LUNCH "THE PENGUIN LESSONS" Lunch: 12 noon Movie: 2:15pm BLUE MOUNTAINS 2 NIGHT STAY		

To register call 1300 134 332 or email customercare@yourside.org.au

Social outings in **PINK** will pick up from Hornsby, North Ryde, Lane Cove and Chatswood.

Social outings in **BLUE** will pick up from Narrabeen, Brookvale, Forestville, Frenchs Forest and Neutral Bay.

Social outings in **GREEN** will pick up from any of the above destinations.

Social outings in **BLACK** do not include transport.

This program is open to people in the Commonwealth Home Support Programme, Social Support, who are:

- 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people).
- 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) and on a low income, homeless, or at risk of being homeless.
- Living in the Northern Sydney region.

For eligibility you must be screened by My Aged Care. You can call them on: **1800 200 422.**

WINTER ACTIVITY PACK

Winter is fast approaching and what better way to pass the very cold and wet days than by doing a few puzzles and quizzes at home with a cup of tea! The Winter Activity Pack will be delivered late July/early August and will include the following:

- Mandala colouring book and coloured textas
- Games and puzzles for seniors
- Jute shopping bag
- An assortment of flavoured teas
- An Aboriginal designed lanyard

If you would like to receive the Winter Activity Pack, call 1300 134 332 or email customercare@yourside.org.au by Wednesday 30 April. You will receive a confirmation text or phone advising that we have received your expression of interest. **If you do not receive a confirmation text or phone call by Friday 2 May please call us to avoid disappointment.**

BOOKINGS

Booking your spot for any of our activities in by the RSVP date really helps us plan ahead. It ensures we have enough space at the venue, the right number of volunteers, and suitable transport arranged.

Even if you're a regular on Zoom, we still ask that you book your sessions to help us stay organised.

Your booking will be counted in our final numbers unless you cancel by the RSVP date.

ABSENTEEISM

If you are absent from a scheduled activity, it is our duty of care to ensure you are alright. We will call you via your preferred method, and if we cannot reach you, we will contact your emergency contacts. In the event we cannot reach your or your emergency contacts, we will call emergency services who may conduct a welfare check in your home.

CANCELLATIONS

We understand that sometimes plans change, and you may need to cancel your booking. We just ask that you let us know as soon as possible if you can't make it to a booked event.

Please remember, a late cancellation fee will apply if you cancel after the RSVP date for any social outing. Check the booklet for RSVP dates for each event.

If there are very few bookings for an activity, Your Side may need to cancel it. Don't worry, you won't be charged for any activities cancelled by us.

Late cancellation fees do not apply to online events.

INDIVIDUAL TRANSPORT

Did you know you could be eligible for individual transport through the Commonwealth Home Support Program? This government subsidized service can help you get to our bus pick-up points so you can join in on all the fun and sociable events, plus make it easier to get out and about in the community!

If you're interested and want to find out more, just give our friendly Customer Care team a call at 1300 134 332. We're here to help!

IMPORTANT CONTACT NUMBERS

Your Side Office - 1300 134 332

To speak to someone regarding Social Support press 1 for 'services', then 3 for 'CHSP'.

To speak to someone to make a payment, press 2 for 'accounts' then 1 'to pay a bill'.

Please save these contacts on your mobile:

0488 850 069— You can correspond with staff at the office via text messaging with this number. This number is used to send you details of your upcoming social outings.

0435 835 071 - You can call and text to this number. This number is used to communicate with your assisting staff on the day of a social outing.

YourSide

APRIL 2025

Social Support Events Calendar

Commonwealth Home Support Programme

📞 1300 134 332

➡ customercare@yourside.org.au

✉ yourside.org.au





DATES:	Tuesday 1 April
RSVP:	Thursday 27 March You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 27 March, a 50% late cancellation fee will apply.
EVENT:	FALLS PREVENTION AND IDENTIFYING HAZARDS IN THE HOME
DESCRIPTION:	Join us for an informative session focused on falls prevention, where Senior Occupational Therapist and Director of Super Rehab, Peter Geng will discuss practical tips for identifying potential hazards in your home and simple home modifications that can significantly improve your safety. During this session, we'll also explore the importance of mobility aids and how they can enhance your stability and independence. Our goal is to provide you with the knowledge and tools to feel more confident and secure in your daily activities. Join us for an engaging and helpful discussion that could make a big difference in your safety and well-being! Lunch will be provided.
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
CONTRIBUTION:	CHSP SS clients: \$10 Your contribution goes towards administration and lunch.
TIMES:	10:45am – 2pm



DATES:	Wednesday 2 April
RSVP:	Friday 28 March You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 28 March, a 50% late cancellation fee will apply.
EVENT:	PALETTES, PLATTERS AND CRAFTY CUTS
DESCRIPTION:	Tap into your creative juices and let the magic flow with whatever art or craft medium or project you desire. As usual, you can bring along your own project, whether that be scrap booking, diamond painting, hand build pottery, etc. For those who wish to paint, we will provide materials and instructions on how to paint. Lunch and tea and coffee will be provided.
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
CONTRIBUTION:	CHSP SS clients: \$10 Your contribution goes towards administration, painting materials and lunch.
TIMES:	12 noon – 4pm



DATES:	PINK GROUP – Thursday 3 April BLUE GROUP - Friday 4 April
RSVP:	RSVP by Thursday 27 March You will be contacted by text or phone with any further details of this event and your pickup time. If you cancel your booking after Thursday 27 March, a 50% late cancellation fee will apply.
EVENT:	MEET US FOR LUNCH AT.... GLADESVILLE RSL
DESCRIPTION:	The Meet Us For Lunch At... series is a monthly event designed to cater for those who prefer a short (but sweet) gathering with friends, and generally, a shorter bus ride. You will have lunch at a local pub, club or café somewhere in the Northern Sydney Region. This time we will be meeting at Gladesville RSL. Enjoy a \$15 lunch plate at Ping's Kitchen.
LOCATIONS:	Gladesville RSL, 4-6 Linsley St Gladesville. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.
ACCESSIBILITY:	Gladesville RSL is wheelchair accessible.
CONTRIBUTION:	\$7 Your contribution goes towards administration and transport. Please pay your own way for lunch.
TIMES:	12 noon – 2:30pm Transport times to be advised.



DATES:	Wednesday 9 April
RSVP:	RSVP by Wednesday 2 April You will be contacted by text or phone with any further details of this event and your pickup time. If you cancel your booking after Wednesday 2 April, a 50% late cancellation fee will apply.
EVENT:	APRIL BIRTHDAY PARTY
DESCRIPTION:	Let's honour our friends born in the month of April with a birthday party filled with joy and laughter! We will have lunch, play games and have birthday cake. Those marking their birthdays in April are invited to enjoy the celebration on us with complimentary admission. Just let us know it is your birthday. Don yourself in sparkle to represent the April birthstone, the diamond.
LOCATION:	The Forestville RSL, 22 Melwood Ave, Forestville. If you can make your own way to the venue, that would be most appreciated. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.
ACCESSIBILITY	The Forestville RSL is wheelchair accessible.
CONTRIBUTION:	\$10 Your contribution goes towards administration, transport, cake, prizes and birthday presents. We ask that you pay your own way for lunch. Clients celebrating a birthday celebrate for free!
TIMES:	12 noon – 3pm Transport times to be advised



DATES:	BLUE GROUP - Thursday 10 April PINK GROUP – Thursday 24 April
RSVP:	BLUE GROUP – RSVP Thursday 3 April PINK GROUP – RSL Thursday 17 April You will be contacted by text or phone with any further details of this event and your pickup time. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.
EVENT:	MACHU PICCHU AND THE GOLDEN EMPIRES OF PERU
DESCRIPTION:	<p>Embark on an incredible journey back thousands of years with Machu Picchu and the Golden Empires of Peru. This extraordinary multi-sensory experience features stunning artefacts and immersive displays that bring the grandeur of Peru’s fascinating history to life.</p> <p>Come face to face with over 130 ancient artefacts including exquisite jewellery, funerary objects from royal tombs and one of the most impressive gold collections to tour the globe. These priceless treasures illuminate the artistic brilliance and cultural sophistication of ancient Peru, offering fascinating insights into the daily lives, spiritual beliefs and extraordinary achievements of these ancient civilisations.</p> <p>Lunch onsite, prior to visiting the exhibition.</p>
LOCATION:	<p>Australian Museum, 1 William Street, Sydney.</p> <p>If you can make your own way to the venue, that would be most appreciated. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.</p>
ACCESSIBILITY	The Australian Museum is wheelchair accessible.
CONTRIBUTION:	\$15 Your contribution goes towards administration, transport and exhibition entry fees. Please pay your own way for lunch.
TIMES:	<p>Lunch: 11:45am – 1pm</p> <p>Self guided tour – 1pm – 3pm.</p> <p>Transport times to be advised</p>



DATES:	Tuesday 15 April
RSVP:	RSVP by Thursday 10 April You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 10 April, a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: “SMALL THINGS LIKE THESE”
DESCRIPTION:	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your ideas or simply catch up for lunch down the road.</p> <p>Small Things Like These takes place over Christmas in 1985, when devoted father and coal merchant Bill Furlong (Cillian Murphy) discovers startling secrets kept by the convent in his town, along with some shocking truths of his own. The film reveals truths about Ireland's Magdalene laundries -- horrific asylums run by Roman Catholic institutions from the 1820s until 1996, ostensibly to reform "fallen young women." Adapted from the Booker Prize nominated novel by Claire Keegan.</p> <p>Genre: Mature Themes Classification: M. Duration: 98 mins Language: English. Watch the trailer: Small Things Like These Roseville Cinemas</p>
LOCATION:	Lunch: Rashmin Indian Nepalese Restaurant, 80 Pacific Hwy, Roseville Movie: Roseville Cinema, 112 Pacific Highway, Roseville Transport not provided.
CONTRIBUTION:	\$16 Your contribution goes towards administration, the movie and lunch.
TIMES:	Lunch: 12 noon Movie: 2:15pm



DATES:	Wednesday 16 April
RSVP:	Thursday 10 April You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 10 April, a 50% late cancellation fee will apply.
EVENT:	A WALK DOWN MEMORY LANE
DESCRIPTION:	<p>We would love to invite you to a special gathering where we can come together to share the wonderful memories, experiences, and stories that have shaped our lives. This will be a warm and welcoming session for all to reflect on your past, celebrate the journeys we've taken, and connect with each other in a meaningful way. Whether it's a cherished memory, a life lesson, or simply a funny moment, your stories are a gift to us all. Join us for a heartwarming and fun afternoon, where we can listen, laugh, and reminisce together. You may like to bring memorabilia such as photos, a piece of clothing, food, journals, letters, etc, to share. We can't wait to hear from each of you!</p> <p>Lunch will be provided.</p>
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
CONTRIBUTION:	CHSP SS clients: \$6 Your contribution goes towards and lunch
TIMES:	10am – 2pm



DATE:	Thursday 17 April
RSVP:	Thursday 10 April You will be contacted by text or phone with any further details of this event and your pickup time. If you cancel your booking after Thursday 20 March, a 50% late cancellation fee will apply.
EVENT:	SYDNEY BUS MUSEUM
DESCRIPTION:	The Sydney Bus Museum tells the story of the history of bus transportation, particularly in NSW, through Australia's largest collection of historic buses and bus memorabilia. You will see a wide variety of buses on display and gain insights into the way in which bus transportation has changed and continues to change people's lives. The collection consists of over 70 vehicles ranges from primitive 1920s type buses, through to 1940s and 50s Leyland's and AEC's as well as the more modern 1990s Mercedes-Benz city buses. The Museum also houses Australia's largest collection of historic double deckers, including those from Sydney, Adelaide, Hong Kong and London. After your guided tour, hop on a vintage bus for a ride to Milsons Point via the Anzac and Harbour Bridge with a photo stop along the way! Lunch will be provided onsite.
LOCATION:	The Sydney Bus Museum, 25 Derbyshire Road Leichhardt. If you can make your own way to the venue, that would be most appreciated. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.
ACCESSIBILITY	The Sydney Bus Museum is wheelchair accessible.
CONTRIBUTION:	\$20 Your contribution goes towards administration, transport, entry to the museum and the vintage bus ride; and lunch.
TIMES:	12:45pm – 3:30pm Transport times to be advised.



DATES:	Wednesday 23 April
RSVP:	RSVP by Thursday 17 April You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 17 April, a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: "THE CORRESPONDENT"
DESCRIPTION:	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your ideas or simply catch up for lunch down the road.</p> <p>While covering the news desk in Cairo for a colleague over the Christmas holidays, Australian journalist Peter Greste is arrested and accused of terrorism. He has become a pawn in the middle of a deadly game full of corrupt officials and ancient rivalries. Now the subject of his own worldwide news story, with only his wits and unlikely allies keeping him alive, Greste's very survival means staring down a brutal regime. THE CORRESPONDENT is a gripping thriller and a compelling true story about the relentless defence of the truth and triumph of the human spirit. Starring Richard Roxburgh as Peter Greste and directed by Kriv Stenders (Red Dog).</p> <p>Genre: Thriller Classification: M Duration: 119 mins Language: English Watch the trailer: THE CORRESPONDENT</p>
LOCATION:	Lunch: Shonan Japanese Kitchen, 94 Pacific Hwy, Roseville Movie: Roseville Cinema, 112 Pacific Highway, Roseville Transport not provided.
CONTRIBUTION:	\$16 Your contribution goes towards administration, the movie and lunch.
TIMES:	Lunch: 12 noon Movie: 2:15pm



DATES:	Wednesday 30 April
RSVP:	RSVP by Thursday 24 April You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 24 April, a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: “THE PENGUIN LESSONS”
DESCRIPTION:	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your ideas or simply catch up for lunch down the road.</p> <p>The incredible true story of The Penguin Lessons. Starring Oscar nominee Steve Coogan, this poignant dramedy from director Peter Cattaneo follows an Englishman’s personal and political awakening after he adopts a penguin during a cataclysmic period in Argentine history.</p> <p>Genre: Drama. Classification: TBC Duration: 110 mins Language: English. Watch the trailer: THE PENGUIN LESSONS</p>
LOCATION:	Lunch: Rashmin Indian Nepalese Restaurant, 80 Pacific Hwy, Roseville Movie: Roseville Cinema, 112 Pacific Highway, Roseville Transport not provided.
CONTRIBUTION:	\$16 Your contribution goes towards administration, the movie and lunch.
TIMES:	Lunch: 12 noon Movie: 2:15pm

Commonwealth Home Support Programme Social Support Events Calendar

SOCIAL OUTING PICK UP POINTS

These central pick-up points were allocated due to their close proximity to public transport and/or unlimited parking facilities. Order of pick up is dependent on the final destination and the quickest route possible.

If you are unable to access the following locations, please do not hesitate call **1300 134 332** to discuss alternative options.

Pick up points for **PINK** group:

- **CHATSWOOD** - Outside the Chatswood RSL, 446 Victoria Avenue.
- **NORTH RYDE** - Macquarie Centre bus stop located on Herring Road.
- **LANE COVE** - Lane Cove Library, corner of Central Avenue and Longueville Road.
- **HORNSBY** - Outside Hornsby RSL, 4 High Street.

Pick up points for **BLUE** group:

- **NARRABEEN** - The Park and Ride car park adjacent to Tramsheds Café.
- **BROOKVALE** - Bus stop Stand B on Pittwater Road, Brookvale, opposite Warringah Mall and near the overpass stairwell **OR** in front of B-Line Bus stop in front of Warringah Mall.
- **FORESTVILLE** - Bus stop on Starkey Street near Memorial Hall, Forestville. For long day trips that require a comfort stop, the pickup location is at the car park outside Forestville Library.
- **NEUTRAL BAY** - Bus stop on Rangers Road, before Military Road (outside Woolworths) **OR** bus stop Stand E on Military Rd, Neutral Bay Junction, near Young Street.
- **FRENCHS FOREST** – Car park of 11 Aquatic Drive, Frenchs Forest.

Pick up points for **GREEN** group:

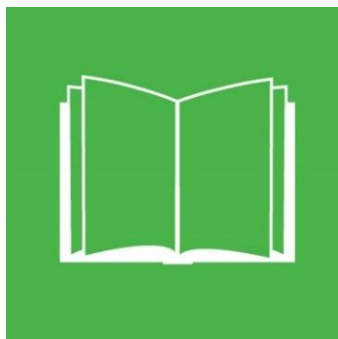
- This is a combined Blue Group and Pink Group event with at least two buses in operation.



DATES:	Mondays and Fridays
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.
CONTRIBUTION:	CHSP SS clients: \$3
TIMES:	Monday: 10:30am - 11:30am Friday: 2pm - 3pm



DATES:	Tuesdays
EVENT:	SPANISH SPEAKING LESSONS
DESCRIPTION:	Back by popular demand, fellow client, Amparo, will help beginners and those wanting to freshen up or practice their Spanish speaking skills in a relaxed environment online. Amparo will guide you through her native tongue with reference material and exercises emailed/sent to you.
CONTRIBUTION:	CHSP SS clients: \$3 Private clients: \$15
TIMES:	10am – 11:30am



DATES:	Friday 11 April
EVENT:	BOOKWORMS BOOK CLUB
DESCRIPTION:	<p>For lovers of the written word, join us on the 2nd Friday of the month for a discussion on the group's latest chosen read. For the first meeting, come with your top picks for the group to explore. Participation can be casual, and you can find out what we're reading for this month by giving us a call.</p> <p>In April we will review "The Book Woman's Daughter" by Kim Michele Richardson.</p> <p>In the ruggedness of the beautiful Kentucky mountains, Honey Lovett has always known that the old ways can make a hard life harder. As the daughter of the famed blue-skinned, Troublesome Creek packhorse librarian, Honey and her family have been hiding from the law all her life. But when her mother and father are imprisoned, Honey realizes she must fight to stay free, or risk being sent away for good.</p> <p>Picking up her mother's old packhorse library route, Honey begins to deliver books to the remote hollers of Appalachia. Honey is looking to prove that she doesn't need anyone telling her how to survive, but the route can be treacherous, and some folks aren't as keen to let a woman pave her own way. If Honey wants to bring the freedom that books provide to the families who need it most, she's going to have to fight for her place, and along the way, learn that the extraordinary women who run the hills and hollers can make all the difference in the world.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
CONTRIBUTION:	<p>CHSP SS clients:</p> <p>\$10 (includes cost of book – either hard copy and postage, e-book or audiobook)</p> <p>\$2 (if you have your own copy of the book)</p>
TIMES:	10am - 11:30am