

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div>1</div> <div>THE MAN CAVE LUNCHEON</div> <div>12 noon—2pm</div>	<div>2</div> <div>ONLINE YOGA</div> <div>2pm - 3pm</div> <div>WINE AND CO</div> <div>11:45am—2:30pm</div>
<div>5</div> <div>ONLINE YOGA</div> <div>10:30am - 11:30am</div>	<div>6</div> <div>ONLINE SPANISH SPEAKING LESSONS</div> <div>10am—11:30am</div>	<div>7</div> <div>PALETTES, PLATTERS AND CRAFTY CUTS</div> <div>12 noon—4pm</div>	<div>8</div> <div>MAY BIRTHDAY PARTY</div> <div>12 noon—3pm</div>	<div>9</div> <div>ONLINE YOGA</div> <div>2pm - 3pm</div> <div>ONLINE BOOKWORMS BOOK CLUB</div> <div>10am - 11:30am</div>
<div>12</div> <div>ONLINE YOGA</div> <div>10:30am - 11:30am</div>	<div>13</div> <div>ROSEVILLE MOVIE AND LUNCH “TINA”</div> <div>Lunch: 12 noon</div> <div>Movie: TBC</div> <div>ONLINE SPANISH SPEAKING LESSONS</div> <div>10am—11:30am</div>	<div>14</div> <div>WINE AND CO</div> <div>11:45am—2:30pm</div>	<div>15</div> <div>THE BIGGEST MORNING TEA</div> <div>10:30am—1:30pm</div>	<div>16</div> <div>ONLINE YOGA</div> <div>2pm - 3pm</div>
<div>19</div> <div>ONLINE YOGA</div> <div>10:30am - 11:30am</div>	<div>20</div> <div>ONLINE SPANISH SPEAKING LESSONS</div> <div>10am—11:30am</div>	<div>21</div> <div>ROSEVILLE MOVIE AND LUNCH “THE SALT PATH”</div> <div>Lunch: 12 noon</div> <div>Movie: TBC</div>	<div>22</div> <div>PARLIAMENT HOUSE NSW TOUR</div> <div>12:30pm 3pm</div>	<div>23</div> <div>ONLINE YOGA</div> <div>2pm - 3pm</div> <div>PARLIAMENT HOUSE NSW TOUR</div> <div>12:30pm -3pm</div>
<div>26</div> <div>ONLINE YOGA</div> <div>10:30am - 11:30am</div> <div>BLUE MOUNTAINS 2 NIGHT STAY</div>	<div>27</div> <div>ONLINE SPANISH SPEAKING LESSONS</div> <div>10am—11:30am</div> <div>BLUE MOUNTAINS 2 NIGHT STAY</div>	<div>28</div> <div>BLUE MOUNTAINS 2 NIGHT STAY</div>	<div>29</div>	<div>30</div> <div>ONLINE YOGA</div> <div>2pm - 3pm</div> <div>COMMUNITY RESTAURANT FLAMENCO SPANISH LUNCH</div> <div>12 noon—2pm</div>

To register call 1300 134 332 or email customer@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

MAY 2025

Social Support Events Calendar

Commonwealth Home Support Programme

 1300 134 332

 customercare@yourside.org.au

 yourside.org.au





DATES:	Thursday 1 May
RSVP:	Friday 25 April You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 25 April, a 50% late cancellation fee will apply.
EVENT:	THE MAN CAVE LUNCHEON
DESCRIPTION:	<p>Join us for a Men's Only Lunch!</p> <p>Enjoy good food, great company, and meaningful conversation in a relaxed setting. Whether you're looking to network, connect with others, or just take a break from the grind, this is the perfect opportunity to unwind with fellow men in the community.</p> <p>Don't miss out—bring your appetite, your stories, and your best self. See you there!</p>
LOCATION:	Chatswood RSL, 446 Victoria Avenue, Chatswood.
ACCESSIBILITY:	Chatswood RSL is wheelchair accessible.
CONTRIBUTION:	\$4 Your contribution goes towards administration. Please pay your own way for lunch.
TIMES:	12 noon – 2pm



DATES:	PINK GROUP - Friday 2 May BLUE GROUP – Wednesday 14 May
RSVP:	PINK GROUP – RSVP Thursday 24 April BLUE GROUP – RSVP Tuesday 6 May 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:	MEAT & WINE CO LUNCH
DESCRIPTION:	Indulge in a memorable two-course dining experience at Wine & Co in Barangaroo, offering not only a delicious meal but also stunning views of Sydney Harbour. Choose between an entrée and main or a main and dessert, with each option paired with a complimentary beverage. Whether you're a vegan, vegetarian, or meat lover, there are options to suit every palate. With its unbeatable location and fantastic menu, it's the perfect spot for a relaxed yet exquisite lunch.
LOCATION:	Ground Level - International Tower One, 100 Barangaroo Avenue, Barangaroo 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 Meat & Wine Co is wheelchair accessible.
CONTRIBUTION:	\$20 Your contribution goes towards administration, transport and lunch.
TIMES:	11:45am – 2:30pm. Transport times to be advised



DATES:	Wednesday 7 May
RSVP:	Friday 2 May You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 2 May, 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:	\$10 Your contribution goes towards administration, painting materials and lunch
TIMES:	12 noon – 4pm



DATES:	Thursday 8 May
RSVP:	RSVP by Wednesday 30 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 30 April, a 50% late cancellation fee will apply.
EVENT:	MAY BIRTHDAY PARTY
DESCRIPTION:	<p>Let's come together to celebrate our friends born in May with a fun-filled birthday bash! Join us for a day of a delicious lunch, exciting games, and, of course, birthday cake. If your birthday falls in May, you're invited to join the celebration on us — simply let us know it's your special day! The motif is green, the colour of the May birthstone, the emerald.</p> <p>Lunch includes a main meal and a soft drink, and we ask that choose from the following options at the time of booking:</p> <ul style="list-style-type: none"> • Bangers and mash • Butter chicken and rice • Battered fish and chips (flathead) • Roast of the day (pork or beef) • Spaghetti Bolognese with meatballs <p>It's going to be a fantastic celebration filled with joy, laughter, and great memories!</p>
LOCATION:	45 On Rawson, located at the Epping Club, 45-47 Rawson Street Epping. 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 Epping Club is wheelchair accessible.
CONTRIBUTION:	\$15 Your contribution goes towards administration, transport, cake, prizes, birthday presents and lunch. Clients celebrating a birthday celebrate for free!
TIMES:	12noon – 3pm Transport times to be advised



DATES:	Tuesday 13 May
RSVP:	RSVP by Thursday 8 May You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 8 May, a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: "TINA"
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>TINĀ is a powerful, inspirational crowd pleaser about the healing power of music.</p> <p>Samoan teacher Mareta Percival is struggling following a huge personal loss in the 2011 Christchurch earthquake. Reluctantly taking on the role of substitute teacher at an elite, wealthy private school - she is surprised to find children crying out for guidance, inspiration and love.</p> <p>Using the symphony of her culture to empower her students, she forms a choir, bringing them together while unexpectedly rediscovering her passion again for being a teacher and mother.</p> <p>Tinā was chosen to open the 2024 Hawai'i International Film Festival. Genre: Drama Classification: M for mature themes and coarse language Duration: 125 mins Language: English. Watch the trailer: https://www.youtube.com/watch?v=nDwOrPzxXqg </p>
LOCATION:	Lunch: Shonan Japanese Restaurant, 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: TBC



DATES:	Thursday 15 May
RSVP:	RSVP by Friday 8 May You will be contacted by text or phone with any further details of this event and your pickup time.
EVENT:	AUSTRALIA'S BIGGEST MORNING TEA
DESCRIPTION:	<p>Australia's Biggest Morning Tea is a community event that raises vital funds to make a big difference for those impacted by cancer.</p> <p>We invite you to join us for our third morning tea, held at the Your Side office. If you would like to bring a dish or a beverage to share that would be wonderful, however, there is no pressure. There will be games to play, prizes to be won and stories to share. This year we aim to raise \$300! Please wear something blue or yellow to suit the motif.</p> <p>"Every cuppa makes a difference:</p> <p>\$150 provides two people recently diagnosed with cancer with one-on-one support, connecting them to a trained Cancer Connect volunteer.</p> <p>\$500 helps provide training to leaders of cancer support groups where people can meet and share their experiences in an emotionally supportive environment.</p> <p>\$1000 pays for an analysis of two gene samples for a research project." - Cancer Council</p>
LOCATIONS:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
ACCESSIBILITY:	The Your Side office is wheelchair accessible.
CONTRIBUTION:	We would love your client contribution to go to the Cancer Council. You can either make a donation on the day or visit: https://www.biggestmorningtea.com.au/s/57135/124099/e .
TIMES:	10:30am – 1:30pm



DATES:	Wednesday 21 May
RSVP:	RSVP by Friday 16 May You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 16 May, a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: "THE SALT PATH"
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>An honest and life-affirming true story of the healing power of the natural world. THE SALT PATH is the profound true story of husband and wife, Raynor and Moth Winn's 630-mile trek along the beautiful but rugged Cornish, Devon and Dorset coastline. After being forcibly removed from their home, they make the desperate decision to walk in the hope that, in nature, they will find solace and a sense of acceptance. With depleted resources, only a tent and some essentials between them, every step along the path is a testament to their growing strength and determination. THE SALT PATH is a journey that is exhilarating, challenging, and liberating in equal measure. A portrayal of home, how it can be lost and rediscovered in the most unexpected ways.</p> <p>Genre: Drama Classification: M for mature themes and coarse language Duration: 115 mins Language: English Watch the trailer: https://www.rosevillecinemas.com.au/movie/the-salt-path </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: TBC



DATES:	PINK GROUP Thursday 22 May BLUE GROUP Friday 23 May
RSVP:	Wednesday 14 May You will be contacted by text or phone with any further details of this event. If you cancel your booking after Wednesday 14 May, a 50% late cancellation fee will apply.
EVENT:	PARLIAMENT OF NSW TOUR
DESCRIPTION:	<p>Join us for a free guided tour and step back in time into one of Sydney's oldest buildings.</p> <p>Visit both chambers where laws are made and some of Sydney's oldest rooms in Australia's first Parliament.</p> <p>Over one hour, our friendly guides will take you around the parliamentary precinct and through the historic legislative chambers. You will experience first-hand the beautiful colonial architecture while learning more about the role, history and work of the Parliament.</p> <p>Prior to your tour, enjoy a light lunch at the Public Café, located onsite.</p>
LOCATION:	Parliament of New South Wales, 6 Macquarie Street, Sydney
ACCESSIBILITY:	The Parliament of New South Wales is wheelchair accessible.
CONTRIBUTION:	\$6 Your contribution goes towards administration and transport. Please pay your own way for lunch
TIMES:	<p>Lunch: 12:30pm – 2pm</p> <p>Tour: 2pm – 3pm</p> <p>Transport times to be advised.</p>



DATES:	PINK GROUP – Friday 30 May
RSVP:	Friday 23 May 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 Friday 23 May a 50% late cancellation fee will apply.
EVENT:	COMMUNITY RESTAURANT: SPANISH FLAMENCO LUNCH
DESCRIPTION:	<p>Created by Mosman Council, the Mosman Community Restaurant is a monthly event where the clients of Your Side can experience various cuisines from around the world. This month we will be celebrating Australia Day</p> <p>As places are limited to 15 spots, we have decided to offer this series to the pink and blue groups on alternate months. This is to limit the time on the bus. This month, this event is offered to the pink group.</p>
LOCATION:	<p>Mosman Square Seniors' Centre, located at the Civic Centre in Mosman Square in Spit Junction.</p> <p>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>
CONTRIBUTION:	\$17 Covers the cost of administration, lunch and transport
TIMES:	12 noon – 2pm Transport times to be advised.

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:

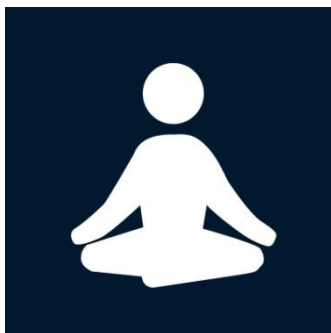
- **CHATSWOOD** - Outside the Chatswood RSL, 446 Victoria Avenue.
- **NORTH RYDE** - Macquarie Centre bus stop located on Herring Road.
- **LANE COVE** - Lane Cove Library, corner of Central Avenue and Longueville Road.
- **HORNSBY** - Outside Hornsby RSL, 4 High Street.

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:

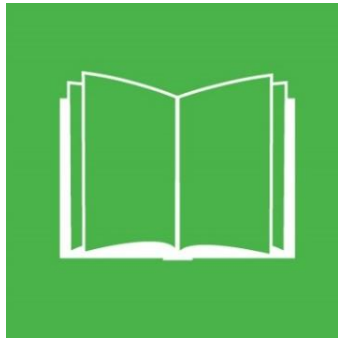
- This is a combined Blue Group and Pink Group event with at least two buses in operation.



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 9 May
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>Books to discuss in May, June and July will be determined during the April</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