

Commonwealth Home Support Programme Social Support Event Calendar

JUNE 2025

MON	TUES	WEDS	THURS	FRI
2 ONLINE YOGA 10:30am – 11:30am	3 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	4 VIVID HARBOUR CRUISE (EXPRESSIONS OF INTEREST ONLY) 4:30pm—7pm	5 IN OUR OWN BACKYARD: NEWTOWN 11:45am—2:30pm	6 IN OUR OWN BACKYARD: GLEBE FORESHORE 11:45am—2:30pm ONLINE YOGA 2pm – 3pm
9 THE KING'S BIRTHDAY PUBLIC HOLIDAY	10 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am ROSEVILLE MOVIE & LUNCH "THE GREAT LILLIAN HALL" Lunch: 12 noon Movie: 2:15pm	11 VIVID HARBOUR CRUISE (EXPRESSIONS OF INTEREST ONLY) 4:30pm—7pm	12 MEAT AND WINE CO 11:45am—2:30pm	13 BOOKWORMS BOOK CLUB 10am – 11:30am JUNE BIRTHDAY PARTY 12 noon—3pm ONLINE YOGA 2pm – 3pm
16 ONLINE YOGA 10:30am – 11:30am BLUE MOUNTAINS 2 NIGHT STAY	17 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am BLUE MOUNTAINS 2 NIGHT STAY	18 IN OUR OWN BACKYARD: GLEBE FORESHORE 11:45am—2:30pm BLUE MOUNTAINS 2 NIGHT STAY	19 IN OUR OWN BACKYARD: NEWTOWN 11:45am—2:30pm	20 MEAT AND WINE CO 11:45am—2:30pm ONLINE YOGA 2pm – 3pm
23 ONLINE YOGA 10:30am – 11:30am	24 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am ROSEVILLE MOVIE AND LUNCH "JANE AUSTEN WRECKED MY LIFE" Lunch: 12 noon Movie: 2:15pm	25 PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	26 DISCO FEVER: MID-YEAR CELEBRATION 11:30am—3:30pm	27 COMMUNITY RESTAURANT KING'S BIRTHDAY LUNCH 12 noon—2pm ONLINE YOGA 2pm – 3pm

To register call 1300 134 332 or email

This program is open to people in the Commonwealth Home Support

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.

Program, 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 My Aged Care on: 1800 200 422

Your Side Commonwealth Home Support Programme Social Support Event Calendar

A MENS GROUP BUILT ON CONNECTION

Something great is brewing—besides the coffee! In May, we hosted a pilot session of our new men's seniors group, The Man Cave, and the response was fantastic. It was a relaxed, friendly space where stories were shared, laughs were had, and connections fostered.

Based on that success, we're excited to continue the group on a monthly basis starting this July. Whether you're a man looking to meet new people, discuss men's health or just enjoy a good chat over lunch, this group is for you.

It's all about staying connected, engaged, and supported—with no pressure, just good company. We're looking forward to welcoming more men to join in.

Because life doesn't have to slow down—it just gets better with good people around.

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.

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 subsidised 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!

YourSide **JUNE 2025**

Social Support Events Calendar

1300 134 332 customercare@yourside.org.au

www.yourside.org.au

HOME

SUPPORT



la un Sida	DATES:	Wednesday 4 June – PINK GROUP	Wednesday 11 June – BLUE GROUP
ourSide	RSVP:	Wednesday 28 May You will be contacted by text or phone with the outcome of your expression of interest. Capacity is strictly limited. If interests exceed capacity, the attendees will be selected randomly.	
	EVENT:	VIVID HARBOUR CRUISE (EXPRESSIO	NS OF INTEREST ONLY)
	DESCRIPTION:	This relaxed early dining experience offers an amaz cruise is perfectly timed for sunset which falls betw your meal before the second big light-show – `light	
	LOCATION:	King Street Wharf. The specific wharf number will be Please advise when booking if you wish to catch the second se	
	ACCESSIBILITY:	King Street Wharf is wheelchair accessible. The cru wheelchair accessible. The group will be seated on	ise will be on the Sydney 2000 vessel, which is also the Ocean Level Deck.
	CONTRIBUTION:	\$40 - Your contribution goes towards administration	on, transport, cruise and dinner.
	TIMES:	Boarding: 4:45pm. Please arrive 15 minutes prior. Departure: 5pm Disembark: 6:45pm Transport times will be advised closer to the date.	



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ourSide	DATES:	Thursday 5 June - BLUE GROUP	Thursday 19 June – PINK GROUP	
		Blue Group – RSVP Monday 26 May	Pink Group - RSVP Wednesday 11 June	
	RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.		
	EVENT:	IN OUR OWN BACKYARD: NEWTOWN		
	DESCRIPTION:	Take a stroll down the quirky King Street in Newtow murals, and a top dining and drinking hub. We will s Thai Patong. Lunch is a banquet of entrees and main Please note that dishes cannot be switched, howeve suit a mild taste palate. Those who cannot eat from main meal. Please let us know when booking if you	stop for lunch at the iconic Newtown restaurant, ns to share, plus a dessert from the Phuket Menu. er this menu has been modified for the group to the banquet will be given their own entrée and	
	LOCATION:	Thai Patong Restaurant, 294 King St, Newtown Please advise at the time of booking if you wish to c up points. This helps with the planning process.	atch the Your Side bus from one of our many pick	
	ACCESSIBILITY:	Thai Patong is wheelchair accessible.		
	CONTRIBUTION:	\$25 Your contribution goes towards administration	n, transport, and lunch.	
	TIMES:	11:45am – 2:30pm. Transport times to be advised		





YourSide	DATES:	Friday 6 June – PINK GROUP	Wednesday 18 June – BLUE GROUP
Jour Side	RSVP:	Pink Group – RSVP Monday 26 May	Blue Group - RSVP Wednesday 11 June
•		You will be contacted by text or phone with furth booking after the RSVP date, a 50% late cancella	, ,
	EVENT:	IN OUR OWN BACKYARD: GLEBE FO	ORESHORE
	DESCRIPTION:	runs along Rozelle Bay where you can see Anzac distance. Or you may like to walk the other direc Paceway.	ely stroll on the Glebe Foreshore Walk. This walk Bridge and the Sydney Harbour Bridge in the ction and explore what used to be Harold Park
		Lunch is a 2-course set menu with your choice o	if a main and a dessert, and a drink.
	LOCATION:	Lunch at The Butcher and the Farmer: Tramshed Lodge. Please advise at the time of booking if yo our many pick up points. This helps with the pla	ou wish to catch the Your Side bus from one of
	ACCESSIBILITY:	e ,	ound but access to it from the Tramsheds e to do as much of the walk as you can. There are
		plenty of seats to stop and rest at to admire the	view.
	CONTRIBUTION:	\$25 Your contribution goes towards administra	ation, transport, and lunch.
	TIMES:	11:45am – 2:30pm. Transport times to be advised	
(1300 [·]	() 1300 134 332 (Instomercare@yourside.org.au () www.yourside.org.au		

YourSide	DATES:	PINK GROUP – Thursday 12 June	BLUE GROUP – Friday 20 June	
		PINK GROUP – RSVP Monday 2 June	BLUE GROUP – RSVP Wednesday 11 June	
	RSVP:	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:		Barangaroo Avenue, Barangaroo that would be most appreciated. Please advise when s from one of our many pick up points. This helps	
	ACCESSIBILITY	The Meat & Wine Co is wheelchair accessible	2.	
	CONTRIBUTION:	\$20 Your contribution goes towards adminis	stration, transport and lunch.	
	TIMES:	11:45am – 2:30pm. Transport times to be advised		



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Side DATES:	Friday 13 June
JE	RSVP by Wednesday 4 June
RSVP:	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 4 June, a 50% late cancellation fee will apply.
EVENT:	JUNE BIRTHDAY PARTY
DESCRIPTION:	Let's come together to celebrate our friends born in June 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 June, you're invited to join the celebration on us — simply let us know it's your special day! The motif is pink, the colour of the June birthstone, the pearl. It's going to be a fantastic
	celebration filled with joy, laughter, and great memories!
LOCATION:	The Pavilion, located at Magpies Waitara, 11-37 Alexandria Parade, Waitara. 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 Magpies Waitara is wheelchair accessible.
CONTRIBUTION:	\$7 Your contribution goes towards administration, transport, cake, prizes, and birthday presents. Please order and pay your own way for lunch on the day. No cost for clients celebrating a birthday in June!
TIMES:	12noon – 3pm. Transport times to be advised

ourSide	DATES:	Wednesday 25 June
	RSVP:	Friday 20 June
		You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 20 June, 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:	Tuesday 10 June	
JourSide		Thursday 5 June	
	RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 5 June, a 50% late cancellation fee will apply.	
	EVENT:	ROSEVILLE MOVIE AND LUNCH: "THE GREAT LILLIAN HALL"	
	DESCRIPTION:	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 thoughts or simply catch up for lunch down the road.	
		Lillian Hall, a Broadway actress, has never missed a performance throughout her long, illustrious career. Yet in the rehearsals her confidence is challenged. People and events conspire to take away her ability to do what she loves most.	
		Directed by Michael Cristofer. Starring Lily Rabe, Jesse Williams, Pierce Brosnan, Kathy Bates, Jessica Lange.	
		Genre: Drama Classification: CTC Duration: 110 mins Language: English.	
		Watch the trailer: https://www.rosevillecinemas.com.au/movie/the-great-lillian-hall	
	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:	12 noon – 2.15pm	
() 1300 1	(1300 134 332 customercare@yourside.org.au (www.yourside.org.au		

	DATES:	Tuesday 24 June
ourSide		Thursday 19 June
	RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 19 June, a 50% late cancellation fee will apply.
	EVENT:	ROSEVILLE MOVIE AND LUNCH: "JANE AUSTEN WRECKED MY LIFE"
		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.
	DESCRIPTION:	Agathe is a hopelessly clumsy yet charming young woman who works in the legendary Shakespeare & Co. bookshop in Paris, while she dreams of being a successful writer, and of experiencing love akin to a Jane Austen novel, she finds herself desperately single and plagued by 'writers block'. When Agathe's best friend gets her invited to the Jane Austen Writers' Residency in England, she finally has her Jane Austen moment - and is caught in a very unexpected romantic triangle. Agathe must let go of her insecurities to decide what she really wants to achieve her romantic and professional dreams.
		Directed by Laura Piani. Starring Pablo Pauly, Camille Rutherford, Annabelle Lengronne, Liz Crowther Genre: Comedy Classification: M for coarse language Duration: 98 mins Language: English Watch the trailer: Jane Austen Wrecked My Life Roseville Cinemas
	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:	12 noon – 2.15pm

YourSide	DATES:	GREEN GROUP – Thursday 26 June
ow side		Friday 13 June
	RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 13 June, a 50% late cancellation fee will apply.
	EVENT:	DISCO FEVER: A MID-YEAR CELEBRATION
	DESCRIPTION:	Get ready to boogie! We're turning up the heat this winter with a Disco-Themed Mid-Year Celebration. Dust off your dancing shoes and join us for a day of music, laughter, games, and a delicious buffet lunch that'll warm your heart. Whether you're dancing the hustle or enjoying the festivities with friends, there's something for everyone. Come dressed in your disco best—or just as you are!
	LOCATION:	Wakehurst Golf Club, Upper Clontarf St, Seaforth.
	ACCESSIBILITY:	Wakehurst Golf Club is wheelchair accessible.
	CONTRIBUTION:	\$10 Your contribution goes towards administration, transport, lunch and prizes.
	TIMES:	11:30am – 3:30pm Transport times to be advised.

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our Side	DATES:	BLUE GROUP – Friday 27 June
Jour Dide	RSVP:	Friday 20 June 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 20 June a 50% late cancellation fee will apply.
	EVENT:	COMMUNITY RESTAURANT: KINGS BIRTHDAY LUNCH
	DESCRIPTION:	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 The King's birthday. 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 blue group.
	LOCATION:	Mosman Square Seniors' Centre, located at the Civic Centre in Mosman Square in Spit Junction. 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.
	CONTRIBUTION:	\$17 Your contribution goes towards administration, lunch and transport
	TIMES:	12 noon – 2pm Transport times to be advised.



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GearSide COMMONWEALTH HOME SUPPORT PROGRAMME Social Support Events Transport

These central pick-up points were allocated due to their close proximity to public transport and/or unlimited parking facilities. The 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.

PINK GROUP

- CHATSWOOD Outside 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.

GREEN GROUP

This is a combined group, please refer to either Pink or Blue transport options.

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 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.









Weekly Social Support Activities

	TWICE WEEKLY	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 Private rate: \$15
	TIMES:	Monday: 10:30am - 11:30am (will not run on public holiday Monday 9 June) Friday: 2pm - 3pm

Español	WEEKLY	SPANISH SPEAKING LESSONS
	DESCRIPTION:	Back by popular demand, fellow client and our teacher 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 learning her native tongue with reference material and exercises which can also be emailed or sent to you.
	CONTRIBUTION:	CHSP SS clients: \$3 Private rate: \$15
	TIMES:	Tuesdays 10am – 11:30am







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Your Side	DATES:	Friday 13 June
•	EVENT	BOOKWORMS BOOK CLUB
		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 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.
↓ ↓ ↓ ↓		In June we will discuss The Cuckoo's Calling by Robert Galbraith.
	DESCRIPTION	After losing his leg to a land mine in Afghanistan, Cormoran Strike is barely scraping by as a private investigator. Then John Bristow walks through his door with an amazing story: His sister, the legendary supermodel Lula Landry, famously fell to her death a few months earlier. The police ruled it a suicide, but John refuses to believe that. The case plunges Strike into the world of multimillionaire beauties, rock-star boyfriends, and desperate designers, and it introduces him to every variety of pleasure, enticement, seduction, and delusion known to man.
		Clients are welcome to dial in via landline or mobile phone.
	CONTRIBUTION	CHSP SS clients: \$10 (includes cost of book – either hard copy and postage, e-book or audiobook) \$2 (if you have your own copy of the book)
	TIMES	10am - 11:30am

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YourSide	DATES:	Friday 11 July
ľ	EVENT	BOOKWORMS BOOK CLUB
		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 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.
↓ . ↓ . ↓		In July we will discuss <u>This Time tomorrow</u> by Emma Straub.
	DESCRIPTION	On the eve of her 40th birthday, Alice's life isn't terrible. She likes her job, even if it isn't exactly the one she expected. She's happy with her apartment, her romantic status, her independence, and she adores her lifelong best friend. But her father is ailing, and it feels to her as if something is missing. When she wakes up the next morning she finds herself back in 1996, reliving her 16th birthday. But it isn't just her adolescent body that shocks her, or seeing her high school crush, it's her dad: the vital, charming, 40-something version of her father with whom she is reunited. Now armed with a new perspective on her own life and his, some past events take on new meaning. Is there anything that she would change if she could?
		Clients are welcome to dial in via landline or mobile phone.
	CONTRIBUTION	CHSP SS clients: \$10 (includes cost of book – either hard copy and postage, e-book or audiobook) \$2 (if you have your own copy of the book)
	TIMES	10am - 11:30am



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YourSide	DATES:	Friday 8 August		
	EVENT	BOOKWORMS BOOK CLUB		
	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. At 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 this month by giving us a call.		
		In August we will discuss <u>Still Life</u> by Sarah Winman.		
		Tuscany, 1944: As Allied troops advance and bombs fall around, a young English soldier, Ulysses Temper, has a chance encounter with Evelyn Skinner, a middle-aged art historian who has come to Italy to salvage paintings from the ruins and recall memories of her own youth. In Evelyn, Ulysses finds a kindred spirit whom he never expects to see again after the war.		
		On returning home to London, Ulysses reimmerses himself in life at The Stoat and Parrot with a motley mix of pub crawlers and eccentrics. When an unexpected inheritance brings him back to where it all began, Ulysses knows better than to tempt fate, and returns to the Tuscan hills.		
		With beautiful prose, extraordinary tenderness, and bursts of humor and light, Still Life is a sweeping portrait of unforgettable individuals who come together to make a family, and a richly drawn celebration of beauty and love in all its forms.		
		Clients are welcome to dial in via landline or mobile phone.		
	CONTRIBUTION	CHSP SS clients: \$10 (includes cost of book – either hard copy and postage, e-book or audiobook) \$2 (if you have your own copy of the book)		
	TIMES	10am - 11:30am		
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