

# **Gommonwealth Home Support Programme**Social Support Event Calendar

# SEPTEMBER 2025

	MON	TUES	WEDS	THURS	FRI
1		2	3	4	5
BL	ONLINE YOGA 10:30am – 11:30am UE MOUNTAINS 2 NIGHT STAY	ONLINE SPANISH SPEAKING LESSONS 10am—11:30am BLUE MOUNTAINS 2 NIGHT STAY	PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm  BLUE MOUNTAINS 2 NIGHT STAY	IN OUR OWN BACKYARD: PYRMONT AND DARLING HARBOUR (Forestville, Frenchs Forest and Narrabeen pick up) 11:45am —3pm	IN OUR OWN BACKYARD: PYRMONT AND DARLING HARBOUR 11:45am —3pm  ONLINE YOGA 2pm – 3pm
8	ONLINE YOGA 10:30am – 11:30am	9 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	IN OUR OWN BACKYARD: PYRMONT AND DARLING HARBOUR (Brookvale and Neutral Bay pick up) 11:45am—3pm	11  ROSEVILLE MOVIE AND LUNCH "THE ROSES" 12 noon	BOOKWORMS BOOK CLUB 10am – 11:30am  MUSEUM OF PRINTING (Forestville, Frenchs Forest and Narrabeen pick up) 11:45am — 3pm  ONLINE YOGA 2pm – 3pm
15		16	17	18	19
	ONLINE YOGA 10:30am – 11:30am	ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	TULIP TIME FLOWER FESTIVAL 12 noon —3pm  PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	TULIP TIME FLOWER FESTIVAL (Forestville, Frenchs Forest and Narrabeen pick up) 12 noon —3pm	ROSEVILLE MOVIE AND LUNCH "DOWNTON ABBEY: THE GRAND FINALE" 12 noon  ONLINE YOGA 2pm – 3pm
22		23	24	25	26
	ONLINE YOGA 10:30am – 11:30am	ROSEVILLE MOVIE AND LUNCH "THE BIG BOLD BEAUTIFUL JOURNEY" 12 noon	SEPTEMBER BIRTHDAY PARTY 12 noon—3pm	TULIP TIME FLOWER FESTIVAL (Brookvale and Neutral Bay pick up) 12 noon —3pm	COMMUNITY RESTAURANT POLYNESIAN ISLAND LUNCH 12 noon—2pm  ONLINE YOGA 2pm – 3pm
29	ONLINE YOGA 10:30am – 11:30am	MAN CAVE LUNCHEON 12 noon—2pm			

#### 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 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 them on: 1800 200 422



#### **Commonwealth Home Support Programme**

**SEPTEMBER 2025** 

### **Social Support Event Calendar**

#### **CLIENT CONTRIBUTION INCREASE**

Please note that from 1 October 2025, there will be a fee increase for all Social Support events and activities. This is due to rising operational costs. In order for Your Side to give you the quality and level of social activities you enjoy, we need to increase the Social Support contribution fee. Full details will be provided in the next calendar.

#### **NAME TAGS**

If you have multiple Your Side name tags, please keep one and remember to return the extras at your next event or send them to the Your Side office. Your help will mean we can put a name to the beautiful faces of our new clients. Please bring the one you keep to every event. Thank you for your cooperation!

#### **SUMMER ACTIVITY PACK**

It's that time of the year again! The Summer Activity Pack is a popular must have item and we don't want you to miss out. For \$5 you will receive:

- A 2026 12 month calendar with images of all the good times experienced in the Social Support program to help you schedule important dates such as your next social outing or Zoom session
- A 2026 diary to jot details of your appointments and events
- Travel size SPF 50+ sunscreen
- Walking trails
- Healthy summer recipes

If you would like to receive the Summer Activity Pack, call 1300 134 332 or email customecare@yourside.org.au by Friday 26

September. You will receive a confirmation text or phone call advising that we have received your registration. If you do not receive a confirmation text or phone call by Monday 29 September, please contact us to avoid disappointment.

#### SPANISH SPEAKING LESSONS

Tuesday online Spanish Speaking lessons will go on break from Tuesday 23 September and resume Tuesday 14 October.

#### **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.

#### **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

**COMMONWEALTH** HOME **SUPPORT PROGRAMME** 

# SEPTEMBER 2025

Social Support **Events Calendar** 



1300 134 332



customercare@yourside.org.au



www.yourside.org.au









	booking after the RSVP date, a 50% late cancellation fee will apply.	
EVENT:	PALETTES, PLATTERS AND CRAFTY CUTS	
DESCRIPTION:	As requested, Palettes, Platters and Crafty Cuts will run twice a month on a Wednesday.  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	











Blue Group: Forestville, Frenchs Forest and Narrabeen – RSVP Thursday 28 August RSVP: Pink Group – RSVP Friday 29 August Blue Group: Brookvale and Neutral Ray - PSVD Wednesday 3 September



	Blue Group: Brookvale and Neutral Bay – RSVP Wednesday 3 September	
EVENT:	IN OUR OWN BACKYARD: PYRMONT AND DARLING HARBOUR	
DESCRIPTION:	A popular restaurant in Pyrmont, The Little Snail serves classic French meals, including escargot, in a modern dining room with a curved glass wall. You have a choice of an entre, main and dessert from the lunch menu. Your orders will be taken by the restaurant on the day.  After lunch, enjoy an easy stroll along Darling Harbour to observe the construction happening at Harbourside.	
LOCATION:	The Little Snail, 50 Murray Street, Pyrmont.  If you can make your own way to the venue, that would be most appreciated. Please advise when booking if you wish to catch the Your Side bus from one of our many pick up points.	
ACCESSIBILITY	There are three steps to The Little Snail. The Little Snail is wheelchair accessible inside.	
CONTRIBUTION:	\$25   Your contribution goes towards administration, transport and lunch.	
TIMES:	11:45am – 3:00pm  Transport times to be advised	













EVENT:	ROSEVILLE MOVIE AND LUNCH: "THE ROSES"	
	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.	
DESCRIPTION:	Life seems easy for picture-perfect couple Ivy (Olivia Colman) and Theo (Benedict Cumberbatch): successful careers, a loving marriage, great kids. But beneath the façade of their supposed ideal life, a storm is brewing – as Theo's career nose dives while Ivy's own ambitions take off, a tinderbox of fierce competition and hidden resentment ignites. The Roses is a reimagining of the 1989 classic film The War of the Roses, based on the novel by Warren Adler.	
	Genre: Comedy   Classification: TBA.   Duration: 105mins   Language: English.	
	Watch the trailer: THE ROSES   Official Trailer   Searchlight Pictures	
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:	From 12 noon	











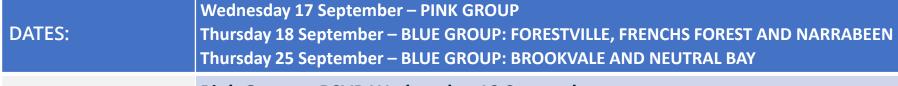
DESCRIPTION:	The Penrith Museum of Printing is a unique 'working museum' established in Penrith NSW in 2001. The museum has been designed to give the appearance of a 1940's Australian printing establishment. The collection showcases 22 pieces of working printing machinery and equipment as well as pre-press 'composing room' equipment that includes many different type fonts gathered from Australian print shops.  A light lunch of sandwiches and fruit will be provided.
LOCATION:	Penrith Museum of Printing, Penrith Showground / Paceway Cnr. Mulgoa Rd and Ransley St Penrith. 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 Penrith Museum of Printing is wheelchair accessible.
CONTRIBUTION:	\$15   Your contribution goes towards administration, transport, lunch and museum entry.
TIMES:	11:45am – 3pm Transport times to be advised











Pink Group – RSVP Wednesday 10 September

Blue Group: Forestville, Frenchs Forest and Narrabeen – RSVP Thursday 11 September Blue Group: Brookvale and Neutral Bay – RSVP Thursday 18 September

You will be contacted by text or phone with further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.



#### TULIP TIME FLOWER FESTIVAL

Tulip Time heralds the arrival of Spring in the Southern Highlands, when the cool climate trees and plants burst into colour. Corbett Gardens, located in central Bowral, is the home of Tulip Time, where each year the festival is held featuring tulips, entertainment and stalls.

Prior to visiting the festival, we will have lunch at Mittagong RSL. Please cover your own lunch.

Lunch: Mittagong RSL, 148-150 Old Hume Highway, Mittagong.

Tulip Time: Corbett Gardens, Wingeecarribee St, Bowral.

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: Mittagong RSL and Corbett Gardens are wheelchair accessible.

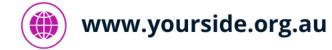
CONTRIBUTION: \$15 | Your contribution goes towards administration, transport and festival entry fees.

TIMES: 12 noon – 3:00pm. Transport times to be advised









RSVP:

**EVENT:** 

**LOCATION:** 







	for lunch down the road.
DESCRIPTION:	The cinematic return of the global phenomenon, follows the Crawley family and their staff as they enter the 1930s. As the beloved cast of characters navigates how to lead Downton Abbey into the future, they must embrace change and welcome a new chapter. The place we'll always remember. The family we'll never forget. Everything has led to this.
	The time has come to say goodbye
	Genre: Drama   Classification: TBA   Duration: 120 mins   Language: English Watch the trailer: <a href="https://www.youtube.com/watch?v=E1oZ-eMxuzl">https://www.youtube.com/watch?v=E1oZ-eMxuzl</a>
	Lunch: Shonan Japanese Kitchen, 94 Pacific Hwy, Roseville







12 noon

Transport not provided.



LOCATION:

TIMES:

CONTRIBUTION

Movie: Roseville Cinema, 112 Pacific Highway, Roseville

\$16 | Your contribution goes towards administration, the movie and lunch.





















Let's come together to celebrate our friends born in September 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 September, you're invited to join the celebration on us — simply let us know it's your special day! To make this easy for bistro staff, please let us know at the time of booking, your meal choice: Vegetarian nachos with cheese, sour cream, guacamole and peri peri -\$25 Homemade souple of the day with sour dough-\$19 Chicken Schnitzel with chips and salad - \$23 Beer battered fish and chips with tartar sauce and salad -\$25 Chicken schnitzel Mexicana -\$29 Homemade curry of the day with rice, yoghurt and pappadums -\$29 Grilled Atlantic salmon fillet with salad, chips and herb butter \$29 200g steak with chips, salad and pepper sauce -\$33

The motif is deep blue, the colour of the September birthstone, the sapphire. It's going to be a



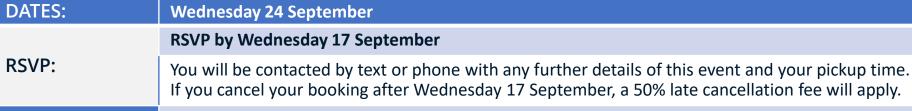




**DESCRIPTION:** 

fantastic celebration filled with joy, laughter, and great memories!







		If you cancel your booking after Wednesday 17 September, a 50% late cancellation fee will apply.
	EVENT:	SEPTEMBER BIRTHDAY PARTY CONTINUED
		The Bistro, level 1 of Manly Bowling Club, 59 Raglan Street Manly.
LOC	LOCATION:	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:	Level 1 of Manly Bowling Club is wheelchair accessible.
	CONTRIBUTION:	\$7   Your contribution goes towards administration, transport, cake, prizes, and birthday presents. Please pay for you lunch on the day. The advertised price is for guests. To benefit from the membership lunch discount of \$3, the Club encourages you to become a member for free (for the

first year.) Discounts can only go to members, not their guests.

No cost for clients celebrating a birthday in July!

12noon – 3pm. Transport times to be advised





TIMES:



DATES:	GREEN GROUP – Friday 26 September
RSVP:	Monday 15 September  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 Monday 15 September, a 50% late cancellation fee will apply.
EVENT.	COMMUNITY RESTAURANT: POLYNESIAN ISLAND LUNCH



	time. If you cancel your booking after Monday 15 September, a 50% late cancellation fee will apply.
EVENT:	COMMUNITY RESTAURANT: POLYNESIAN ISLAND 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 is a Polynesian Island lunch.  This month, this event is offered to the pink group and to the clients of the blue group who missed out on the Latin American lunch in August.
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.











\$4| Your contribution goes towards administration. Please pay your own way for lunch.







12 noon – 2pm

Transport times to be advised

**CONTRIBUTION:** 

TIMES:





# 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



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	









# Friday 12 September



## **BOOKWORMS BOOK CLUB**

latest chosen read. At the first meeting, come with your top picks for the group to explore. Participation can be casual. In September we will discuss Homecoming by Kate Morton

For lovers of the written word, join us on the 2<sup>nd</sup> Friday of the month for a discussion on the group's

# **DESCRIPTION**

Adelaide Hills, Christmas Eve, 1959: At the end of a scorching hot day, beside a creek on the grounds of the grand and mysterious mansion, a local delivery man makes a terrible discovery. A police investigation is called and the small town of Tambilla becomes embroiled in one of the most shocking and perplexing murder cases in the history of South Australia.

An epic novel that spans generations, Homecoming asks what we would do for those we love, and how we protect the lies we tell. It explores the power of motherhood, the corrosive effects of tightly held secrets, and the healing nature of truth. Above all, it is a beguiling and immensely satisfying novel from one of the finest writers working today.

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











# Friday 10 October



#### **BOOKWORMS BOOK CLUB**

For lovers of the written word, join us on the 2<sup>nd</sup> 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 October we will discuss The Frozen River by Ariel Lawhon

A gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into American history. Clever, layered, and subversive, Ariel Lawhon's newest offering introduces an unsung heroine who refused to accept anything less than justice at a time when women were considered best seen and not heard. The Frozen River is a thrilling, tense, and tender story about a remarkable woman who left an unparalleled legacy yet remains nearly forgotten to this day.

Clients are welcome to dial in via landline or mobile phone.

CONTRIBUTION

DESCRIPTION

#### **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







ATES:	Friday 14 Noveml	ber
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# **EVENT** BOOKWORMS BOOK CLUB

Participation can be casual.

Shelby Tebow is the first to go missing. Not long after, Meredith Dickey and her six-year-old daughter, Delilah, vanish just blocks away from where Shelby was last seen, striking fear into their oncepeaceful community. Are these incidents connected? After an elusive search that yields more questions than answers, the case eventually goes cold.

For lovers of the written word, join us on the 2<sup>nd</sup> 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.

Now, eleven years later, Delilah shockingly returns. Everyone wants to know what happened to her, but no one is prepared for what they'll find....

In this smart and chilling thriller, master of suspense and New York Times best-selling author Mary Kubica takes domestic secrets to a whole new level, showing that some people will stop at nothing to keep the truth buried.

Clients are welcome to dial in via landline or mobile phone.

In November we will discuss Local Woman Missing by Mary Kubica

**CONTRIBUTION** 

**DESCRIPTION** 

#### **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







