



Commonwealth Home Support Programme
Social Support Event Calendar

JANUARY 2026

MON	TUES	WEDS	THURS	FRI
			1 NEW YEARS DAY	2
5	6	7 PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	8	9 MEET US FOR LUNCH AT... ITALIAN KITCHEN NEUTRAL BAY 12 noon—3pm BOOKWORMS BOOK CLUB 10am – 11:30am
12 ONLINE YOGA 10:30am – 11:30am	13 MEET US FOR LUNCH PLUS LAWN BOWLS AT PENNANT HILLS BOWLING CLUB 11:45am —3pm	14 A CONVERSATION ON COUNTRY: PRESENTED BY KAREN SMITH 9:45am - 1pm	15	16 ONLINE YOGA 2pm – 3pm
19 ONLINE YOGA 10:30am – 11:30am	20	21 PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	22 JANUARY BIRTHDAY PARTY 12 noon—3pm	23 ONLINE YOGA 2pm – 3pm
26 AUSTRALIA DAY	27 MAN CAVE LUNCHEON 12 noon—2pm	28	29 YOUR CINEMA CLUB AT CHATSWOOD RSL 11am—1pm	30 ONLINE YOGA 2pm – 3pm

To register call 1300 134 332 or email customer care@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 **PURPLE** do not include transport.

Social activities in **ORANGE** are in the Your Side office.

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

ROSEVILLE MOVIE AND LUNCH - IMPORTANT INFORMATION

From 1 November, CHSP Providers are no longer able to pay for fees associated with participation in an activity, including the purchase of tickets. Unfortunately, that means we are no longer able to cover the cost of movie tickets. This December we will be hosting our last Roseville Movie and Lunch event. This event has been a staple in the Your Side Social Support Calendar for more than 10 years and we are so grateful to Emma and the Roseville Cinema for screening so many wonderful movies to us.

We have received lots of feedback about our Roseville Movie and Lunches, and we want to ensure we continue to support your love of movies in the new year!

Starting in 2026 we will be hosting “Your Cinema” – a monthly movie-lovers catch up! Each month we will provide you with information about current movies and where you can watch them in your local area; as well as movies that are available on free streaming services that you can watch at home. We will then host a morning tea at various locations across Northern Sydney, offering the opportunity to catch up and discuss the movies that we have seen. We also encourage you to come along and discuss your favourite movies with the group. We are looking forward to seeing lots of new faces as we host “Your Cinema” across Northern Sydney!

CHRISTMAS BREAK—ZOOM SESSION

A huge thank you to our online class facilitators, Amparo, Kirralie, Sev, Dora and our students. These amazing people have brought the Social Support program to the digital age, enabling members to remain engaged despite physical and social barriers. We are indebted to their commitment each time, ensuring members gain the most from their sessions whilst having fun. Thank you team; we wish you a safe and merry festive season.

The following Zoom classes will be on break between these periods:

Monday and Friday Yoga

Last session: Friday 19 December

Resume: Monday 12 January

Spanish Lessons with Amparo

Last session: Tuesday 2 December

Resume: Tuesday 3 February

HOT OFF THE PRESS: WE WANT YOU IN OUR SOCIAL NEWSLETTER!

Extra! Extra! Read all about it — and better yet, help create it! Our community newsletter is hitting the stands every four months (February, June, and October), and we’re looking for enthusiastic contributors to help fill its pages.

Each edition will feature:

- Highlights from recent social events
- Important information and upcoming events in your local area
- Feature stories, opinion pieces, recipes, puzzles, human-interest gems, and more!

Got a story to tell? A scoop to share? A photo worth publishing? Whether it’s a quirky local happening, an event recap, a heartfelt community moment, or an informative piece you think readers will love — we want it in our next edition!

No journalism experience needed — just your ideas and enthusiasm. Send your submissions or questions to customercare@yourside.org.au and help us craft a newsletter worthy of front-page attention.

FEEDBACK

Your Side encourages clients to comment on the quality of the services we provide. We value and welcome these comments as they will assist us to continually improve our service.

Getting support from an aged care advocate

If you would like support to raise a concern you can always talk with an aged care advocate. They are independent, confidential, free to talk to, and can:

- help you understand and exercise your aged care rights
- find aged care services that meet your needs
- resolve issues with your government-funded aged care provider
- support you in meetings or when making a complaint
- speak up for you if you are not comfortable doing it yourself.

You can call the Aged Care Advocacy Line on 1800 700 600 for free and confidential support. They’ll connect you with an advocate in your state or territory. You can also visit the Older Persons Advocacy Network (OPAN) website at opan.org.au.

WHISTLEBLOWING

Your Side encourages people to speak up if they have reasonable grounds to be concerned about unethical, illegal or otherwise improper conduct. People who speak up will be supported as per the Your Side [Feedback](#) and [Whistleblower Policies](#).

YourSide

JANUARY 2026

Social Support Events Calendar



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COMMONWEALTH
HOME
SUPPORT
PROGRAMME





DATES:	Wednesday 7 and 21 January
RSVP:	<p>Wednesday 7 January– RSVP by Friday 2 January</p> <p>Wednesday 21 January – RSVP by Friday 16 January</p> <p>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.</p>
EVENT:	PALETTES, PLATTERS AND CRAFTY CUTS
DESCRIPTION:	<p>All newcomers and inexperienced art and crafters welcome!</p> <p>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, etc. For those who wish to paint or hand build pottery, we will provide materials and instructions.</p> <p>Lunch and tea and coffee will be provided.</p>
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
CONTRIBUTION:	\$15 Your contribution goes towards administration, painting materials and lunch
TIMES:	12 noon – 4pm





DATES:	Friday 9 January
RSVP:	RSVP Monday 5 January You will be contacted by text or phone with further details of this event. If you cancel your booking after Monday 15 January, a 50% late cancellation fee will apply.
EVENT:	MEET US FOR LUNCH AT.... SERIES: ITALIAN KITCHEN NEUTRAL BAY.
DESCRIPTION:	<p>The Meet Us for Lunch at... Series is designed to cater for those who prefer a short, but sweet gathering with friends for coffee or tea and something to eat. We will gather at a local café, restaurant or club in the Northern Sydney Region.</p> <p>This month we will meet at the café in the Italian Kitchen in Neutral Bay for a set menu lunch of a main meal and dessert. Dessert is tiramisu.</p> <p>Please choose your main meal at the time of booking.</p> <ul style="list-style-type: none"> • Grilled chicken breast sandwich, served with chips. • Slow cooked beef bolognese • Pumpkin ravioli • Pepperoni pizza • Five cheese and honey pizza • Beetroot salad with fennel, rocket, pistachio, goats cheese and balsamic vinegar. • Rump medaglione – 200g rump eye served with salad. Additional \$8.
LOCATION:	5/19-21 Grosvenor St Neutral Bay. We ask that you make your own way.
ACCESSIBILITY:	Italian Kitchen is wheelchair accessible.
CONTRIBUTION:	\$25 Your contribution goes towards coordination and lunch. An additional \$8 for the steak.
TIMES:	12 noon – 3pm



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DATES:	Tuesday 13 January
RSVP:	RSVP Friday 9 January You will be contacted by text or phone with further details of this event. If you cancel your booking after Tuesday 9 December a 50% late cancellation fee will apply.
EVENT:	MEET US FOR LUNCH PLUS BOWLS PENNANT HILLS BOWLING CLUB
DESCRIPTION:	<p>The Meet Us for Lunch at... Series is designed to cater for those who prefer a short, but sweet gathering with friends. We will gather at a local pub, club or café in the Northern Sydney Region.</p> <p>This month we will meet at Pennant Hills Bowling Club. To get into the swing of summer, after lunch we will be hitting the green for some lawn bowls action! No skill level required as an instructor will be provided, however, we expect the fun-o-meter to reach 10! Please remember to bring sun protection and wear flat soled shoes. If the temperature exceeds 32°C, the club will not allow play for safety reasons.</p> <p>If you would like to play lawn bowls, please let us know at the time of booking.</p>
LOCATION:	Pennant Hills Bowling Club, 52 Yarrara Road Pennant Hills. We ask that you make your own way there.
ACCESSIBILITY:	Pennant Hills Bowling Club is wheelchair accessible.
CONTRIBUTION:	\$20 Your contribution goes towards coordination and lunch up to the value of \$30. If you wish to play lawn bowls, please pay the \$15 fee on the day at the Club.
TIMES:	11:45am – 1pm – lunch 1pm - 3pm – lawn bowls



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DAES:	Wednesday 14 January
RSVP:	RSVP: Thursday 8 January You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 8 January a 50% late cancellation fee will apply.
EVENT:	A CONVERSATION ON COUNTRY: PRESENTED BY KAREN SMITH
DESCRIPTION:	<p>Join us for a meaningful event that celebrates the rich history, diverse cultures, and enduring contributions of First Nations Peoples. This is an opportunity to deepen your understanding, show respect, and take part in the journey toward reconciliation.</p> <p>We are honoured to welcome Karen Smith from the Aboriginal Heritage Office. Karen is from the Buruberongal clan of the Hawkesbury (Derrubin) area.</p> <p>The event will include:</p> <ul style="list-style-type: none"> •Celebrating Aboriginal Culture and history •Q&A with our guest speaker •Opportunities to reflect and engage in open dialogue •Lunch with tea and coffee.
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport is not provided.
CONTRIBUTION:	\$15 Your contribution goes towards coordination and lunch.
TIMES:	11am – 2pm



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DATES:	Thursday 22 January
RSVP:	RSVP by Thursday 15 January 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 15 January, a 50% late cancellation fee will apply.
EVENT:	JANUARY BIRTHDAY PARTY
DESCRIPTION:	<p>Let's come together to celebrate our friends born in January with a fun-filled birthday bash! Join us for a day of delicious lunch, exciting games, and, of course, birthday cake. If your birthday falls in January, you're invited to join the celebration on us —let us know it's your special day! The motif is red, to represent the January birthstone, the garnet. This is going to be a fantastic celebration filled with joy, laughter, and great memories!</p> <p>Please choose your main meal at the time of booking.</p> <ul style="list-style-type: none"> • Spinach and pumpkin feta frittata with garden salad and chips [gluten free] • Chicken schnitzel with garden salad and chips • Beer battered fish with garden salad and chips • Grilled barramundi with garden salad and chips • Salt and pepper squid with garden salad and chips • Grilled garlic prawn and avocado salad • Smoked salmon and avocado salad
LOCATION:	4 Knots Café and Restaurant, 2 Malcolm Street, Narrabeen. 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:	4 Knots Café and Restaurant is wheelchair accessible.
CONTRIBUTION:	\$20 Your contribution goes towards administration, transport, cake, prizes, birthday presents and your main meal. No cost for clients celebrating a birthday in January!
TIMES:	12noon – 3pm. Transport times to be advised



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DATES:	Tuesday 27 January
RSVP:	<p>RSVP Thursday 22 January</p> <p>You will be contacted by text or phone with further details of this event. If you cancel your booking after Thursday 22 January, a 50% late cancellation fee will apply.</p>
EVENT:	MANCAVE LUNCHEON
DESCRIPTION:	<p>Men, join us for lunch on the last Tuesday in January!</p> <p>Come 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:	The Epping Club, 45-47 Rawson St, Epping. We ask that you make your own way there.
ACCESSIBILITY:	The Epping Club is wheelchair accessible.
CONTRIBUTION:	\$6 Your contribution goes towards coordination. Please pay your own way for lunch.
TIMES:	12 noon – 2pm



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DATES:	Thursday 29 January
RSVP:	Friday 23 January You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 23 January, a 50% late cancellation fee will apply.
EVENT:	YOUR CINEMA CLUB
DESCRIPTION:	<p>Join the club for morning tea to discuss the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera.</p> <p>Movies showing in cinemas in the month of January:</p> <p>Twiggy- An intimate, star-studded dive into the birth of an icon, and everything that followed. A look at the life of the greatest it-girl of all time.</p> <p>The Choral – It's 1916. As war rages on the Western Front, the Choral Society in Ramsden, Yorkshire has lost most of its men to the army. The Choral's ambitious committee, determined to press ahead, decides to recruit local young males to swell their ranks. They must also engage a new chorus master, and despite their suspicions that he has something to hide, their best bet seems to be Dr. Henry Guthrie (Ralph Fiennes) - driven, uncompromising, and recently returned from a career in Germany.</p> <p>Nouvelle Vague - After writing for Cahiers du cinéma, young Godard decides making films is the best film criticism. He gets Beauregard to fund a low-budget feature, creating a treatment with Truffaut about a gangster couple. From Director Richard Linklater, NOUVELLE VAGUE is the story of Jean-Luc Godard making "Breathless". The film is a love letter to the revolutionary magic of the French New Wave and a homage to Godard's influential 1960 film, capturing its youthful dynamism and creative chaos.</p> <p>Hamnet - From Academy Award® winning writer/director Chloé Zhao, HAMNET tells the powerful love story that inspired the creation of Shakespeare's timeless masterpiece, Hamlet.</p> <p>Song Sung Blue - Based on a true story, two down-on-their-luck musicians (Hugh Jackman and Kate Hudson) form a joyous Neil Diamond tribute band, proving it's never too late to find love and follow your dreams.</p>



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DATES:	Thursday 29 January
	Friday 23 January
RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 23 January, a 50% late cancellation fee will apply.
EVENT:	YOUR CINEMA CLUB CONTINUED
LOCATION:	Morning tea: Chatswood RSL, 446 Victoria Avenue, Chatswood.
CONTRIBUTION:	\$10 Your contribution goes towards coordination, tea or coffee and something light to eat.
TIMES:	11am



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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.



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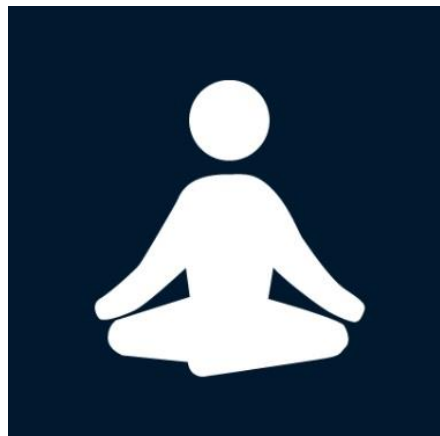


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Weekly Social Support Activities



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: \$5 Private rate: \$20
TIMES:	Monday: 10:30am - 11:30am (will not run on public holiday Monday 9 June) Friday: 2pm - 3pm



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DATES:	Friday 9 January
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 January, the book for review is still to be determined.</p> <p>Clients are welcome to dial in via landline or mobile phone.</p>
CONTRIBUTION	CHSP SS clients: \$4
TIMES	10am - 11:30am



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