

SEPTEMBER AT HOLDSWORTH

- Monday**
- Be Active** Wellbeing
10am - 12pm
Gaden
 - Connect** Navigating My Aged Care
18th September
10am - 12pm
Woollahra Library
 - Connect** Walking Group
Slower walkers
10am - 12pm
Goodwin Village
 - Be Active** Wellbeing
10.15am - 12.15pm
Coogee
 - Connect** Walking Group
Faster walkers
1pm - 3pm
Goodwin Village
 - Be Active** Wellbeing
12pm - 2pm
Gaden
 - Be Active** Mindful Motion
12.30pm - 2.30pm
Dementia Friendly
Coogee

- Tuesday**
- Be Active** Out & About Tuesday Trippers
From 9am - 3pm
Starting at Gaden
 - Be Active** Wellbeing
9am - 11am
Kensington
 - Connect** Craft Group*
10am - 11.30am
Gaden
 - Connect** Discussion Group
11am - 1pm
Gaden
 - Connect** Tai Chi*
11am - 12pm
Gaden
 - Be Active** Wellbeing
11am - 1pm
Kensington
 - Connect** Writing Group*
1pm - 2pm
Gaden
 - Connect** Knitting Group*
1pm - 2pm
Gaden
 - Be Active** Chair Yoga
1pm - 3pm
Kensington
 - Connect** IT Support Group
1.30pm - 3.30pm
Holdsworth

- Wednesday**
- Be Active** Wellbeing
10am - 12pm
Holdsworth
 - Connect** Wellness Hub
10am - 12pm
Gaden
 - Be Active** Strength & Vitality
Expressions of Interest! Contact us to sign up
 - Connect** Music & Movies
1pm - 3pm
Holdsworth
 - Connect** Understanding Dementia
20th September
1pm - 2.30pm
St Peters Church, Watsons Bay
 - Connect** IT Support
One-on-one
1.30pm - 3pm
Goodwin Village

- Thursday**
- Be Active** Out & About Thursday Pioneers
From 9am - 3pm
Starting at Gaden
 - Be Active** Mindful Motion
10am - 12pm
Dementia Friendly
Gaden
 - Be Active** Wellbeing
10am - 12pm
Eastlakes
 - Connect** Men's Chat Group
14th September
2.30pm - 4pm
Woollahra Library

- Friday**
- Be Active** Out & About Discovery Tour
29th September
From 8am - 5pm
Starting at Gaden
 - Be Active** Wellbeing
10am - 12pm
Gaden

*These Connect programs run every Tuesday except the second Tuesday of the month (12th September 2023)

Looking to join any of these programs? Get in touch with our Community Care Team on 02 9302 3600

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Stay connected, enjoy new experiences and be active with Holdsworth new group programs!

We're thrilled to be launching new and exciting group programs throughout your local community just in time for spring! Check out our calendar of what's happening this September over the page.



Holdsworth Connect

Meet up with a like-minded volunteers one on one or join one of our new group activities like craft, writing, Tai Chi or discussion group to meet some new people in your local community. Plus dedicated IT Support every week!



Out & About

Looking to explore Sydney and its incredible surrounds? Why not join one of our bus outings. Local bus outings on Tuesday's and Thursday's include museums, art galleries, beaches and more! Or go further afield one Friday each month. This September our Friday Discovery Tours are heading to Mount Tomah!



Be Active

Looking to stay fit and healthy, with light exercise that promotes muscle strength and cognitive stimulation? Join our wellbeing sessions across the Eastern Suburbs for some physical and mental stimulation, zen out with our chair yoga classes on Tuesday afternoons at Kensington, or register your interest for our brand new Strength & Vitality group, including light strength and conditioning activities.

We're celebrating Dementia Action Week! 18 - 24 September 2023



Are you a carer or friend interested in finding out more about dementia?

Join us and the Woollahra Dementia Alliance at St Peters Church, Watsons Bay for a Dementia Info Session. Find out more about dementia, signs and symptoms and have all your questions answered!

Wednesday, 20th September 2023
1pm - 2.30pm | St Peter's Anglican Church
331 Old South Head Rd, Watsons Bay
RSVP to Linda Caporusso on 02 9302 3600

Your Local Home Care Package Provider

At Holdsworth, our Home Care Package program is designed to meet your unique needs.

- Community connection
- In-home care
- Home modifications

Contact us to find out more about our Home Care Package program today!

Looking to join any of these activities?
Get in touch today on 02 9302 3600

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