

# FEBRUARY AT HOLDSWORTH

**Monday**

**Be Active**

**Wellbeing**  
10am – 12pm  
Gaden

**Connect**

**Navigating My Aged Care**  
10am – 12pm  
Various locations

**Connect**

**Walking Group**  
10am – 12pm  
Goodwin Village

**Be Active**

**Wellbeing**  
10.15am – 12.15pm  
Coogee

**Be Active**

**Wellbeing**  
12pm – 2pm  
Gaden

**Be Active**

**Mindful Motion**  
12.30pm – 2.30pm  
*Dementia Friendly*  
Coogee

**Tuesday**

**Out & About**

**Tuesday Trippers**  
From 9am – 3pm  
Starting at Gaden

**Be Active**

**Wellbeing**  
9am – 11am  
Kensington

**Connect**

**Craft Group\***  
10am – 11.30am  
Gaden

**Social**

**Discussion Group**  
11am – 1pm  
Gaden

**Connect**

**Tai Chi**  
11am – 12pm  
Gaden

**Be Active**

**Wellbeing**  
11am – 1pm  
Kensington

**Connect**

**Memoir Writing Group\***  
12pm – 1pm  
Gaden

**Be Active**

**Yoga with Simi**  
1pm–2pm  
Holdsworth

**Connect**

**IT Support Group**  
1.30pm – 3.30pm  
Gaden

**Wednesday**

**Be Active**

**Wellbeing**  
10am – 12pm  
Holdsworth

**Connect**

**Wellness Hub**  
10am – 12pm  
Gaden

**Connect**

**Melody Makers**  
EOI for Future  
Holdsworth

**Social**

**Music & Movies**  
1pm – 3pm  
Holdsworth

**Connect**

**IT Support One-on-one**  
1.30pm – 3pm  
Goodwin Village

**Thursday**

**Out & About**

**Thursday Pioneers**  
From 9am – 3pm  
Starting at Gaden

**Be Active**

**Yoga with Simi**  
8:30–9:30 &  
9:30–10:30  
Gaden

**Be Active**

**Wellbeing**  
10am – 12pm  
Eastlakes

**Be Active**

**Mindful Motion**  
11am – 1pm  
*Dementia Friendly*  
Gaden

**Be Active**

**Yoga with Simi**  
1pm–2pm  
Holdsworth

**Connect**

**Men's Chat Group**  
8th February  
2.30pm – 4pm  
Woollahra Library

**Be Active**

**Shopping Bus**  
Thursday  
Holdsworth

**Friday**

**Out & About**

**Discovery Tour**  
23rd February  
From 8am – 5pm  
Starting at Gaden

**Be Active**

**Wellbeing**  
10am – 12pm  
Gaden

**Be Active**

**Shopping Bus**  
Friday  
Holdsworth

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

**holdsworth** 

[www.holdsworth.org.au](http://www.holdsworth.org.au) [info@holdsworth.org.au](mailto:info@holdsworth.org.au)

## Social Bus Outings

Join us on Tuesday's, Thursday's and Last Friday of the month for a fun, interesting and stimulating day out in Sydney surrounds and further.

Visit local galleries, gardens or discover Sydney further on our discovery tours

**Bookings: Call 02 9302 3605 to book your spot**



Scan QR and find out  
more about our  
weekly social outings



## Men's Chat Group

We will be welcoming Brett Stone, artist, art dealer and founding director of Claypool communal pottery studios. Brett worked at Rex Irwin Art Dealer for 25 years and in this role, he encouraged the blossoming of many emerging artist's careers, and helped build many private collections.

**Next session: Thursday, 8th February 2024**

**Time: 2.30pm – 4pm**

**Location: Woollahra Library at Double Bay**



Scan QR code and Book  
your FREE session or give  
us a call on 02 9302 3600



## Navigating My Aged Care with Holdsworth

Are you new to the process, a little unsure how to go about it or just need a bit of guidance? Our experienced Community Care Team can support you to navigate My Aged Care at your own pace, and help you to achieve your goals.

In partnership with Woollahra Council, join us for a free information sessions at various locations to suit you:

### 1st Monday each month:

Holdsworth – 64 Holdsworth Street, Woollahra

### 2nd Monday each month:

Gaden Community Centre – 334 Edgecliff Road, Woollahra

### 3rd Monday each month:

Group Study Room, Woollahra Library at Double Bay



Scan QR code and  
Book your FREE  
session or give us a call  
on 02 9302 3600



Get in touch today on  
**02 9302 3600**

**holdsworth**

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