

# MAY AT HOLDSWORTH

- Monday**
- Be Active** Wellbeing 10am - 12pm Gaden
  - Navigating My Aged Care 10am - 12pm Various locations
  - Connect** Walking Group 10am - 12pm Goodwin Village
  - Wellbeing 10.15am - 12.15pm Coogee
  - Be Active** Wellbeing 12pm - 2pm Gaden
  - 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 EOI for Future 12pm - 1pm Gaden
  - Connect** IT Support Group 12pm - 2pm Gaden
  - Be Active** Yoga with Simi 1pm-2pm Holdsworth

- Wednesday**
- Be Active** Wellbeing 10am - 12pm Holdsworth
  - Be Active** Wellness Hub\* 10am - 12pm Gaden
  - Be Active** Melody Makers EOI for Future Holdsworth
  - Social** Culture Club 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 9th May 2.30pm - 4pm Woollahra Library
  - Be Active** Shopping Bus Thursday Woollahra LGA

- Friday**
- Be Active** Wellbeing 10am - 12pm Gaden
  - Be Active** Shopping Bus Friday Woollahra LGA

\*Our Connect programs run every Tuesday except the second Tuesday of the month - 14th May. Bookings Essential

Transport can be arranged for services, please contact our team prior.

\*Wellness Hub weekly attendance not required. Contact us for more information.

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



www.holdsworth.org.au info@holdsworth.org.au

## Looking to join one of our groups?

### Be Active Groups

Our Be Active group programs can be accessed through a Commonwealth Home Support Program or Home Care Package.

**\*Social Support Group & Transport Codes**

### Connect Groups

Our Connect group programs are free of charge and run by our dedicated volunteers. Get in touch with our team to reserve your spot in one of our groups.

**\*No codes to access**

### Out & About Groups

Our Out & About group programs can be accessed through a Commonwealth Home Support Program or Home Care Package.

**\*Social Support Group & Transport Codes**

If you're wondering how to access any of our groups, please get in touch with our team now!

## Men's Chat Group

We will be welcoming Matt Smith a distinguished soccer manager and former professional player. Notably, he has represented the Australian national team and has also served as the head coach for Brisbane City FC. Currently, Matt holds the position of assistant coach at Macarthur FC in the A-League men.

**Next session: Thursday, 9th May 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:**

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

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