

# SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Wellbeing</b> 10am-12pm Gaden	<b>Tuesday Trippers</b> 9am-3pm Starting at Gaden	<b>Wellbeing</b> 10am-12pm Gaden	<b>Thursday Pioneers</b> 9am-3pm Starting at Gaden	<b>Wellbeing</b> 10am-12pm Gaden
<b>Navigating My Aged Care</b> 10am-12pm Various locations	<b>Wellbeing</b> 9am - 11am Kensington	<b>Wellness Hub</b> 10am-12pm Gaden	<b>Yoga with Simi</b> 8:30am-9:30am & 9:30am-10:30am Gaden	<b>Fab Fridays</b> 11am-1pm Dementia Friendly Gaden
<b>Walking Group</b> 10am-12pm	<b>Games Group EOI</b> 10am-11:30am Gaden	<b>Culture Club</b> 1pm-3pm Holdsworth	<b>Wellbeing</b> 10am-12pm Eastlakes	<b>Shopping Bus</b> Friday Woollahra LGA
<b>Wellbeing</b> 10.15am-12.15pm Coogee	<b>Discussion Group</b> 11am-1pm Gaden	<b>IT Support One-on-One</b> 1:30pm-3pm Goodwin Village	<b>Yoga with Simi</b> 1pm-2pm Holdsworth	
<b>Wellbeing</b> 12pm-2pm Gaden	<b>Tai Chi</b> 11am-12pm Gaden		<b>Shopping Bus</b> Thursday Woollahra LGA	
<b>Mindful Motion</b> 12:30pm-2.30pm Dementia Friendly Coogee	<b>Wellbeing</b> 11am-1pm Kensington		<b>Men's Chat Group</b> 12th September 2:30-4pm Woollahra Library	

To join any of our programs, or to arrange Transport services call us on 02 9302 3600

**IT Support Group**  
12pm-2pm  
Gaden

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

**Ladies Chat Group**  
24th September  
2pm-3:30pm  
Gaden

**NAVIGATING MY AGED CARE:** Join us for 1:1 information session with our Intake & Engagement Coordinator to support you navigate My Aged Care and access the government funded services that you or your family member needs.

**WELLNESS HUB:** An interim service that gives you access to free support while you wait for funding. These services are tailored to suit your individual needs. We provide a free service for a 12-week period depending on your needs and support you to navigate My Aged Care. Weekly attendance not required.

**MINDFUL MOTION:** A dementia friendly class that includes light exercise and games to stimulate the body & mind. Includes light morning tea.

CHSP Service	Referral Codes
SSI	Social Support Individual
DA	Domestic Assistance
Transport	Transport
Meals	Meals
Connect	Referral Codes
Connect with transport	NIL - Free
Tai Chi	NIL - Free
Craft group	NIL - Free
Walking group	NIL - Free
IT support group	NIL - Free
Mens chat group	NIL - Free
Social Groups	Referral Codes
Discussion	SSG
Culture Club	SSG
Out & About	Referral Codes
Tuesday day trippers	SSG & Transport
Thursday Pioneers	SSG & Transport
Be Active	Referral Codes
Wellbeing	SSG & Transport (if required)
Fab Friday	SSG & Transport (if required)
Mindful Motion Monday	SSG & Transport (if required)
Yoga with Simi	NIL
Shopping bus Thursday	Transport
Shopping bus Friday	Transport

Holdsworth is launching a new Ladies Chat Group! Offering a monthly space for women to connect, share experiences, and discuss various topics.

The Men's Chat Group meets one Thursday each month, where we welcome a new guest speaker and discuss everything from local issues and world events to the latest gadgets and nostalgic memories. Bookings essential.

Our Connect Programs (Games Group, Tai Chi, & IT Support) run every Tuesday except the second Tuesday of the month - 13th September.

**WELLBEING:** A chair-based exercise class for those who are looking for light exercise, may be less mobile or would just like to connect with others in a fun environment. Includes cognitive games, puzzles and light morning tea. To be eligible, you need to be registered with My Aged Care. Wellbeing locations include, Gaden, Kensington and Coogee.