

# NOVEMBER 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>Shopping Bus</b> Friday Woollahra LGA
<b>Walking Group EOI</b> 10am-12pm	<b>Arts &amp; Crafts</b> 10am-11:00am Gaden	<b>Holdsworth Choir</b> 12.30pm - 2pm Holdsworth	<b>Wellbeing</b> 10am-12pm Eastlakes	
<b>Wellbeing</b> 10.15am-12.15pm Coogee	<b>Discussion Group</b> 11am-1pm Gaden	<b>Culture Club</b> 1pm-3pm Holdsworth	<b>Yoga with Simi</b> 1pm-2pm Holdsworth	
<b>Wellbeing</b> 12pm-2pm Gaden	<b>Tai Chi</b> 11am-12pm Gaden	<b>IT Support One-on-One</b> 1:30pm-3pm Goodwin Village	<b>Shopping Bus</b> Thursday Woollahra LGA	
	<b>Wellbeing</b> 11am-1pm Kensington		<b>Men's Chat Group</b> 14th November 2:30-4pm Woollahra Library	
	<b>Bridge Group Expression of Interest</b> 12pm-1pm Gaden			
<b>To join any of our programs, or to arrange Transport services call us on 02 9302 3600</b>	<b>IT Support Group</b> 12pm-2pm Gaden	<b>NAVIGATING MY AGED CARE:</b> 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.		
	<b>Yoga with Simi</b> 1pm-2pm Holdsworth	<b>WELLNESS HUB:</b> 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.		
	<b>Ladies Chat Group</b> 26th November 2pm-3:30pm Gaden	<b>CULTURE CLUB:</b> Join us each Wednesday at Holdsworth's Culture Club and experience live concerts, music presentations, movie screenings and more!		

CHSP Service	Referral Codes
SSI	Social Support Individual
DA	Domestic Assistance
Transport	Transport
Meals	Meals
Connect	Referral Codes
Connect with transport	NIL - Free
Men's Chat Group	NIL - \$10
Craft group	NIL - Free
Walking group	NIL - Free
IT support group	NIL - Free
Tai Chi	NIL - \$10
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, & IT Support) run every Tuesday except the second Tuesday of the month - 9th October.

**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.