holdsworth
Aged Care at Home

Holdsworth Social Groups - September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Discovery Tour: Fitzroy Falls** 8:30am-4pm **Colour & Company Art Group** 10:30am -12:30pm	2 **Choir** **12:30pm-2pm** 	3 **Thursday Pioneers Social Bus** 8:30am-4pm **Gardening Gurus** 9:30am -11:30am	4 **Strong and Steady Exercise** 12:30pm-2pm **Social Shopping Bus** 9am-12pm
7 **Mindfulness Monday** 10am-11:30am 	8 **Tuesday Social Bus Outing** 8:30am-4pm **Colour & Company Art** 10:30am -12:30pm	9 **Choir** **12:30pm-2pm** 	10 **Thursday Pioneers Social Bus** 8:30am-4pm **Gardening Gurus** 9:30am -11:30am **Special Event: Percussion With Pedro**	11 **Strong and Steady Exercise** 12:30pm-2pm **Social Shopping Bus** 9am-12pm
14 **Mindfulness Monday** 10am-11:30am 	15 **Tuesday Social Bus Outing** 8:30am-4pm **Colour & Company Art Group** 10:30am -12:30pm	16 **Choir** **1pm-2:30pm** **Bondi Pavillion Lunchtime Concert** 1pm	17 **Thursday Pioneers Social Bus Outing** 8:30am-4pm **Gardening Gurus** 9:30am -11:30am **Discovery Tour: Tulip Festival Bowral** 8:30am-4pm	18 **Strong and Steady Exercise** 12:30pm-2pm **Social Shopping Bus** 9am-12pm
21 **Mindfulness Monday** 10am-11:30am 	22 **Tuesday Social Bus Outing** 8:30am-4pm **Colour & Company Art Group** 10:30am -12:30pm	23 **Choir** **12:30pm-2pm** **Night Fever: Burwood Night Markets** From 5pm	24 **Thursday Social Bus Outing** 8:30am-4pm **Gardening Gurus** 9:30am -11:30am **Bus to Books** 9am-12:30pm	25 **Strong and Steady Exercise** 12:30pm-2pm **Social Shopping Bus** 9am-12pm
28 **Mindfulness Monday** 10am-11:30pm	29 **Tuesday Trippers Social Bus Outing** 8:30am-4pm **Colour and Company Art Group** 10:30am -12:30pm **Golden Tales Story Exchange** 10:30am -12:30pm	30 **Choir** **12:30pm-2pm**		

These activities are subsidised under the Commonwealth Home Support Program.
To participate, you will need a Group Social Support (GSS) code from My Aged Care.

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Join us
1300 882 962

Group Social Support

Join a friendly group, try something new and connect with people who share your interests. Our groups are relaxed and welcoming, and we can arrange transport from your door.

Mindfulness Monday

Start your week with a moment of calm. Each session gently explores mindfulness, meditation and gratitude practices, guided by Elizabeth Da Silva, an experienced mindfulness coach and personal trainer.
Day and time: Mondays, 10am to 12pm
Location: 64 Holdsworth Street, Woollahra
Cost: $13 ($26 with return transport)

Gardening Gurus

Get your hands in the soil and enjoy the outdoors with a friendly group of fellow gardeners. Sessions are led by David, an experienced nursery owner, and include occasional garden-related bus outings.
Day and time: Thursdays, 9:30am
Location: 64 Holdsworth Street, Woollahra
Cost: $13 ($26 with return transport)

Colour and Company Art Group

Explore a wide range of art forms in a fun, supportive group, no experience needed. All supplies and morning tea are included, and the group is working toward its own end-of-year exhibition.
Day and time: Tuesdays, 10:30am to 12pm
Location: Gaden Community Centre
Cost: $13 ($26 with return transport)

Golden Tales Story Exchange

Share the memories and moments that have shaped your life, and hear the stories of others. Come along, have a laugh, and enjoy a coffee. The group is working toward publishing a book of participants' stories.
Day and time: Tuesdays, 10:30am to 12pm
Location: 64 Holdsworth Street, Woollahra
Cost: $13 ($26 with return transport)

Social Outings Bus

Get out and about with good company on our popular Tuesday and Thursday Social Bus. Visit local galleries, gardens and scenic spots before lunch at some of Sydney's best venues.
Day and time: Tuesdays & Thursdays, 8:30am–4pm
Cost: $26

Choir

This welcoming weekly session is open to all, from complete beginners to confident singers.Together you will explore harmonies, develop your vocal skills and enjoy the proven benefits of singing for your mental and emotional wellbeing.
Day and time: Wednesdays 1pm to 2:30pm
Cost: Free including tranport in Woollahra LGA only

Social Shopping Bus

Getting the shopping done has never been easier. Our Social Shopping Bus service takes to and from the shops, gives you time to shop at your own pace, and even helps you with your bags all the way to your door. **Cost:** $13 each way. Woollahra LGA only.

Strong and Steady Exercise Collective

A friendly weekly class with chair and standing exercises tailored to your ability, led by personal trainer Liz. You go at your own pace.
Cost: $13 ($26 with return transport)

Discovery Tours

Go further afield on our monthly Discovery Tours, exploring wonderful destinations beyond Sydney such as Berry, Bowral and Gosford. Each tour includes a full day out with great company and lunch included.
Cost: $70-$80

Ready to join us?

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

These activities are available to Commonwealth Home Support Program (CHSP) participants.
To join, you will need a Group Social Support referral code through My Aged Care.