

The Social Support Program is designed for older people who need assistance with getting out, socialising and doing the things they enjoy doing. We provide a range of fun and friendly programs to cater for different needs and interests including home visits, walking, outings and activity groups.

To find out more or to join one of our activity groups telephone 5471 1807

This service is available to eligible Commonwealth Home Support Program (CHSP) clients.

**The Social Support team
would love you to get
involved.**

**Call us to find out more on
5471 1807**

Community Wellbeing Social Support Program



Weekly Volunteer Visiting and Magazine Delivery

Sharing of interests, walking companions, delivery of magazines.

Be Connected

Monday 9am to 12 noon

Cost: \$2

Drop in to the Castlemaine Senior Citizens hall for some friendly advice and support for all things computer and internet related.

Gentle Water Exercise Program

Monday 1pm to 3pm

Cost: \$9.25, Bus \$3.40

Guided gentle exercise at the Kyneton Sports & Aquatic Centre. Doctor's clearance is required. Limited places.

Scrabble & Knitting Group

Tuesday 10am to 12 noon

Cost: Activity \$2.50, Bus \$3.40

Take your pick - knit and chat or play a friendly game of scrabble. Held weekly at the Castlemaine Senior Citizens Club. Includes morning tea.

Musical Memories

Tuesday 1.30pm to 3pm

Cost: Activity \$2.50, Bus \$3.40

Fun for those who enjoy music - sing, listen or play. Includes afternoon tea.

Movies at Metcalfe

2nd Tuesday of the month

Cost: Activity \$5.00, Bus \$3.40

Transport out to Metcalfe for a classic movie and afternoon tea.

Canasta at DIG Café

Wednesday 11am to 2pm

Cost: Bus \$3.40, purchase own refreshments

Transport to Newstead for those who like to enjoy a social game of Canasta in a friendly environment.

Maldon Community Lunch

Wednesday 11am to 2pm

Cost: Lunch \$5, Bus \$3.40

Transport to a delicious community lunch at the Maldon Community Centre.

Say G'Day

Thursday 1.30pm to 3.30pm

(except 2nd Thursday of the month)

Cost: Activity \$2.50, Bus \$3.40

Have a chat and a few laughs. Includes afternoon tea.

Leisure & Lifestyle

2nd Thursday of the month

10am to 2pm

Cost: \$14.30 Includes bus, morning tea, lunch and activity
Monthly social group held in Harcourt

Senior Citizens Club Lunch Bus

Thursday 11am to 2pm

1st Thursday – Five Flags Hotel

3rd Thursday – Metcalfe

4th Thursday - Chewton

Cost: Between \$11 - \$18, Bus \$3.40. A chance to catch up with friends at a different club each Thursday of the month (except 2nd Thursday)

Fridays Out and About

Friday 10am to 2pm

Cost: Bus \$3.40, purchase own lunch.

Variety of shopping trips, tours and lunch outings.