



Seniors & Disability Services – Social Inclusion Team

Program Calendar | January – June 2024

90 O'Neill Street, Guildford, NSW 2161 P (02) 8757 9031 E social.inclusion@cumberland.nsw.gov.au

These services and activities are supported by funding from the Australian Government Department of Health (DoH). Visit DoH website (www.health.gov.au) for more information. Although funding for these services and activities have been provided by the Australian government, the material contained herein does not necessarily represent the views or policies of the Australian government.



Hello Everyone,

The Social Inclusion Team program calendar covers January – June 2024.

Shopping services – customers can attend shopping with a staff member/volunteer or submit a shopping list and have shopping done on their behalf. Health checks will apply for both staff/volunteer and customers before each service.

Home visits – home visits are being provided for customers who are very isolated. These will be undertaken by volunteers, on a fortnightly basis and limited to 1 hour per visit. Health checks will apply to both volunteers and customers before each service.

Group programs – the group sizes will be in-line with the maximum number of customers we can have in the facility where the program is running, customers are able to attend on multiple days. The length of the program is four hours for the centre based Wellness Programs.


Transport – we continue to provide transport to and from our programs, capacity of vehicles and the need for wearing a mask changes in-line with the Public Health Orders and customers will be informed at all times.

Meals – Nutrition Services Team will be providing your meals for Wellness Programs. Meals at Social Outings will vary as per program.

Cleaning – all vehicles and program spaces including equipment, will undergo a cleaning process before and after each program or use.

Health Checks – staff, volunteers and customers are subject to a health screen check prior to programs and service. This could include a series of questions relating to health and/or a temperature check. If you are unwell, please do not attend the programs or services.

Throughout programs and services, staff will be constantly reminding customers to maintain social distancing (no hugging, kissing and maintaining a space of 1.5m where possible), wearing a mask is encouraged as is to continually sanitise and wash hands. Please do not take offence to this, these measures are in place to keep everyone safe.

 **Wellness Activities** – includes a morning tea, hot lunch & dessert. Transport is available. Activities from 10.00am – 2.00pm unless listed otherwise. Locations:

Guildford Community Centre - 90 O'Neill St, Guildford (North Hall)

Activities include: Indoor sports, games, singing, craft & more. Get your hearts moving with gentle exercises such as Tai Chair, Zumba Gold, Chair Aerobics or Move It or Lose It. Special programs include:

Armchair Travel/Travel Reminiscence – visit places from around the world without leaving your chair.

Birthday Celebrations, where we celebrate the birthdays of customers with cake, guest speakers, bingo & prizes or special entertainment.

CALD Wellness Program – *these programs are currently combined with the Wellness Program on the below days.*

Spanish Group (Weekly) – 10.00am to 2.00pm every Monday at Guildford Community Centre (North Hall).

Maltese Group (Weekly) – 10.00am to 2.00pm every Tuesday at Guildford Community Centre (North Hall).

Dine in Films – Get together with friends at Guildford Community Centre and watch a golden oldie or modern day masterpiece film on the big screen. We will have these days once a month alternatively on all weekdays so you don't miss out on this special day. A delicious morning tea, hot lunch & dessert will be provided. Suggestions for favourite films welcome! Transport is available. Activities from 10.00am to 2.00pm unless listed otherwise.

Social Outings – Hop on board accessible transport & be taken on a day trip to places near and far! Come along with friends & make lots of new ones along the way! Suggestions for outing locations always welcome. Transport provided to and from your home. Bookings are open one month prior.

Chatterbox Tours – this program is for enjoying a meal and good conversation with new and old friends. There is so much to talk about and do in your Cumberland City Council area and this program will give you the opportunity to enjoy it all. We will drop you home feeling full, happy and hopefully with some new shared knowledge.

Roadtrips – Similar to the 'Social Outings' offered, however transport will be from pick-up points around Cumberland area rather than from individual homes to cater for customers who are still able to access the community independently and would like to spend less time travelling on the bus. Pick-up points will include Pemulwuy Allan G Ezzy Centre, Berala Community Centre, Merrylands Community Centre, Wentworthville Community Centre and Regents Park Library. Let us tantalise the adventurer in you on a road trip to a place of interest which will always include a delicious lunch.

Over 55's Health Programs – Cost is \$48.50 term (1hr classes). The online class is free to customers attending any other Over 55's programs, we require a minimum 8 customers to run this class. * These programs run during NSW school terms only.

General Exercise is a combination of standing and sitting exercise movements, sometimes using equipment such as small hand weights and resistance bands. These exercises vary in each class and are all low to medium intensity.

Zumba Gold is a fabulous fun fitness program based on exciting Latin and international dance styles. Zumba Gold is intended for active older adults, Zumba beginners, fitness newbies, and other people that may need modified exercises at lower intensity.

General Exercise 9.30am – 10.30am every Monday at Regents Park Community Centre, 1 Amy St, Regents Park.

General Exercise 9.00am – 10.00am every Monday at Greystanes Community Centre, 732 Merrylands Rd, Greystanes.

General Exercise 9.30am – 10.30am every Tuesday at Miller St Room, 17 Miller St, Merrylands.

Zumba Gold 9.30am – 10.30am every Wednesday at Allan G Ezzy Community Centre, 1 Newport St, Pemulwuy.

Zumba Gold 9.30am – 10.30am every Thursday at Berala Community Centre Cnr Woodburn & Tilba St, Berala.

Online Exercise class – Free to Over 55's Health Programs, class will resume with a minimum of 8 customers attending.

Recently added Programs and Initiatives appearing in this calendar:

We develop our program calendars with your suggestions and feedback in mind. Through our customer planning day conducted on 21 April 2023 we are introducing some new programs and initiatives while giving some existing ones a revamp.

Senior Socialites - Wentworthville – This new program provides seniors an opportunity to meet, socialise and enjoy the most popular activities we offer. This program does not include the same full suite of activities and meals as the Wellness Program, making it shorter in duration and more cost effective for customers. This program includes a light morning tea. Transport is available. Activities from 10.00am – 12.00pm unless listed otherwise. Locations: Wentworthville Community Centre – 2 Lane St Wentworthville. Banksia Room. Activities include: a rotation between BollyFit, Bingo, The Price is Right game with prizes and Entertainers.

Community Inclusion Day - we are bringing back special themed Community Inclusion days to the program. We will be enjoying the company of local Aged Care residents. Join us for a fun filled day with entertainment, a delicious meal, games and prizes.

Loyalty Cards

All customers will receive their loyalty card on their first outing with the Social Inclusion Team. Each outing they attend will be marked off and on their 10th outing they can choose a lucky dip prize. Prizes will include things like a free lunch, free transport, free desserts and more. The more fun you have, the more prizes you win!

Mystery Guest Giveaways

Throughout a program or social outing you will be given clues to who the mystery guest making a surprise appearance during the day might be, you will enter your ticket with your name and guess. Once the mystery guest arrives they will pull a name out, first correct guess will win! (Our Mystery Guest will return in 2024)

Fees and Charges

Fees for all services will be invoiced, direct debit is the preferred payment method of these invoices. The cost of programs and services are outlined throughout the program and are subject to change.

* Please note that program details in this program are subject to change without notice.

Our Values:



We are **determined**
to succeed



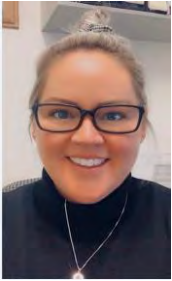
We are **inclusive**
in our approach



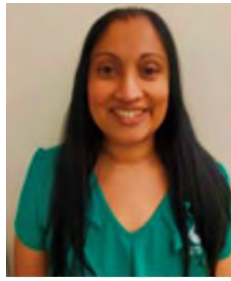
We are **progressive**
in our outlook

MEET THE TEAM BEHIND THE PROGRAM AND SERVICES THE SOCIAL INCLUSION TEAM

Teneille Bush
Senior Coordinator Seniors and
Disability Services



Gayali Abayaratna
Social Inclusion Customer Liaison
Officer



Anna Marquez
Social Inclusion Transport
Officer



Our Values:



We are **determined**
to succeed



We are **inclusive**
in our approach



We are **progressive**
in our outlook

Current relevant NDIS Price Guide

Category Description	NDIS Code/s	Unit Rate	Price
Social Inclusion Program Assistance with Social Economic and Community Participation Group Centre Based Activities	NDIS Centre Capital Costs 04_599_0136_6_1	Per hour	\$2.44 +
	Weekday (Standard) 04_102_0136_6_1 T	Per hour (Fractioned 1:4)	\$16.61
	Weeknight (8pm) 04_103_0136_6_1_T		\$18.30
Assistance with Social Economic and Community Participation Group Activities in Community	Weekday (Standard) 04_104_0125_6_1_T	Per hour (Fractioned 1:4)	\$16.61
	Weeknight (8pm) 04_103_0125_6_1_T		\$18.30
Assistance with Self-Care Activities Shopping Assistance	Weekday Daytime 01_011_0107_1_1_T	Per hour	\$66.45
Nutrition Services Assistance with Daily Living Preparation and Delivery of Meals	Weekday 01_023_0120_1_1	Each	<i>As Per Council's Fees & Charges</i>
			\$9.80
Seniors & Disability Services Activity Based Transport Fee (NDIS reasonable rate for vehicle hire, running costs, fuel)	04_591_0136_6_1	Kilometre Distance Travelled (fractioned by passenger number/s) + any tolls or parking fees	Per Vehicle 97c per km (standard vehicle) \$2.76 per km (bus or accessible vehicle)

Don't forget to book into our Road Trips and Social Outings.

Enjoy a Chatterbox outing with your friends over lunch.

Call our office 8757 9031 we are waiting to hear from you.



ACTIVE AGEING WEEK – YOGA IN THE PARK

CELEBRATE GRANDFINAL – JERSEY DAY





Our Wellness Programs run on Monday's, Tuesday's, Wednesday's and Friday's come and enjoy our activities and a meal.



Book into our Over 55's programs which run during the NSW 10 week school terms.

All programs require you to have a "My Aged Care" referral code. We can assist you in getting the code by calling our office on 8757 9031.

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SCHOOL HOLIDAYS	2 SCHOOL HOLIDAYS	3 SCHOOL HOLIDAYS	4 SCHOOL HOLIDAYS	5 SCHOOL HOLIDAYS
PUBLIC HOLIDAY	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED
8 SCHOOL HOLIDAYS BOOKINGS OPEN FOR FEBRUARY SOCIAL OUTINGS	9 SCHOOL HOLIDAYS	10 SCHOOL HOLIDAYS	11 SCHOOL HOLIDAYS	12 SCHOOL HOLIDAYS
<ul style="list-style-type: none"> ■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Tuscany, Birthplace of the Renaissance Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Wellness – Guildford Music Match Up Game and Dance Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Social Outing – Sydney Aquarium Pre-pay on time of booking to confirm your spot. Non refundable Entry \$31 Lunch at own cost Transport \$20 	<ul style="list-style-type: none"> ■ Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville The Price is Right Activity \$6.30Transport \$13.80
15 SCHOOL HOLIDAYS	16 SCHOOL HOLIDAYS	17 SCHOOL HOLIDAYS	18 SCHOOL HOLIDAYS	19 SCHOOL HOLIDAYS
<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Tuscany, Birthplace of the Renaissance Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80. ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Wellness – Guildford Doily Card Making Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Chatterbox Fairfield RSL Lunch \$30 Transport \$20 	<ul style="list-style-type: none"> ■ Wellness – Guildford Doily Card Making Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Bingo Activity \$6.30Transport \$13.80
22 SCHOOL HOLIDAYS	23 SCHOOL HOLIDAYS	24 SCHOOL HOLIDAYS	25 SCHOOL HOLIDAYS	26 SCHOOL HOLIDAYS
<ul style="list-style-type: none"> ■ Wellness – Guildford Dine in Films Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Wellness – Guildford Doily Card Making Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Community Inclusion Day Australia Day Beach Party Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Social Outing - Museum of Contemporary Art (MCA) West Ashfield Leagues Lunch \$30 Transport \$20 	AUSTRALIA DAY PUBLIC HOLIDAY
29	30	31		
<ul style="list-style-type: none"> ■ Wellness – Guildford Doily Card Making Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Tuscany, Birthplace of the Renaissance Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 		



February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BOOKINGS OPEN FOR MARCH SOCIAL OUTINGS	2
		BOOK Our vehicles for your next get together fees and charges on our Cumberland City Council Website *conditions applied	■ Roadtrip – Hars Aviation Museum Shell Harbour Airport – Long Day. Pre-pay on time of booking to confirm your spot. Non refundable Entry \$25 Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am	■ Wellness – Guildford Chair Dance Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Entertainer Activity \$6.30 Transport \$13.80
5	6	7	8	9
■ Wellness – Guildford 3D Paper Craft Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am	■ Wellness – Guildford Chair Dance Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am	■ Wellness – Guildford Armchair Travel- Cambodia, Land of the Angkor Ruins Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am	■ Social Outing – Hoyts Cinema – Wetherill Park Tickets - \$15 Lunch at own cost at Food Court Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am	■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80
12	13	14	15	16
■ Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am	■ Wellness – Guildford Armchair Travel- Cambodia, Land of the Angkor Ruins Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am	■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am	■ Chatterbox Cumberland Golf Club Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am	■ Wellness – Guildford Armchair Travel- Cambodia, Land of the Angkor Ruins Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville BollyFit Activity \$6.30 Transport \$13.80
19	20	21	22	23
■ Wellness – Guildford Chair Dance Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am	■ Customer Planning Day and Entertainment Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am	■ Wellness – Guildford 3D Paper Craft Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am	■ Social Outing – Lambeth Reserve – Picnic Point for Fishing & BBQ Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am	■ Wellness – Guildford 3D Paper Craft Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Craft Activity \$6.30 Transport \$13.80
26	27	28	29	
■ Wellness – Guildford Armchair Travel- Cambodia, Land of the Angkor Ruins Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am	■ Wellness - Guildford Dine in Films Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am	■ Community Inclusion Day Love is in the air Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am	■ Over 55's Berala Zumba Gold 9.30am – 10.30am	


Lipstick and Pearls Friday Fun Day at Guildford Community Centre



March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Family, Friends do you have some time on your hands and would like to Volunteer</p>	<p>BOOK Our vehicles for your next get together fees and charges on our Cumberland City Council Website *conditions applied</p>		<p>1 BOOKINGS OPEN FOR APRIL SOCIAL OUTINGS</p>
4	5	6	7	8
<ul style="list-style-type: none"> ■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Sunset Paint and Sip Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- South Africa Safari Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Road trip – Edagawa Garden – Long Day Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Sunset Paint and Sip Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80
11 SENIORS FESTIVAL	12 SENIORS FESTIVAL	13 SENIORS FESTIVAL	14 SENIORS FESTIVAL	15 SENIORS FESTIVAL
<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- South Africa Safari Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness Guildford Dine in Films- Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Social Outing – St Patrick's Day – Fiddler Rousehill Pre-pay on time of booking to confirm your spot. Non refundable Lunch \$65 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Zumba Gold Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville The Price is Right Activity \$6.30 Transport \$13.80
18 SENIORS FESTIVAL	19 SENIORS FESTIVAL	20 SENIORS FESTIVAL	21 HARMONY DAY	22 SENIORS FESTIVAL
<ul style="list-style-type: none"> ■ Wellness – Guildford Sunset Paint and Sip Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Learn to Belly Dance for Seniors Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Easter Egg Cupcakes Decorating Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Chatterbox –Cultural Cook Off for Harmony Day Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Easter Egg Cupcakes Decorating Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Art Activity \$6.30 Transport \$13.80
25	26	27	28	29
<ul style="list-style-type: none"> ■ Wellness – Guildford Easter Egg Cupcake Decorating Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Easter Egg Cupcakes Decorating Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Community Inclusion Day Jungle Fever Party Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<p>GOOD FRIDAY PUBLIC HOLIDAY</p>

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 BOOKINGS OPEN FOR MAY SOCIAL OUTINGS	3	4	5
<p>EASTER MONDAY PUBLIC HOLIDAY</p>	<ul style="list-style-type: none"> ■ Wellness – Guildford Chair Aerobics Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Peru, Santa Cruz Trek Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Roadtrip – Symbio Wildlife Park – Long Day Pre-pay on time of booking to confirm your spot. Non refundable Entry \$40 Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Entertainer Activity \$6.30 Transport \$13.80
8	9	10	11	12
<ul style="list-style-type: none"> ■ Wellness – Guildford Guess what's in the box Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Peru, Santa Cruz Trek Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Guess what's in the box Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Social Outing – Chau Chak Wing Museum Tour - \$10 Lunch at Café at own cost Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80
15 SCHOOL HOLIDAYS	16 SCHOOL HOLIDAYS	17 SCHOOL HOLIDAYS	18 SCHOOL HOLIDAYS	19 SCHOOL HOLIDAYS
<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Peru, Santa Cruz Trek Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Wellness – Guildford Guess what's in the box Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Social Outing –See “& Juliet”at the Lyric Theatre –Pre-pay at time of booking to confirm your spot. Non refundable Lunch at own cost Tickets \$85 (price subject to change) Transport \$20 	<ul style="list-style-type: none"> ■ Chatterbox– LaShish Restaurant - Guildford Lunch \$30 Transport \$20 	<ul style="list-style-type: none"> ■ Wellness – Guildford Guess what's in the box Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville The Price is Right Activity \$6.30 Transport \$13.80
22 SCHOOL HOLIDAYS	23 SCHOOL HOLIDAYS	24 SCHOOL HOLIDAYS	25 SCHOOL HOLIDAYS	26 SCHOOL HOLIDAYS
<ul style="list-style-type: none"> ■ Wellness – Guildford Chair Aerobics Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Wellness – Guildford Poppy flower craft Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 	<ul style="list-style-type: none"> ■ Community Inclusion Day 70's Disco Party Activity \$6.30 Meal \$9.80 Transport \$13.80 	<p>ANZAC DAY PUBLIC HOLIDAY</p>	<ul style="list-style-type: none"> ■ Wellness – Guildford Dine in Films- Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville BollyFit Activity \$6.30 Transport \$13.80.80
29	30			
<ul style="list-style-type: none"> ■ Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Sand Art Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 			<p>Family, Friends do you have some time on your hands and would like to Volunteer</p>

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BOOKINGS OPEN FOR JUNE SOCIAL OUTINGS	2	3
		<ul style="list-style-type: none"> ■ Wellness – Guildford Craft Bears Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Roadtrip – Ken Duncan Gallery - Erina Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Chair Yoga Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80.80
6	7	8	9	10
<ul style="list-style-type: none"> ■ Wellness – Guildford Dine in Films Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Scotland, Loch Ness & Culloden Battlefield Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Social Outing – Bella Vista Hotel Mother's Day High Tea Pre-pay on time of booking to confirm your spot. Non refundable \$55 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Mother's Day Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville BollyFit Activity \$6.30 Transport \$13.80
13	14	15	16	17
<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Scotland Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Craft Bears Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Chair Yoga Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Chatterbox – Three Swallows Pub - Yagoona Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Name Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville The Price is Right Activity \$6.30 Transport \$13.80
20 VOLUNTEER WEEK	21 VOLUNTEER WEEK	22 VOLUNTEER WEEK	23 VOLUNTEER WEEK	24 VOLUNTEER WEEK
<ul style="list-style-type: none"> ■ Wellness – Guildford Craft Bears Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Name Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness - Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Board Games Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Social Outing – Cumberland State Forest – Tour/ Plant shopping Pennant Hills Bowlo Club Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Scotland, Loch Ness & Culloden Battlefield Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville BollyFit Activity \$6.30 Transport \$13.80
27 RECONCILIATION DAY	28	29 Mini Break Program	30 Mini Break Program	31 Mini Break Program
<ul style="list-style-type: none"> ■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- Scotland, Loch Ness & Culloden Battlefield Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness - Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Community Inclusion Day Teddy Bears Picnic Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Social Outing – Bahai Temple Tour Terry Hills Tavern Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Craft Bears Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Entertainer Activity \$6.30 Transport \$13.80



Bunnings Partnership – Craft day



Social Outing – Featherdale Wildlife



Cooking Raspberry Jam Drops



Birthday Entertainer – Belly Dancing

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
BOOKINGS OPEN FOR JULY SOCIAL OUTINGS				
<ul style="list-style-type: none"> ■ Wellness – Guildford Palm Sketch Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Royal Photo Exhibition Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- England-Chelsea Flower Show Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Roadtrip – Glenorie's Bakery & Bakery Museum – Long Day Lunch at own cost Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80
10	11	12	13	14
KING'S BIRTHDAY PUBLIC HOLIDAY	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- England-Chelsea Flower Show Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Palm Sketch Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Social Outing – Brislington Medical and Nurses Museum Parramatta RSL Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Royal Photo Exhibition Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville BollyFit Activity \$6.30 Transport \$13.80
17	18	19	20	21
<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- England-Chelsea Flower Show Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Royal Photo Exhibition Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Chatterbox– Tanomi Japanese Restaurant, Lidcombe Lunch \$30 Transport \$20 ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville Board Games Activity \$6.30 Transport \$13.80
24	25	26	27	28
<ul style="list-style-type: none"> ■ Wellness – Guildford Royal Photo Exhibition Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Regents Park General Exercise 9.30am – 10.30am ■ Over 55's Greystanes General Exercise 9.00am – 10.00am 	<ul style="list-style-type: none"> ■ Wellness Guildford Dine in Films- Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Merrylands General Exercise 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Community Inclusion Day Tiaras and Crowns Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Over 55's Berala Zumba Gold 9.30am – 10.30am 	<ul style="list-style-type: none"> ■ Wellness – Guildford Armchair Travel- England-Chelsea Flower Show Activity \$6.30 Meal \$9.80 Transport \$13.80 ■ Senior Socialites-Wentworthville The Price is Right Activity \$6.30 Transport \$13.80



MEET THE TEAM BEHIND THE PROGRAM AND SERVICES

THE SOCIAL INCLUSION TEAM



Johanne Provins
Social Inclusion Transport
Assistant



Tianna Ngo
Social Inclusion Activities
Assistant



Carol Gates
Social Inclusion Activities
Assistant



Sandhya Bhattari
Social Inclusion
Support Worker



Trina Tawera
Social Inclusion Activities
Assistant



Neil Harbridge
Social Inclusion Driver
Casual



FRIDAY FUN DAY -
LIPSTICK AND PEARLS



MOTHER'S DAY CELEBRATION & A
HAPPY BIRTHDAY 99 YEARS YOUNG



CUMBERLAND
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