



CUMBERLAND
CITY COUNCIL



Seniors & Disability Services – Social Inclusion Team

Program Calendar | July – December 2025

90 O'Neill Street, Guildford 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.







Our Wellness Programs is on Monday's, Tuesday's, Wednesday's and Friday's. Enjoy various activities and a meal.



Book into our Over 55's Health Programs for each NSW school term. Locations around Cumberland LGA.



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



Enjoy a Chatterbox outing with your friends over lunch.

Call our office **(02) 8757 9031** we are waiting to hear from you.

We can assist in acquiring a My Aged Care (MAC) referral.

THE SOCIAL INCLUSION TEAM PROGRAM CALENDAR COVERS JULY – DECEMBER 2025

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 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/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 – transport is available 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.

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.

Meals – Nutrition Services provide 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 services. 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.

Please note that program details and fees and charges in this program calendar are subject to change without notice.

WELLNESS ACTIVITIES

Includes a morning tea, hot lunch & dessert.
Transport is available.

Activities from 10am to 2pm

Unless listed otherwise.

Location:

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

Activities include: Indoor sports, games, singing, craft and 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 (Every Monday) 10am to 2pm**
Guildford Community Centre (North Hall)
- **Maltese Group (Every Tuesday) 10am to 2pm**
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 alternating across 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 are welcome! Transport is available. Activities from 10am to 2pm unless listed otherwise.

SOCIAL OUTINGS

Hop on board accessible transport and 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 Guildford Community Centre North Hall, 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 – \$50 PER TERM (1HR CLASSES)

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.

GENERAL EXERCISE

Every Monday 9:30am to 10:30am

Regents Park Community Centre,
1 Amy Street, Regents Park

Every Monday 9am to 10am

Greystanes Community Centre,
732 Merrylands Road, Greystanes

Every Tuesday 9:30am to 10:30am

Banksia Room,
Wentworthville Community Centre,
2 Lane St Wentworthville

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.

ZUMBA GOLD

Every Wednesday 9:30am to 10:30am

Allan G Ezzy Community Centre,
1 Newport Street, Pemulwuy

Every Thursday 9:30am to 10:30am

Berala Community Centre,
Cnr Woodburn & Tilba Street, Berala

ONLINE EXERCISE CLASS

Free to Over 55's Health Programs, we require a minimum 8 customers to run this class. These programs run during NSW school terms only.

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 25 February 2025 we are introducing some new programs and initiatives while giving some existing ones a revamp.

SENIOR SOCIALITES – PEMULWUY

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 10am to 12noon
unless listed otherwise.

Allan G Ezzy Community Centre

1 Newport Street, Pemulwuy
(Pemulwuy Youth Centre)

Activities include: a rotation between Chair Exercises, Bingo, Craft and Games with Prizes and Entertainers.

COMMUNITY INCLUSION DAY

These themed Community Inclusion Days are back in 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.

SENIORS PICKLEBALL

We are hoping to add Seniors Pickleball to the Over 55s Program in Auburn.

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels. Pickleball rules are simple, making it a great introductory sport with medium intensity.

We require a minimum 8 customers to add this class. Fees and charges are as per current Over 55s programs.

If you are interested please call the team on 8757 9031



Program Price Guide – Commonwealth Home Support Program (CHSP)

PROGRAM	ACTIVITY COST	MEAL COST	TRANSPORT COST
 WELLNESS ACTIVITIES	\$6.50	\$10.10	\$14.20
 CALD WELLNESS PROGRAM	\$6.50	\$10.10	\$14.20
 DINE IN FILMS	\$6.50	\$10.10	\$14.20
 SOCIAL OUTINGS	VENUE ENTRY FREE If applicable, for more information, please see details provided in calendar	\$30 Unless stated otherwise, for more information, please see details provided in calendar	\$20.50
 CHATTERBOX TOURS	NOT APPLICABLE	\$30 Unless stated otherwise, for more information, please see details provided in calendar	\$20.50
 ROADTRIPS	PRICED PER EVENT For more information, please see details provided in calendar	PRICED PER EVENT For more information, please see details provided in calendar	\$20.50
 OVER 55'S HEALTH PROGRAMS	\$50 PER TERM	NOT APPLICABLE	NOT INCLUDED
 SENIOR SOCIALITES	\$6.50	INCLUDED	\$14.20
 COMMUNITY INCLUSION DAY	\$6.50	\$10.10	\$14.20

Program Price Guide – Home Care Package (HCP)

PROGRAM	ACTIVITY COST TO PROVIDER	MEAL ADMINISTRATION COST TO PROVIDER	TRANSPORT COST TO PROVIDER	CUSTOMER COST
 WELLNESS ACTIVITIES	\$65.00	\$10.10	\$27.50 PER TRIP	\$6.70 (CENTRE BASED FOOD COST)
 CALD WELLNESS PROGRAM	\$65.00	\$10.10	\$27.50 PER TRIP	\$6.70 (CENTRE BASED FOOD COST)
 DINE IN FILMS	\$65.00	\$10.10	\$27.50 PER TRIP	\$6.70 (CENTRE BASED FOOD COST)
 SOCIAL OUTINGS	\$70.50 – 16 PEOPLE OR MORE \$81.00 – LESS THAN 16 PEOPLE Costs associated with the outing such as meal and tickets are not included	NIL	\$27.50 PER TRIP	\$30 Unless stated otherwise, for more information, please see details provided in calendar
 CHATTERBOX TOURS	\$70.50 – 16 PEOPLE OR MORE \$81.00 – LESS THAN 16 PEOPLE Costs associated with the outing such as meal and tickets are not included	NIL	\$27.50 PER TRIP	\$30 Unless stated otherwise, for more information, please see details provided in calendar
 ROADTRIPS	\$70.50 – 16 PEOPLE OR MORE \$81.00 – LESS THAN 16 PEOPLE Costs associated with the outing such as meal and tickets are not included	NIL	\$27.50 PER TRIP	\$30 Unless stated otherwise, for more information, please see details provided in calendar
 OVER 55'S HEALTH PROGRAMS	NOT APPLICABLE	NOT APPLICABLE	NOT INCLUDED	\$50.00 PER TERM
 SENIOR SOCIALITES	\$65.00	\$10.10	\$27.50 PER TRIP	INCLUDED
 COMMUNITY INCLUSION DAY	\$65.00	\$10.10	\$27.50 PER TRIP	\$6.70 (CENTRE BASED FOOD COST)

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	Per hour	\$2.53
	04_599_0136_6_1	Per hour (Fractioned 1:4)	\$16.89
	Weekday (Standard)		\$18.60
	04_102_0136_6_1 T		
	Weeknight (8pm)		
	04_103_0136_6_1_T		
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	As Per Council's Fees & Charges \$10.10
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)

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



Johanne Provins
Social Inclusion
Transport Assistant



Carol Gates
Social Inclusion
Activities Assistant



Tianna Ngo
Social Inclusion
Activities Assistant



Trina Tawera
Social Inclusion
Activities Assistant



Neil Harbridge
Social Inclusion
Driver Casual



Melanie Denny
Social Inclusion
Support Worker



We are **determined**
to succeed



We are **inclusive**
in our approach



We are **progressive**
in our outlook



July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<div> <div></div> WELLNESS – GUILDFORD Coaster Art </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div> <div> BOOKINGS OPEN FOR AUGUST SOCIAL OUTINGS </div>	<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Las Vegas, The Nevada Dessert </div> <div> <div></div> OVER 55'S PEMULWUY </div>	<div> <div></div> ROADTRIP Ebenezer Church Lunch: \$30 Transport: \$20.50 <i>Limited seats available</i> </div> <div> <div></div> OVER 55'S BERALA </div>	<div> <div></div> WELLNESS – GUILDFORD Recycled Hoy Card Game </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Craft </div>
7 SCHOOL HOLIDAYS NAIDOC WEEK	8 SCHOOL HOLIDAYS NAIDOC WEEK	9 SCHOOL HOLIDAYS NAIDOC WEEK	10 SCHOOL HOLIDAYS NAIDOC WEEK	11 SCHOOL HOLIDAYS NAIDOC WEEK
<div> <div></div> WELLNESS – GUILDFORD Coaster Art </div> <div> <div></div> WELLNESS – SPANISH </div>	<div> <div></div> WELLNESS – GUILDFORD First Nation Bingo </div> <div> <div></div> WELLNESS – MALTESE </div>	<div> <div></div> WELLNESS – GUILDFORD Birthday Entertainer </div>	<div> <div></div> SOCIAL OUTING Op Shop Tour, Minchinbury Lunch: \$30 Transport: \$20.50 </div>	<div> <div></div> WELLNESS – GUILDFORD Dot Painting </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Entertainer </div>
14 SCHOOL HOLIDAYS	15 SCHOOL HOLIDAYS	16 SCHOOL HOLIDAYS	17 SCHOOL HOLIDAYS	18 SCHOOL HOLIDAYS
<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Las Vegas, The Nevada Dessert </div> <div> <div></div> WELLNESS – SPANISH </div>	<div> <div></div> WELLNESS – GUILDFORD Recycled Hoy Card Game </div> <div> <div></div> WELLNESS – MALTESE </div>	<div> <div></div> WELLNESS – GUILDFORD Coaster Art </div>	<div> <div></div> CHATTERBOX Fox Hills Golf Club Lunch: \$30 Transport: \$20.50 </div>	<div> <div></div> WELLNESS – GUILDFORD Coaster Art </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Board Games </div>
21	22	23	24	25
<div> <div></div> WELLNESS – GUILDFORD Recycled Hoy Card Game </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S REGENTS PARK </div>	<div> <div></div> WELLNESS – GUILDFORD iPad Games </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div>	<div> <div></div> WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch </div> <div> <div></div> OVER 55'S PEMULWUY </div>	<div> <div></div> SOCIAL OUTING Carisbrook House Lane Cove Lunch & Entry: \$30.00 Transport: \$20.50 </div> <div> <div></div> OVER 55'S BERALA </div>	<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Las Vegas, The Nevada Dessert </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Bingo </div>
28	29	30	31	
<div> <div></div> WELLNESS – GUILDFORD Bingo </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S REGENTS PARK </div> <div> <div></div> OVER 55'S GREYSTANES </div>	<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Las Vegas, The Nevada Dessert </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div>	<div> <div></div> COMMUNITY INCLUSION DAY Christmas in July </div> <div> <div></div> OVER 55'S PEMULWUY </div>	<div> <div></div> SOCIAL OUTING Captain Cook Tour, La Perouse Museum Lunch: \$30 Transport: \$20.50 </div> <div> <div></div> OVER 55'S BERALA </div>	


































August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				<div> <div></div> WELLNESS – GUILDFORD Impressionist Hydrangeas </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Australia Fun Quiz </div> <div> BOOKINGS OPEN FOR SEPTEMBER SOCIAL OUTINGS </div>
4	5	6	7	8
<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Western Samoa, Teuila Festival </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S REGENTS PARK </div> <div> <div></div> OVER 55'S GREYSTANES </div>	<div> <div></div> WELLNESS – GUILDFORD Chuck the Duck </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div>	<div> <div></div> WELLNESS – GUILDFORD Impressionist Hydrangeas </div> <div> <div></div> OVER 55'S PEMULWUY </div>	<div> <div></div> ROADTRIP Berrima Courthouse Lunch: \$30 Transport: \$20.50 </div> <div> <div></div> OVER 55'S BERALA </div>	<div> <div></div> WELLNESS – GUILDFORD Birthday Entertainer </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Bingo </div>
11	12	13	14	15
<div> <div></div> WELLNESS – GUILDFORD Bingo </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S REGENTS PARK </div> <div> <div></div> OVER 55'S GREYSTANES </div>	<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Western Samoa, Teuila Festival </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div>	<div> <div></div> WELLNESS – GUILDFORD Chuck the Duck </div> <div> <div></div> OVER 55'S PEMULWUY </div>	<div> <div></div> SOCIAL OUTING Clontarf Beach Reserve Morning Tea Lunch: \$30 Transport: \$20.50 </div> <div> <div></div> OVER 55'S BERALA </div>	<div> <div></div> WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Chair Exercise </div>
18	19	20	21	22
<div> <div></div> WELLNESS – GUILDFORD Chuck the Duck </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S REGENTS PARK </div> <div> <div></div> OVER 55'S GREYSTANES </div>	<div> <div></div> WELLNESS – GUILDFORD Impressionist Hydrangeas </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div>	<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Western Samoa, Teuila Festival </div> <div> <div></div> OVER 55'S PEMULWUY </div>	<div> <div></div> CHATTERBOX Sydney Cherry Blossom Festival -Auburn Botanic Garden Lunch: \$25 Transport: \$20.50 </div> <div> <div></div> OVER 55'S BERALA </div>	<div> <div></div> WELLNESS – GUILDFORD Chuck the Duck </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Craft </div>
25	26	27	28	29
<div> <div></div> WELLNESS – GUILDFORD Impressionist Hydrangeas </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S REGENTS PARK </div> <div> <div></div> OVER 55'S GREYSTANES </div>	<div> <div></div> WELLNESS – GUILDFORD Cover the Number Game </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div>	<div> <div></div> COMMUNITY INCLUSION DAY Scottish Highland Games </div> <div> <div></div> OVER 55'S PEMULWUY </div>	<div> <div></div> SOCIAL OUTING Guildford Bowling Club Lunch: \$30 Transport: \$20.50 </div> <div> <div></div> OVER 55'S BERALA </div>	<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Western Samoa, Teuila Festival </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Card Games </div>

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<div>WELLNESS – GUILDFORD</div> <div>Birthday Entertainer</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S REGENTS PARK</div> <div>OVER 55'S GREYSTANES</div> <div>BOOKINGS OPEN FOR OCTOBER SOCIAL OUTINGS</div>	<div>WELLNESS – GUILDFORD</div> <div>Pool Noodle Soccer</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S WENTWORTHVILLE</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Indonesia, Gate of Heaven</div> <div>OVER 55'S PEMULWUY</div>	<div>ROAD TRIP</div> <div>Apple Tree Park Bobbin Head</div> <div>Lunch: \$30</div> <div>Transport: \$20.50</div> <div>OVER 55'S BERALA</div>	<div>WELLNESS – GUILDFORD</div> <div>Father's Day Brunch</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Bolly Fit</div>
8	9	10	11	12
<div>WELLNESS GUILDFORD</div> <div>Dine in Films and Takeaway Lunch</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S REGENTS PARK</div> <div>OVER 55'S GREYSTANES</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Indonesia, Gate of Heaven</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S WENTWORTHVILLE</div>	<div>WELLNESS – GUILDFORD</div> <div>Felt Butterfly Craft</div> <div>OVER 55'S PEMULWUY</div>	<div>SOCIAL OUTING</div> <div>Parliament House Sydney</div> <div>Lunch: \$30</div> <div>Transport: \$20.50</div> <div>OVER 55'S BERALA</div>	<div>WELLNESS – GUILDFORD</div> <div>Pool Noodle Soccer</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Jenga Match</div>
15	16	17 MINI BREAK	18 MINI BREAK	19 MINI BREAK
<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Indonesia, Gate of Heaven</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S REGENTS PARK</div> <div>OVER 55'S GREYSTANES</div>	<div>WELLNESS – GUILDFORD</div> <div>Bingo</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S WENTWORTHVILLE</div>	<div>WELLNESS GUILDFORD</div> <div>Pool Noodle Soccer</div> <div>OVER 55'S PEMULWUY</div>	<div>CHATTERBOX</div> <div>Toongabbie Sports Club</div> <div>Lunch: \$30</div> <div>Transport: \$20.50</div> <div>OVER 55'S BERALA</div>	<div>WELLNESS – GUILDFORD</div> <div>Felt Butterfly Craft</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Jigsaw Puzzle Challenge</div>
22	23	24	25	26
<div>WELLNESS – GUILDFORD</div> <div>Pool Noodle Soccer</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S REGENTS PARK</div> <div>OVER 55'S GREYSTANES</div>	<div>WELLNESS – GUILDFORD</div> <div>Felt Butterfly Craft</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S WENTWORTHVILLE</div>	<div>COMMUNITY INCLUSION DAY –</div> <div>Springtime Serenade</div> <div>OVER 55'S PEMULWUY</div>	<div>OVER 55'S BERALA</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Indonesia, Gate of Heaven</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Craft</div>
29 SCHOOL HOLIDAYS	30 SCHOOL HOLIDAYS			
<div>WELLNESS – GUILDFORD</div> <div>Felt Butterfly Craft</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S GREYSTANES</div>	<div>WELLNESS – GUILDFORD</div> <div>Indoor Olympic Games</div> <div>WELLNESS – SPANISH</div>			

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SCHOOL HOLIDAYS	2 SCHOOL HOLIDAYS	3 SCHOOL HOLIDAYS
		<div>  WELLNESS – GUILDFORD Armchair Travel The Bahamas, Pink Sand Beach </div> <div>  BOOKINGS OPEN FOR NOVEMBER SOCIAL OUTINGS </div>	<div>  ROADTRIP Riverboat Cruise & Lunch Pre-pay \$59* at time of booking to confirm your spot (non refundable) Transport: \$20.50 <i>*Price subject to change.</i> </div>	<div>  WELLNESS – GUILDFORD Magazine Thread Placemat Craft </div> <div>  SENIOR SOCIALITES – PEMULWUY Bingo </div>
6 SCHOOL HOLIDAYS, ACTIVE AGEING WEEK	7 SCHOOL HOLIDAYS ACTIVE AGEING WEEK	8 SCHOOL HOLIDAYS ACTIVE AGEING WEEK	9 SCHOOL HOLIDAYS ACTIVE AGEING WEEK	10 SCHOOL HOLIDAYS ACTIVE AGEING WEEK
<div> LABOUR DAY PUBLIC HOILDAY </div>	<div>  WELLNESS – GUILDFORD Armchair Travel The Bahamas Pink Sand Beach </div> <div>  WELLNESS – MALTESE </div>	<div>  WELLNESS – GUILDFORD Magazine Thread Placemat Craft </div>	<div>  SOCIAL OUTING Thirlmere Rail Museum Lunch: \$30 Transport: \$20.50 </div>	<div>  WELLNESS – GUILDFORD Egg and Spoon Race </div> <div>  SENIOR SOCIALITES – PEMULWUY Board Games </div>
13 CARERS WEEK	14 CARERS WEEK	15 CARERS WEEK	16 CARERS WEEK	17 CARERS WEEK
<div>  WELLNESS – GUILDFORD Armchair Travel The Bahamas, Pink Sand Beach </div> <div>  WELLNESS – SPANISH </div> <div>  OVER 55'S REGENTS PARK </div> <div>  OVER 55'S GREYSTANES </div>	<div>  WELLNESS – GUILDFORD Magazine Thread Placemat Craft </div> <div>  WELLNESS – MALTESE </div> <div>  OVER 55'S WENTWORTHVILLE </div>	<div>  WELLNESS – GUILDFORD Bingo </div> <div>  OVER 55'S PEMULWUY </div>	<div>  CHATTERBOX Blacktown Sports Club Lunch: \$30 Transport: \$20.50 </div> <div>  OVER 55'S BERALA </div>	<div>  WELLNESS – GUILDFORD Armchair Travel The Bahamas Pink, Sand Beach </div> <div>  SENIOR SOCIALITES – PEMULWUY Chair Aerobics </div>
20	21	22	23	24
<div>  WELLNESS – GUILDFORD Egg and Spoon Race </div> <div>  WELLNESS – SPANISH </div> <div>  OVER 55'S REGENTS PARK </div> <div>  OVER 55'S GREYSTANES </div>	<div>  WELLNESS GUILDFORD Dine in Films and Takeaway Lunch </div> <div>  WELLNESS – MALTESE </div> <div>  OVER 55'S WENTWORTHVILLE </div>	<div>  WELLNESS – GUILDFORD Egg and Spoon Race </div> <div>  OVER 55'S PEMULWUY </div>	<div>  SOCIAL OUTING NSW Library Picnic Lunch: \$20 Transport: \$20.50 </div> <div>  OVER 55'S BERALA </div>	<div>  WELLNESS – GUILDFORD Board Games </div> <div>  SENIOR SOCIALITES – PEMULWUY Paper Craft </div>
27	28	29	30	31
<div>  WELLNESS – GUILDFORD Magazine Thread Placemat Craft </div> <div>  WELLNESS – SPANISH </div> <div>  OVER 55'S REGENTS PARK </div> <div>  OVER 55'S GREYSTANES </div>	<div>  WELLNESS – GUILDFORD Birthday Entertainer </div> <div>  WELLNESS – MALTESE </div> <div>  OVER 55'S WENTWORTHVILLE </div>	<div>  COMMUNITY INCLUSION DAY Oktoberfest </div> <div>  OVER 55'S PEMULWUY </div>	<div>  SOCIAL OUTING Lance Barracks Parramtta Entry Fee: \$15 Lunch: \$30 Transport: \$20.50 <i>No wheelchair access</i> </div> <div>  OVER 55'S BERALA </div>	<div>  WELLNESS – GUILDFORD Bingo </div> <div>  SENIOR SOCIALITES – PEMULWUY Numbers Art </div>

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<div>WELLNESS – GUILDFORD</div> <div>Fireworks Painting</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S REGENTS PARK</div> <div>OVER 55'S GREYSTANES</div>	<div>MELBOUNE CUP OUTING AND ENTERTAINMENT</div> <div>Activity Cost: \$50*</div> <div>Transport: \$14.20</div> <div>Pre-pay at time of booking to confirm your spot (non-refundable).</div> <div>*Price subject to change</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S WENTWORTHVILLE</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel, Colombia</div> <div>El Carnaval de Baranquilla</div> <div>OVER 55'S PEMULWUY</div>	<div>ROADTRIP</div> <div>Fagan Park Games & BBQ</div> <div>Lunch: \$30</div> <div>Transport: \$20.50</div> <div>OVER 55'S BERALA</div> <div>BOOKINGS OPEN FOR DECEMBER SOCIAL OUTINGS</div>	<div>WELLNESS – GUILDFORD</div> <div>Mystery Balloon</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Entertainer</div>
10	11 REMEMBRANCE DAY	12	13	14
<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel, Colombia</div> <div>El Carnaval de Baranquilla</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S REGENTS PARK</div> <div>OVER 55'S GREYSTANES</div>	<div>WELLNESS – GUILDFORD</div> <div>Cupcake Case Poppy Canvas</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S WENTWORTHVILLE</div>	<div>WELLNESS – GUILDFORD</div> <div>Birthday Entertainer</div> <div>OVER 55'S PEMULWUY</div>	<div>SOCIAL OUTING</div> <div>Sydney Fish Market</div> <div>Transport: \$20.50</div> <div>Lunch at own cost</div> <div>OVER 55'S BERALA</div>	<div>WELLNESS – GUILDFORD</div> <div>Fireworks Painting</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Sponge Flower Craft</div>
17	18	19	20	21
<div>WELLNESS – GUILDFORD</div> <div>Mystery Balloon</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S REGENTS PARK</div> <div>OVER 55'S GREYSTANES</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel, Colombia</div> <div>El Carnaval de Baranquilla</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S WENTWORTHVILLE</div>	<div>WELLNESS GUILDFORD</div> <div>Dine in Films and Takeaway Lunch</div> <div>OVER 55'S PEMULWUY</div>	<div>CHATTERBOX</div> <div>New Victoria Tavern</div> <div>Lunch: \$30</div> <div>Transport: \$20.50</div> <div>OVER 55'S BERALA</div>	<div>WELLNESS – GUILDFORD</div> <div>Paper Run Race</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Bingo</div>
24 SOCIAL INCLUSION WEEK	25 SOCIAL INCLUSION WEEK	26 SOCIAL INCLUSION WEEK	27 SOCIAL INCLUSION WEEK	28 SOCIAL INCLUSION WEEK
<div>WELLNESS – GUILDFORD</div> <div>Indoor Games Challenge</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S REGENTS PARK</div> <div>OVER 55'S GREYSTANES</div>	<div>WELLNESS – GUILDFORD</div> <div>Mystery Balloon</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S WENTWORTHVILLE</div>	<div>COMMUNITY INCLUSION DAY</div> <div>Diwali Festival of Lights</div> <div>OVER 55'S PEMULWUY</div>	<div>SOCIAL OUTING</div> <div>Christmas Treats</div> <div>Cooking with Friends</div> <div>Lunch: \$30</div> <div>Transport: \$20.50</div> <div>OVER 55'S BERALA</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel, Colombia</div> <div>El Carnaval de Baranquilla</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Chair Aerobics</div>

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <div> <div></div> WELLNESS – GUILDFORD Christmas Bingo </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S REGENTS PARK </div> <div> <div></div> OVER 55'S GREYSTANES </div>	2 <div> <div></div> WELLNESS – GUILDFORD Armchair Travel Morrocco, The Valley of Roses </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div>	3 INTERNATIONAL DAY OF PERSONS WITH DISABILITIES <div> <div></div> WELLNESS – GUILDFORD Good Santa and Bad Santa </div> <div> <div></div> OVER 55'S PEMULWUY </div>	4 <div> <div></div> ROADTRIP Christmas Lights Tour Dinner: \$30 Transport: \$20.50 </div> <div> <div></div> OVER 55'S BERALA Class will be held at Guildford Community Centre. Transport will be available. </div>	5 INTERNATIONAL VOLUNTEER DAY <div> <div></div> WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Bolly Fit </div>
<div>BOOKINGS OPEN FOR JANUARY SOCIAL OUTINGS</div>				
8 <div> <div></div> WELLNESS – GUILDFORD Good Santa and Bad Santa </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S REGENTS PARK </div> <div> <div></div> OVER 55'S GREYSTANES </div>	9 <div> <div></div> WELLNESS – GUILDFORD Koala Christmas Card Making </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div>	10 <div> <div></div> WELLNESS – GUILDFORD Armchair Travel Morrocco, The Valley of Roses </div> <div> <div></div> OVER 55'S PEMULWUY </div>	11 <div> <div></div> OVER 55'S BERALA </div>	12 <div> <div></div> WELLNESS – GUILDFORD Birthday Entertainer </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Christmas Bingo </div>
15 <div> <div></div> WELLNESS – GUILDFORD Armchair Travel Morrocco, The Valley of Roses </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S REGENTS PARK </div> <div> <div></div> OVER 55'S GREYSTANES </div>	16 <div> <div></div> WELLNESS – GUILDFORD Good Santa and Bad Santa </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S WENTWORTHVILLE </div>	17 <div> <div></div> WELLNESS – GUILDFORD Koala Christmas Card Making </div> <div> <div></div> OVER 55'S PEMULWUY </div>	18 <div> <div></div> END OF YEAR PARTY Entertainment, Meal and Gift: \$50* Transport: \$14.20 Pre-pay at time of booking to confirm your spot (non refundable) <i>Limited spots available</i> <i>*Price subjects to change</i> </div> <div> <div></div> OVER 55'S BERALA </div>	19 ALL PROGRAMS WILL RESUME FROM 5TH JANUARY 2026



To book outings and/or transport please phone the Social Inclusion Team on **(02) 8757 9031**
You will be notified of your pick-up time the day before the event.

* Different fees apply to NDIS participants or people over the age of 65 (50 for Aboriginal and Torres Strait Islanders) who are receiving a Home Care Package.

Please note that program details and prices outlined in this calendar are subject to change.



**CUMBERLAND
CITY COUNCIL**

Allan G Ezzy Community Centre

1 Newport Street,
Pemulwuy

Berala Community Centre

Cnr Woodburn & Tilba Street,
Berala

Greystanes Community Centre

732 Merrylands Road,
Greystanes

Guildford Community Centre

90 O'Neill Street,
Guildford

Regents Park Community Centre

1 Amy Street,
Regents Park

Wentworthville Community Centre

2 Lane Street,
Wentworthville

Cumberland City Council

16 Memorial Avenue, PO Box 42, Merrylands NSW 2160.

T 8757 9000 **W** cumberland.nsw.gov.au **E** council@cumberland.nsw.gov.au

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