



Seniors & Disability Services - Social Inclusion Team

Program Calendar | July – December 2023

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 July – December 2023.

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 and to stop the virus transmission.

 **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 the 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 minimum 8 customers to run this class. * These programs run during 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 recent 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.

Friday Fun Day - we are bringing special themed parties back to the program. Join us for a fun filled day with themed 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



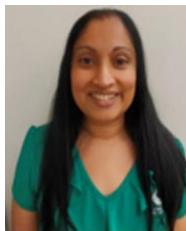
We are **progressive**
in our outlook

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



Johanne Provins
Social Inclusion Transport
Assistant



Christopher Albert
Social Inclusion Transport
Assistant



Tianna Ngo
Social Inclusion Activities
Assistant



Sandhya Bhattari
Social Inclusion
Support Worker



Trina Tawera
Social Inclusion Activities
Assistant



Carol Gates
Social Inclusion Activities
Assistant

Current relevant NDIS Price Guide from 19.06.2023

Category Description	NDIS Code/s	Unit Rate	Price as per Price Guide
Social Inclusion Program Assistance with Self-Care Activities (Shopping Assistance)	01_011_0107_1 T	Per hour	\$64.04
Social Inclusion Program Transitional Arrangement Rate for Centre Based Group Activities <i>Extended by the NDIA until December 2023 and applied by Council until 19.11.2023</i> Assistance with Social Economic and Community Participation (Activities in Community 1:5 TTP)	Weekday 04_180_0136_6_1 T Weeknight (Program finish after 8pm) 04_181_0136_6_1 T Saturday 04_182_0136_6_1 T	Per hour Per hour	\$21.24 \$23.17 \$28.96
Social Inclusion Program Transitional Arrangement Rate for Community Based Group Activities <i>Extended by the NDIA until December 2023 and applied by Council until 19.11.2023</i> Assistance with Social Economic and Community Participation (Activities in Community 1:5 TTP)	Weekday 04_141_0136_6_1 T	Per hour	\$18.96
Social Inclusion Program <i>NDIS Pricing Arrangement Fees from 20.11.2023</i> Centre Based Group Activities (1:5) Participation in Community, Social & Recreation Activities (1:5)	Weekday 04_102_0136_6_1 T Weeknight (Program finish after 8pm) 04_103_0136_6_1 T Saturday 04_104_0136_6_1 T	Per hour (fractioned 1:5) Per hour (fractioned 1:5) Per hour (fractioned 1:5)	\$12.80 \$14.11 \$18.02
Category Description	NDIS Code/s	Unit Rate	Price as per Price Guide
Nutrition Services Assistance with Daily Living (Preparation and Delivery of Meals)	Weekday 01_023_0120_1_1	Each	\$9.80 As per Council's Fees and Charges



**If you enjoy being creative come join
our Wellness Programs, our Activities
Team would be happy to be creative
with you, see the calendar for the
craft days and book in.**





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

Book into our Over 55's health programs run each NSW school term. Locations around Cumberland LGA.

We can assist in acquiring a My Aged Care referral.

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.



July 2023

BOOKINGS OPEN FOR AUGUST SOCIAL OUTINGS

MONDAY - NAIDOC WEEK	TUESDAY - NAIDOC WEEK	WEDNESDAY - NAIDOC WEEK	THURSDAY - NAIDOC WEEK	FRIDAY - NAIDOC WEEK
3 SCHOOL HOLIDAYS	4 SCHOOL HOLIDAYS	5 SCHOOL HOLIDAYS	6 SCHOOL HOLIDAYS	7 SCHOOL HOLIDAYS
<p>■ Wellness Guildford- Dine in Films</p> <p>■ Wellness-Spanish</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>■ Wellness – Guildford Damper making Day</p> <p>■ Wellness-Maltese</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>■ Wellness – Guildford Workshop with Bunnings- Craft</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>■ Roadtrip – Gang Show – Tickets \$31 – Pre-pay on time of booking to confirm your spot. Non refundable</p> <p>Lunch at own cost Transport \$20</p>	<p>■ Wellness – Guildford First Nation's Bingo</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville Entertainer</p> <p>Activity \$6.30 Transport \$13.80</p>
10 SCHOOL HOLIDAYS	11 SCHOOL HOLIDAYS	12 SCHOOL HOLIDAYS	13 SCHOOL HOLIDAYS	14 SCHOOL HOLIDAYS
<p>■ Wellness – Guildford Stop The Bus Game</p> <p>■ Wellness-Spanish</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>■ Wellness – Guildford Foam Flower Craft</p> <p>■ Wellness-Maltese</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>■ Wellness – Guildford Armchair Travel- Exotic Vietnam</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>■ Social Outing – Christmas in July – Camden Pre-pay on time of booking to confirm your spot. Non refundable</p> <p>Lunch \$55 Transport \$20</p>	<p>■ Wellness – Guildford Birthday Entertainer</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville Bingo</p> <p>Activity \$6.30 Transport \$13.80</p>
17	18	19	20	21
<p>■ Wellness – Guildford Armchair Travel- Exotic Vietnam</p> <p>■ Wellness-Spanish</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park</p> <p>General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes</p> <p>General Exercise 9.00am – 10.00am</p>	<p>■ Wellness – Guildford Birthday Entertainer</p> <p>■ Wellness-Maltese</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Merrylands</p> <p>General Exercise 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Bingo</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>■ Chatterbox – Pendle Hill Hotel</p> <p>Lunch \$30 Transport \$20</p> <p>■ Over 55's Berala</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Stop The Bus Game</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville The Price is Right</p> <p>Activity \$6.30 Transport \$13.80</p>
24	25	26	27	28
<p>■ Wellness – Guildford Bingo</p> <p>■ Wellness-Spanish</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park</p> <p>General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes</p> <p>General Exercise 9.00am – 10.00am</p>	<p>■ Wellness – Guildford Armchair Travel- Exotic Vietnam</p> <p>■ Wellness-Maltese</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Merrylands</p> <p>General Exercise 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Foam Flower Craft</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>■ Social Outing –Great Western Hwy - Op Shop Tour</p> <p>Wentworthville Leagues Club</p> <p>Lunch \$30 Transport \$20</p> <p>■ Over 55's Berala</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>■ Friday Fun Day Golden Melodies</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville Craft</p> <p>Activity \$6.30 Transport \$13.80</p>
31				
<p>■ Wellness – Guildford Foam Flower Craft</p> <p>■ Wellness-Spanish</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park</p> <p>General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes</p> <p>General Exercise 9.00am – 10.00am</p>		<p>Come and enjoy a meal with friends book in to Chatterbox today</p>		<p>The Royal Motor Yacht Club Served a beautiful Fish and Chips meal.</p>

Chatterbox - Day Out at Auburn Gardens enjoying a BBQ in the Sun



August 2023

BOOKINGS OPEN FOR SEPTEMBER SOCIAL OUTINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
BOOK Our vehicles for your next get together fees and charges on our Cumberland City Council Website *conditions applied 	Wellness – Guildford Bingo Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 Over 55's Merrylands General Exercise 9.30am – 10.30am	Wellness – Guildford Silhouette Lady Craft Activity \$6.30 Meal \$9.80 Transport \$13.80 Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am	Roadtrip – Lucas Heights Tour Club Central Menai Entry \$15 Lunch \$30 Transport \$20 Over 55's Berala Zumba Gold 9.30am – 10.30am	Wellness – Guildford Armchair Travel- Korea a nation of broth and BBQ Activity \$6.30 Meal \$9.80 Transport \$13.80 Senior Socialites-Wentworthville Entertainer Activity \$6.30 Transport \$13.80
7	8	9	10	11
Wellness – Guildford Birthday Entertainer 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 Silhouette Lady Craft Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 Over 55's Merrylands General Exercise 9.30am – 10.30am	Wellness – Guildford Guess The Item Game Activity \$6.30 Meal \$9.80 Transport \$13.80 Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am	Social Outing – Darrell Lea Factory – Ingelburn Ingelburn RSL Lunch \$30 Transport \$20 Over 55's Berala Zumba Gold 9.30am – 10.30am	Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80
14	15	16	17	18
Wellness – Guildford Guess The Item Game 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- Korea a nation of broth and BBQ 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 – St. John's Bowling Club Lunch \$30 Transport \$20 Over 55's Berala Zumba Gold 9.30am – 10.30am	Wellness – Guildford Silhouette Lady Craft Activity \$6.30 Meal \$9.80 Transport \$13.80 Senior Socialites-Wentworthville Craft Activity \$6.30 Transport \$13.80
21	22	23	24	25
Wellness – Guildford Silhouette Lady Craft 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 Zumba Gold 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- Korea a nation of broth and BBQ Activity \$6.30 Meal \$9.80 Transport \$13.80 Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am	Social Outing – Cherry Blossom tour at Auburn Botanic Gardens bring your cameras and walking shoes Auburn Tennis Club Lunch \$30 Transport \$20 Over 55's Berala Zumba Gold 9.30am – 10.30am	Friday Fun Day Garden Party Activity \$6.30 Meal \$9.80 Transport \$13.80 Senior Socialites-Wentworthville BollyFit Activity \$6.30 Transport \$13.80
28	29	30	31	
Wellness – Guildford Armchair Travel- Korea a nation of broth and BBQ 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 Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 Over 55's Merrylands General Exercise 9.30am – 10.30am	Wellness – Guildford Chair Aerobics 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 	Family, Friends do you have some time on your hands and would like to Volunteer



September 2023

BOOKINGS OPEN FOR OCTOBER SOCIAL OUTINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				<p>■ Wellness – Guildford Footy Colours - Father's Day event Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80</p>
4	5	6	7	8
<p>■ Wellness – Guildford Secret Message Invisible Ink ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes General Exercise 9.00am – 10.00am</p>	<p>■ Wellness – Guildford Chair Yoga ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Merrylands General Exercise 9.30am – 10.30am</p>	<p>■ Wellness Guildford Dine in Films Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am</p>	<p>■ Roadtrip – Kiama Blow Hole Tour Kiama Bowlo Lunch \$30 Transport \$20</p> <p>■ Over 55's Berala Zumba Gold 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80</p>
11	12	13	14	15
<p>■ Wellness – Guildford Armchair Travel- Israel the Dead Sea ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes General Exercise 9.00am – 10.00am</p>	<p>■ Wellness – Guildford Birthday Entertainer ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Merrylands General Exercise 9.30am – 10.30am</p>	<p>■ Wellness – Guildford The Bowl Game Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am</p> <p>■ Social Outing – See Wicked at the Lyric Theatre – Pre-pay at time of booking to confirm your spot. Non refundable Lunch at own cost Tickets \$79 Transport \$20</p>	<p>■ Social Outing – Auburn Community Picnic Ground – Enjoy a BBQ & Bingo with Friends Lunch \$30 Transport \$20</p> <p>■ Over 55's Berala Zumba Gold 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville The Price is Right Activity \$6.30 Transport \$13.80</p>
18	19	20	21	22
<p>■ Wellness – Guildford The Bowl Game ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes General Exercise 9.00am 10.00am</p>	<p>■ Wellness – Guildford Armchair Travel- Israel the Dead sea ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Merrylands General Exercise 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Secret Message Invisible Ink Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am</p>	<p>■ Chatterbox – Fairfield RSL Lunch \$30 Transport \$20</p> <p>■ Over 55's Berala Zumba Gold 9.30am – 10.30am</p>	<p>■ Friday Fun Day Lipstick and Pearls Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville BollyFit Activity \$6.30 Transport \$13.80</p>
25 SCHOOL HOLIDAYS	26 SCHOOL HOLIDAYS	27 SCHOOL HOLIDAYS	28 SCHOOL HOLIDAYS	29 SCHOOL HOLIDAYS
<p>■ Wellness – Guildford Bingo ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>■ Wellness – Guildford Secret Message Invisible Ink ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>■ Wellness – Guildford Armchair Travel- Israel the Dead sea Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>■ Social Outing – Elizabeth Farm Camelia Hotel Entry-Free Lunch \$30 Transport \$20</p>	<p>■ Wellness – Guildford Secret Message Invisible Ink Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville Craft Activity \$6.30 Transport \$13.80</p>


October 2023

BOOKINGS OPEN FOR NOVEMBER SOCIAL OUTINGS

MONDAY- ACTIVE AGING 2 SCHOOL HOLIDAYS	TUESDAY- ACTIVE AGING 3 SCHOOL HOLIDAYS	WEDNESDAY- ACTIVE AGING 4 SCHOOL HOLIDAYS	THURSDAY- ACTIVE AGING 5 SCHOOL HOLIDAYS	FRIDAY- ACTIVE AGING 6 SCHOOL HOLIDAYS
PUBLIC HOLIDAY LABOUR DAY	<p>Wellness – Guildford Phrases and Sayings Quiz</p> <p>Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>Wellness – Guildford Zumba Gold</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p>	<p>Roadtrip – Featherdale Wildlife</p> <p>Pre-pay on time of booking to confirm your spot. Non refundable</p> <p>Entry \$36 bring your own Lunch Transport \$20</p>	<p>Wellness Guildford- Dine in Films</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Senior Socialites-Wentworthville Bingo</p> <p>Activity \$6.30 Transport \$13.80</p>
9	10	11	12	13
<p>Wellness – Guildford Armchair Travel- Ireland Jig Dancing</p> <p>Wellness-Spanish</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Regents Park</p> <p>General Exercise 9.30am – 10.30am</p> <p>Over 55's Greystanes</p> <p>General Exercise 9.00am 10.00am</p>	<p>Wellness – Guildford Birthday Entertainer</p> <p>Wellness-Maltese</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Merrylands</p> <p>General Exercise 9.30am – 10.30am</p>	<p>Wellness – Guildford Gummy Worms Come Alive</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Pemulwuy</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>Social Outing – Maritime Museum</p> <p>Pancakes on the Rocks</p> <p>Entry \$20 Lunch at own cost</p> <p>Transport \$20 (Wear your walking shoes)</p> <p>Over 55's Berala</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>Wellness – Guildford Armchair Travel- Ireland Jig Dancing</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Senior Socialites-Wentworthville BollyFit</p> <p>Activity \$6.30 Transport \$13.80</p>
16 CARERS WEEK	17 CARERS WEEK	18 CARERS WEEK	19 CARERS WEEK	20 CARERS WEEK
<p>Wellness – Guildford Phrases and Sayings Quiz</p> <p>Wellness-Spanish</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Regents Park</p> <p>General Exercise 9.30am – 10.30am</p> <p>Over 55's Greystanes</p> <p>General Exercise 9.00am 10.00am</p>	<p>Wellness – Guildford Gummy Worms Come Alive</p> <p>Wellness-Maltese</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Merrylands</p> <p>General Exercise 9.30am – 10.30am</p>	<p>Wellness – Guildford Armchair Travel- Ireland Jig Dancing</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Pemulwuy</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>Chatterbox – Smithfield RSL</p> <p>Lunch \$30 Transport \$20</p> <p>Over 55's Berala</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>Carer's week evening event</p> <p>Outback Barn Dance and Line Dancing</p> <p>Free for carers</p> <p>Event \$35 includes dinner Pre-pay</p> <p>Non refundable Transport \$13.80</p> <p>Senior Socialites-Wentworthville</p> <p>The Price is Right</p> <p>Activity \$6.30 Transport \$13.80</p>
23	24	25	26	27
<p>Wellness – Guildford Chair Aerobics</p> <p>Wellness-Spanish</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Regents Park</p> <p>General Exercise 9.30am – 10.30am</p> <p>Over 55's Greystanes</p> <p>General Exercise 9.00am 10.00am</p>	<p>Wellness – Guildford Armchair Travel- Ireland Jig Dancing</p> <p>Wellness-Maltese</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Merrylands</p> <p>General Exercise 9.30am – 10.30am</p>	<p>Wellness – Guildford Phrases and Sayings Quiz</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Pemulwuy</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>Social Outing – Gledswood Homestead and Winery</p> <p>Pre-pay on time of booking to confirm your spot. Non refundable</p> <p>Lunch \$45 Transport \$20</p> <p>Over 55's Berala</p> <p>Zumba Gold 9.30am – 10.30am</p>	<p>Friday Fun Day</p> <p>Halloween Party</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Senior Socialites-Wentworthville Craft</p> <p>Activity \$6.30 Transport \$13.80</p>
30	31			
<p>Wellness – Guildford Gummy Worms Come Alive</p> <p>Wellness-Spanish</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Regents Park</p> <p>General Exercise 9.30am 10.30am</p> <p>Over 55's Greystanes</p> <p>General Exercise 9.00am -10.00am</p>	<p>Wellness – Guildford Bingo</p> <p>Wellness-Maltese</p> <p>Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>Over 55's Merrylands</p> <p>General Exercise 9.30am – 10.30am</p>			

Novemeber 2023

BOOKINGS OPEN FOR DECEMBER SOCIAL OUTINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<p>■ Wellness – Guildford Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am</p>	<p>■ Roadtrip – Bundeena – Austimere Tour Picnic Lunch \$30 Transport \$20</p> <p>■ Over 55's Berala Zumba Gold 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Birthday Entertainer Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville BollyFit Activity \$6.30 Transport \$13.80</p>
6	7	8	9 MINI BREAK	10 MINI BREAK
<p>■ Wellness – Guildford Armchair Travel- Bali ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes General Exercise 9.00am – 10.00am</p>	<p>■ Melbourne Cup Outing Meal and Entertainment \$65 (price subject to change) Pre-pay on time of booking to confirm your spot. Non refundable Transport \$13.80</p> <p>■ Over 55's Merrylands General Exercise 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Clothes Peg Game Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am</p>	<p>■ Social Outing – Campbellhill Reserve Picnic Ground – Enjoy a Bingo and BBQ Lunch \$30 Transport \$20</p> <p>■ Over 55's Berala Zumba Gold 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Compostable Bag Flower Painting Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80</p>
13	14	15	16	17
<p>■ Wellness – Guildford Birthday Entertainer ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes General Exercise 9.00am – 10.00am</p> <p>■ Social Outing– Rhythm Boat Cruise – Bingo Lunch & Cruise Pre-pay at time of booking to confirm your spot. Non refundable Ticket \$65.00 Transport \$20.00</p>	<p>■ Wellness – Guildford Compostable Bag Flower Painting ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Merrylands General Exercise 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Armchair Travel- Bali Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am</p>	<p>■ Chatterbox – Liverpool Catholic Club Lunch \$30 Transport \$20</p> <p>■ Over 55's Berala Zumba Gold 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Armchair Travel- Bali Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville The Price is Right Activity \$6.30 Transport \$13.80</p>
20 SOCIAL INCLUSION WEEK	21 SOCIAL INCLUSION WEEK	22 SOCIAL INCLUSION WEEK	23 SOCIAL INCLUSION WEEK	24 SOCIAL INCLUSION WEEK
<p>■ Wellness Guildford- Dine in Films ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes General Exercise 9.00am – 10.00am</p>	<p>■ Wellness – Guildford Armchair Travel- Bali ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Merrylands General Exercise 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Compostable Bag Flower Painting Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am</p>	<p>■ Social Outing – Penrith Observatory Penrith Panthers Tickets \$12 Lunch \$30 Transport \$20</p> <p>■ Over 55's Berala Zumba Gold 9.30am – 10.30am</p>	<p>■ Friday Fun Day Talk Like a Pirate Day Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Senior Socialites-Wentworthville Craft Activity \$6.30 Transport \$13.80</p>
27	28	29	30	
<p>■ Wellness – Guildford Compostable Bag Flower Painting ■ Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Regents Park General Exercise 9.30am – 10.30am</p> <p>■ Over 55's Greystanes General Exercise 9.00am – 10.00am</p>	<p>■ Wellness – Guildford Clothes Peg Game ■ Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Merrylands General Exercise 9.30am – 10.30am</p>	<p>■ Wellness – Guildford Chair Aerobics Activity \$6.30 Meal \$9.80 Transport \$13.80</p> <p>■ Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am</p>	<p>■ Over 55's Berala Zumba Gold 9.30am – 10.30am</p>	



December 2023

BOOKINGS OPEN FOR JANUARY SOCIAL OUTOUTINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Wellness – Guildford Christmas Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80 Senior Socialites-Wentworthville BollyFit Activity \$6.30 Transport \$13.80
4	5 INTERNATIONAL VOLUNTEER DAY	6	7	8
Wellness – Guildford Candy Cane Christmas Sleighs 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 Christmas Bingo 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	Roadtrip – Rivercat Tour along Parramatta River bring your own lunch Opal cards required Ticket \$8 Transport \$20 Over 55's Berala Zumba Gold 9.30am – 10.30am	Wellness – Guildford Candy Cane Christmas Sleighs Activity \$6.30 Meal \$9.80 Transport \$13.80 Senior Socialites-Wentworthville Bingo Activity \$6.30 Transport \$13.80
11	12	13	14	15
Wellness – Guildford Christmas Bingo 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- Christmas Island Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80 Over 55's Merrylands General Exercise 9.30am – 10.30am	Wellness – Guildford Candy Cane Christmas sleighs Activity \$6.30 Meal \$9.80 Transport \$13.80 Over 55's Pemulwuy Zumba Gold 9.30am – 10.30am	Social Outing – Jewish Museum Fortuna Cafe Entry \$14 Lunch \$30 Transport \$20 Over 55's Berala Zumba Gold 9.30am – 10.30am	Friday Fun Day Christmas Fete Activity \$6.30 Meal \$9.80 Transport \$13.80 Senior Socialites-Wentworthville Board Games Activity \$6.30 Transport \$13.80
18	19	20	21	22
Wellness – Guildford Armchair Travel- Christmas Island Wellness-Spanish Activity \$6.30 Meal \$9.80 Transport \$13.80	Wellness – Guildford Candy Cane Christmas Sleighs Wellness-Maltese Activity \$6.30 Meal \$9.80 Transport \$13.80	Wellness – Guildford Christmas Bingo Activity \$6.30 Meal \$9.80 Transport \$13.80	End of Year Party- limited seating Pre-pay at time of booking to confirm your spot. Non refundable Entertainment, meal and gift \$50.00 (price subject to change) Transport \$13.80	All programs and services will return on Monday 8 January 2024

Mini Break – Customers at Hydro Majestic for High Tea





CUMBERLAND
CITY COUNCIL

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

 Cumberland City Council Sydney  [cumberlandcitycouncil](https://www.instagram.com/cumberlandcitycouncil)