



## Seniors & Disability Services – Social Inclusion Team

### Program Calendar | January – June 2023

90 O'Neill Street, Guildford, NSW 2161 P (02) 8757 9031 E [social.inclusion@cumberland.nsw.gov.au](mailto: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](http://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 programs covering January – June 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 three and a half 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 will be 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 and to continually sanitise and wash their 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 9.30am – 1.00pm 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, Move It or Lose It or Chair Aerobics. 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 Activities** – *these programs are currently combined with the Wellness Program on the below days.*

**Spanish Group (Weekly)** – 9.30am to 1pm every Monday at the Guildford Community Centre (North Hall).

**Maltese Group (Weekly)** – 9.30am to 1pm 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 9.30am to 1pm 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** – previously know as ‘lunch Club’ 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.

A bit of trivia to get you started – What was the name of the first Mayor of Cumberland City Council, do you know?

■ **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 to 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 \$46.00/term (1hr classes/weekly or 2hr classes/fortnightly). The online class is free to customers attending any other Over 55's programs resuming in July 2023. \* These programs run during school terms only and we are always on the look-out for new participants.

*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 fabulously 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 Merryland 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 customers will resume in July 2023.

### **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 27<sup>th</sup> May 2022 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 10<sup>th</sup> 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 May)

### **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.

## 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	NDIS Category & Code	Unit Rate	Price
Social Inclusion Assistance with Social Economic and Community Participation Community Participation in Community / Group and Centre Based (1:1)	Weekday 04_102_0136_6_1_T	Per hour	\$64.04
Transitional Arrangements Fee Group activities in a Centre (1:5)	Weekday 04_180_0136_6_1_T	Per hour	\$21.24
	Weeknight (evening finish after 8pm) 04_181_0136_6_1_T	Per hour	\$23.17
Transitional Arrangements Fee Group activities in the Community (1:5)	Weekday 04_141_0136_6_1_T	Per hour	\$19.96
Assistance with Self-Care Activities (Taking Participants Shopping)	Weekday Daytime 01_011_0107_1_1_T	Per hour	\$59.81
Community, Social & Recreational Activities	Standard / Anytime 04_210_0125_6_1	Each	<i>As Per Reimbursement Cost (Shared Contribution Cost when Group Based)</i>
Nutrition Services Assistance with Daily Living Assistance with the cost of preparation and delivery of meals	Weekday 01_022_0120_1_1	Each	<i>As Per Quote (Refer to Council's Fees and Charges 2022/23) Currently Priced at \$9.30)</i>
Activity Based Transport Fee (contribution for vehicle running costs, hire, fuel, parking fees, tolls)	04_591_0136_6_1  Or  01_799_0107_1_1	Kilometre Distance Travelled (fractioned by passenger number/s)	Per Vehicle (standard 85c per km or accessible/modified \$2.40 per km) As Per NDIS reasonable charge rate
Community, Social & Recreational Activities – Contribution for Unaffordable Program Costs	Standard / Anytime 04_210_0125_6_1	Each	<i>As Per Reimbursement Cost (Shared Contribution Cost when Group Based)</i>

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.



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

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


We can assist in acquiring a My Aged Care referral.



# January 2023


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 SCHOOL HOLIDAYS</b>	<b>3 SCHOOL HOLIDAYS</b>	<b>4 SCHOOL HOLIDAYS</b>	<b>5 SCHOOL HOLIDAYS</b>	<b>6 SCHOOL HOLIDAYS</b>
<b>9 SCHOOL HOLIDAYS</b>	<b>10 SCHOOL HOLIDAYS</b>	<b>11 SCHOOL HOLIDAYS</b>	<b>12 SCHOOL HOLIDAYS</b>	<b>13 SCHOOL HOLIDAYS</b>
<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul> <div style="border: 1px solid black; background-color: yellow; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">BOOKINGS OPEN FOR FEBRUARY SOCIAL OUTINGS</p> </div>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Armchair Travel- Australia The Whitsunday Islands</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Straw and Foil wallart</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Social Outing – Mt Annan Botanical Gardens</b> Lunch \$25 Transport \$19</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Armchair Travel- Australia The Whitsunday Islands</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Senior Socialites-Wentworthville Bingo</b> Activity \$6 Transport \$13</li> </ul>
<b>16 SCHOOL HOLIDAYS</b>	<b>17 SCHOOL HOLIDAYS</b>	<b>18 SCHOOL HOLIDAYS</b>	<b>19 SCHOOL HOLIDAYS</b>	<b>20 SCHOOL HOLIDAYS</b>
<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Armchair Travel- Australia The Whitsunday Islands</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Yoga</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Armchair Travel- Australia The Whitsunday Islands</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Social Outing Social Outing– Movies at Reading Cinema</b> Ticket \$10 - \$20 Lunch \$25 Transport \$19</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Straw and Foil wallart</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Senior Socialites-Wentworthville The Price is Right</b> Activity \$6 Transport \$13</li> </ul>
<b>23 SCHOOL HOLIDAYS</b>	<b>24 SCHOOL HOLIDAYS</b>	<b>25 SCHOOL HOLIDAYS</b>	<b>26 SCHOOL HOLIDAYS</b>	<b>27 SCHOOL HOLIDAYS</b>
<ul style="list-style-type: none"> <li>■ <b>Wellness Guildford- Dine in Films</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Straw and Foil wallart</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Aussie Puzzle game</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<p><b>AUSTRALIA DAY PUBLIC HOLIDAY</b></p>	<ul style="list-style-type: none"> <li>■ <b>Friday Fun Day Australia Day Celebrations- dress in Aussie clours</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Senior Socialites-Wentworthville Craft</b> Activity \$6 Transport \$13</li> </ul>
<b>30</b>	<b>31</b>			
<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Straw and Foil wallart</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am</li> <li>■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am</li> </ul>			

# February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 SENIORS FESTIVAL</b> ■ <b>Wellness – Guildford</b> <b>Pass the Ball game</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am  <div style="border: 1px solid black; background-color: yellow; padding: 2px; text-align: center;"> <b>BOOKINGS OPEN FOR MARCH SOCIAL OUTINGS</b> </div>	<b>2 SENIORS FESTIVAL</b> ■ <b>Roadtrip – Premier's Concert – Limited seats– Expression of interest will be taken and names will be drawn by ballot- 2.45pm start</b> Lunch \$25 Transport \$19	<b>3 SENIORS FESTIVAL</b> ■ <b>Wellness – Guildford Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville Entertainer</b> Activity \$6 Transport \$13
<b>6 SENIORS FESTIVAL</b> ■ <b>Wellness – Guildford Zumba Gold</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	<b>7 SENIORS FESTIVAL</b> ■ <b>Wellness – Guildford Bunnings Workshop</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	<b>8 SENIORS FESTIVAL</b> ■ <b>Wellness – Guildford Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	<b>9 SENIORS FESTIVAL</b> ■ <b>Social Outing – Panorama House</b> Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	<b>10 SENIORS FESTIVAL</b> ■ <b>Wellness – Guildford Armchair Travel- UK Shakespeare-Mid Summer's Night Dream</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville Bingo</b> Activity \$6 Transport \$13
<b>13</b> ■ <b>Wellness – Guildford Pass the Ball game</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	<b>14</b> ■ <b>Wellness – Guildford Armchair Travel- UK Shakespeare-Mid Summer's Night Dream</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	<b>15</b> ■ <b>Wellness – Guildford Sunflower Craft</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Social Outing – Hair Spray the Musical. Limited seats pre-pay on booking to confirm your spot. Nonrefundable</b> Ticket \$107, Lunch at own cost Transport \$19 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	<b>16</b> ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	<b>17</b> ■ <b>Friday Fun Day Love is in the air- Dress in Red</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville Craft</b> Activity \$6 Transport \$13
<b>20</b> ■ <b>Wellness – Guildford Trivia Day</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	<b>21 SHROVE TUESDAY</b> ■ <b>Wellness – Guildford Pass the Ball game</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	<b>22</b> ■ <b>Wellness – Guildford Armchair Travel- UK Shakespeare-Mid Summer's Night Dream</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	<b>23</b> ■ <b>Chatterbox Guildford Bowling Club</b> Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	<b>24</b> ■ <b>Wellness – Guildford Sunflower Craft</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville BollyFit</b> Activity \$6 Transport \$13
<b>27</b> ■ <b>Wellness – Guildford Armchair Travel- UK Shakespeare-Mid Summer's Night Dream</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	<b>28</b> ■ <b>Wellness - Guildford Dine in Films</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am			



# March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> ■ <b>Wellness – Guildford</b> <b>Guess the baby photos</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am  <div style="border: 1px solid black; background-color: yellow; padding: 2px; text-align: center;">                         BOOKINGS OPEN FOR APRIL                          SOCIAL OUTINGS                     </div>	<b>2</b> ■ <b>Road trip –</b> <b>Nepean Bell Cruise and Lunch</b> <b>Limited accessibility (no</b> <b>wheelchair access) Pre-Pay on</b> <b>booking to confirm your spot.</b> <b>Non-refundable</b> Lunch \$65 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	<b>3</b> ■ <b>Wellness – Guildford</b> <b>Armchair Travel- Eygypt the land</b> <b>of the Nile</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville</b> <b>Entertainer</b> Activity \$6 Transport \$13
<b>6</b> ■ <b>Wellness – Guildford</b> <b>Senior Hot Seat Challenge</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	<b>7</b> ■ <b>Wellness – Guildford</b> <b>Crepe Paper Craft</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	<b>8</b> ■ <b>Wellness Guildford</b> <b>Dine in Films-</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	<b>9</b> ■ <b>Social Outing –</b> <b>Mt Schoenstatt Shrine Mulgoa</b> Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	<b>10</b> ■ <b>Wellness – Guildford</b> <b>Guess the baby photos</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville</b> <b>Bingo</b> Activity \$6 Transport \$13
<b>13</b> ■ <b>Wellness – Guildford</b> <b>Armchair Travel- Eygypt the land</b> <b>of the Nile</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	<b>14</b> ■ <b>Wellness – Guildford</b> <b>Guess the baby photos</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	<b>15</b> ■ <b>Wellness – Guildford</b> <b>Chair Aerobics</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	<b>16</b> ■ <b>Social Outing – Aunty Molly's St</b> <b>Patrick's Lunch and show</b> <b>at Davistown RSL Limited seats</b> <b>Pre-pay on booking non-</b> <b>refundable. Two pick up points</b> <b>only Guildford and Pemulwuy.</b> <b>Early start - Long Day event.</b> Lunch \$65 Transport \$19	<b>17 HARMONY DAY</b> ■ <b>Friday Fun Day</b> <b>Multi Cultural day- Dress in Orange</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville</b> <b>The Price is Right</b> Activity \$6 Transport \$13
<b>20</b> ■ <b>Wellness – Guildford</b> <b>Guess the baby photos</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	<b>21</b> ■ <b>Wellness – Guildford</b> <b>Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	<b>22</b> ■ <b>Wellness – Guildford</b> <b>Crepe Paper Craft</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	<b>23</b> ■ <b>Chatterbox</b> <b>Toongabbie RSL</b> Lunch \$25 Transport \$19	<b>24</b> ■ <b>Wellness – Guildford</b> <b>Board Games</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville</b> <b>BollyFit</b> Activity \$6 Transport \$13
<b>27</b> ■ <b>Wellness – Guildford</b> <b>Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	<b>28</b> ■ <b>Wellness – Guildford</b> <b>Armchair Travel- Eygypt the land</b> <b>of the Nile</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	<b>29</b> ■ <b>Wellness – Guildford</b> <b>Senior Hot Seat Challenge</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	<b>30</b> ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	<b>31</b> ■ <b>Wellness – Guildford</b> <b>Spring Bunny Flower Pot and</b> <b>Easter Egg Hunt</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville</b> <b>Paper Flower craft</b> Activity \$6 Transport \$13

# April 2023


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> ■ <b>Wellness – Guildford Chair Aerobics and Easter Egg Hunt</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am  <div style="background-color: yellow; border: 1px solid black; padding: 2px; text-align: center;">                         BOOKINGS OPEN FOR MAY                          SOCIAL OUTINGS                     </div>	<b>4</b> ■ <b>Wellness – Guildford Spring Bunny Flower Pot and Easter Egg Hunt</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	<b>5</b> ■ <b>Wellness – Guildford Armchair Travel- France The Champs Elysees and Easter Egg Hunt</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	<b>6</b> ■ <b>Roadtrip – Mt Wilson Autumn Trail</b> Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	<b>7 EASTER</b>  <div style="text-align: center; color: blue;"> <b>GOOD FRIDAY                          PUBLIC HOLIDAY</b> </div>
<b>10 EASTER/SCHOOL HOLIDAYS</b>  <div style="text-align: center; color: blue;"> <b>EASTER MONDAY                          PUBLIC HOLIDAY</b> </div>	<b>11 SCHOOL HOLIDAYS</b> ■ <b>Wellness – Guildford Armchair Travel- France The Champs Elysees</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13	<b>12 SCHOOL HOLIDAYS</b> ■ <b>Wellness – Guildford Guess the Landmarks game</b> Activity \$6 Meal \$9.30 Transport \$13	<b>13 SCHOOL HOLIDAYS</b> ■ <b>Social Outing – Mooney Mooney Sightseeing and Pie in the Sky</b> Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	<b>14 SCHOOL HOLIDAYS</b> ■ <b>Wellness – Guildford Crepe Paper craft</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville Bingo</b> Activity \$6 Transport \$13
<b>17 SCHOOL HOLIDAYS</b> ■ <b>Wellness – Guildford Armchair Travel- France The Champs Elysees</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13	<b>18 SCHOOL HOLIDAYS</b> ■ <b>Wellness – Guildford Guess the Landmarks game</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13	<b>19 SCHOOL HOLIDAYS</b> ■ <b>Wellness – Guildford Spring Bunny Flower Pot</b> Activity \$6 Meal \$9.30 Transport \$13	<b>20 SCHOOL HOLIDAYS</b> ■ <b>Chatterbox– Club Parramatta</b> Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	<b>21 SCHOOL HOLIDAYS</b> ■ <b>Wellness – Guildford Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville The Price is Right</b> Activity \$6 Transport \$13
<b>24</b> ■ <b>Wellness – Guildford Guess the Landmarks game</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	<b>25</b>  <div style="text-align: center; color: blue;"> <b>ANZAC DAY                          PUBLIC HOLIDAY</b> </div>	<b>26</b> ■ <b>Wellness – Guildford Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	<b>27</b> ■ <b>Social Outing – Royal Motor Yacht Club, Broken Bay, Northern Beaches Pre-pay on booking non-refundable</b> Lunch \$35 Transport \$19	<b>28</b> ■ <b>Wellness – Guildford Dine in Films-</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville BollyFit</b> Activity \$6 Transport \$13

# May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Celebrity look alike</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am</li> <li>■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am</li> </ul> <div style="border: 1px solid black; background-color: yellow; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">BOOKINGS OPEN FOR JUNE SOCIAL OUTINGS</p> </div>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Armchair Travel- The Carnival of Brazil</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Seniors Hot Seat Challenge</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Roadtrip –</b> <b>The Long Jetty at The Entrance</b> Lunch at own cost Transport \$19</li> <li>■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Hat Galore Story</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Senior Socialites-Wentworthville</b> <b>Bingo</b> Activity \$6 Transport \$13</li> </ul>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12 MOTHER'S DAY</b>
<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Dine in Films</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am</li> <li>■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Armchair Travel- The Carnival of Brazil</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Social Outing –</b> <b>Victoria's Basement Castle Hill</b> Lunch at own cost Transport \$19</li> <li>■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Friday Fun Day</b> <b>Mother's Day brunch and Entertainment- wear Pink</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Senior Socialites-Wentworthville</b> <b>The Price is Right</b> Activity \$6 Transport \$13</li> </ul>
<b>15 VOLUNTEER WEEK</b>	<b>16 VOLUNTEER WEEK</b>	<b>17 VOLUNTEER WEEK</b>	<b>18 VOLUNTEER WEEK</b>	<b>19 VOLUNTEER WEEK</b>
<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Armchair Travel- The Carnival of Brazil</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am</li> <li>■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Celebrity look alike</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Yoga</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Chatterbox –</b> <b>Auburn Botanical Gardens, BBQ Lunch and Program</b> Lunch \$25 Transport \$19</li> <li>■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Celebrity look alike</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Senior Socialites-Wentworthville</b> <b>Entertainer</b> Activity \$6 Transport \$13</li> </ul>
		<b>MINI BREAK PROGRAM</b>	<b>MINI BREAK PROGRAM</b>	<b>MINI BREAK PROGRAM</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Hat Galore Story</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Wellness - Maltese</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Celebrity look alike</b> Activity \$6 Meal \$9.30 Transport \$13</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Social Outing –</b> <b>Calmsley Hill City Farm</b> Entry \$23, Lunch bring your own or buy from Café on site, Transport \$19</li> <li>■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Wellness – Guildford</b> <b>Armchair Travel- The Carnival of Brazil</b> Activity \$6 Meal \$9.30 Transport \$13</li> <li>■ <b>Senior Socialites-Wentworthville</b> <b>BollyFit</b> Activity \$6 Transport \$13</li> </ul>



# June 2023

June 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> ■ Roadtrip – <b>Scenic Palm Beach Tour</b> Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am  <div style="background-color: yellow; border: 1px solid black; padding: 2px; text-align: center;">                         BOOKINGS OPEN FOR JULY                          SOCIAL OUTINGS                     </div>	<b>2</b> ■ <b>Wellness – Guildford</b> <b>Armchair Travel- Poland folk art wycinanki</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville Entertainer</b> Activity \$6 Transport \$13
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
■ <b>Wellness – Guildford</b> <b>Who Am I game?</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	■ <b>Wellness – Guildford</b> <b>Old wives tales and Home remedies</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	■ <b>Wellness – Guildford</b> <b>Rock Photo Holders</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	■ <b>Social Outing –</b> <b>Vaucluse House</b> Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	■ <b>Friday Fun Day</b> <b>Winter Warmers -Wear wollies</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville Bingo</b> Activity \$6 Transport \$13
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b style="color: blue;">KING'S BIRTHDAY</b> <b style="color: blue;">PUBLIC HOLIDAY</b>	■ <b>Wellness – Guildford</b> <b>Armchair Travel- Poland folk art wycinanki</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	■ <b>Wellness – Guildford</b> <b>Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	■ <b>Social Outing –</b> <b>Hayden Orpheum in Cremorne</b> <b>Pre-pay tickets nonrefundable, Limited Seating.</b> Ticket \$20 Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	■ <b>Wellness – Guildford</b> <b>Old wives tales and Home remedies</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville Board Games</b> Activity \$6 Transport \$13
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
■ <b>Wellness – Guildford</b> <b>Armchair Travel- Poland folk art wycinanki</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	■ <b>Wellness – Guildford</b> <b>Who Am I game?</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	■ <b>Wellness – Guildford</b> <b>Old wives tales and Home remedies</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	■ <b>Chatterbox–</b> <b>Merrylands RSL –</b> <b>Signatures Buffet</b> Lunch \$25 Transport \$19 ■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	■ <b>Wellness – Guildford</b> <b>Rock Photo Holders</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville BollyFit</b> Activity \$6 Transport \$13
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
■ <b>Wellness – Guildford</b> <b>Old wives tales and Home remedies</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Spanish</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Regents Park</b> General Exercise 9.30am – 10.30am ■ <b>Over 55's Greystanes</b> General Exercise 9.00am – 10.00am	■ <b>Wellness Guildford</b> <b>Dine in Films-</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Wellness-Maltese</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Merrylands</b> General Exercise 9.30am – 10.30am	■ <b>Wellness – Guildford</b> <b>Armchair Travel- Poland folk art wycinanki</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Over 55's Pemulwuy</b> Zumba Gold 9.30am – 10.30am	■ <b>Over 55's Berala</b> Zumba Gold 9.30am – 10.30am	■ <b>Wellness – Guildford</b> <b>Birthday Entertainer</b> Activity \$6 Meal \$9.30 Transport \$13 ■ <b>Senior Socialites-Wentworthville The Price is Right</b> Activity \$6 Transport \$13

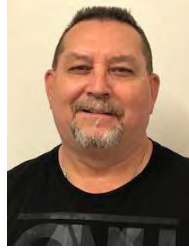


# MEET THE TEAM BEHIND THE PROGRAM AND SERVICES

## THE SOCIAL INCLUSION TEAM



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



Balbir Singh  
Social Inclusion Driver  
Casual







CUMBERLAND  
CITY COUNCIL

**Cumberland City Council**

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

**T** 8757 9000 **W** [cumberland.nsw.gov.au](http://cumberland.nsw.gov.au) **E** [council@cumberland.nsw.gov.au](mailto:council@cumberland.nsw.gov.au)

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