



CUMBERLAND  
CITY COUNCIL



Seniors & Disability Services – Social Inclusion Team

# Program Calendar | January – July 2025

90 O'Neill Street, Guildford 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.







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 JANUARY – JUNE 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 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.

## 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

## 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.

**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 20 February 2024 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 Yoga, Bingo, Craft, Name that Tune, The Price is Right 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.

## 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	<b>VENUE ENTRY FREE</b> If applicable, for more information, please see details provided in calendar	<b>\$30</b> Unless stated otherwise, for more information, please see details provided in calendar	\$20.50
 CHATTERBOX TOURS	NOT APPLICABLE	<b>\$30</b> Unless stated otherwise, for more information, please see details provided in calendar	\$20.50
 ROADTRIPS	<b>PRICED PER EVENT</b> For more information, please see details provided in calendar	<b>PRICED PER EVENT</b> 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	<b>\$70.50 – 16 PEOPLE OR MORE</b> <b>\$81.00 – LESS THAN 16 PEOPLE</b> Costs associated with the outing such as meal and tickets are not included	NIL	\$27.50 PER TRIP	<b>\$30</b> Unless stated otherwise, for more information, please see details provided in calendar
 CHATTERBOX TOURS	<b>\$70.50 – 16 PEOPLE OR MORE</b> <b>\$81.00 – LESS THAN 16 PEOPLE</b> Costs associated with the outing such as meal and tickets are not included	NIL	\$27.50 PER TRIP	<b>\$30</b> Unless stated otherwise, for more information, please see details provided in calendar
 ROADTRIPS	<b>\$70.50 – 16 PEOPLE OR MORE</b> <b>\$81.00 – LESS THAN 16 PEOPLE</b> Costs associated with the outing such as meal and tickets are not included	NIL	\$27.50 PER TRIP	<b>\$30</b> 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
<b>SOCIAL INCLUSION PROGRAM</b> 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
<b>NUTRITION SERVICES</b> Assistance with Daily Living Preparation and Delivery of Meals	Weekday 01_023_0120_1_1	Each	As Per Council's Fees & Charges \$10.10
<b>SENIORS &amp; DISABILITY SERVICES</b> 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



**Nass Kanj**  
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





# January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SCHOOL HOLIDAYS	2 SCHOOL HOLIDAYS	3 SCHOOL HOLIDAYS
		NEW YEAR'S DAY PUBLIC HOLIDAY	OFFICE CLOSED	OFFICE CLOSED
6 SCHOOL HOLIDAYS	7 SCHOOL HOLIDAYS	8 SCHOOL HOLIDAYS	9 SCHOOL HOLIDAYS	10 SCHOOL HOLIDAYS
<div>WELLNESS – GUILDFORD</div> <div>Birthday Entertainer</div> <div>WELLNESS – SPANISH</div> <div>BOOKINGS OPEN FOR FEBRUARY SOCIAL OUTINGS</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel Uluru Kata Tjuta National Park</div> <div>WELLNESS – MALTESE</div>	<div>WELLNESS – GUILDFORD</div> <div>Envelope Game</div>	<div>SOCIAL OUTING</div> <div>Woronora Dam Free entry BBQ lunch provided</div>	<div>WELLNESS – GUILDFORD</div> <div>Envelope Game</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Chair Yoga</div>
13 SCHOOL HOLIDAYS	14 SCHOOL HOLIDAYS	15 SCHOOL HOLIDAYS	16 SCHOOL HOLIDAYS	17 SCHOOL HOLIDAYS
<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel Uluru Kata Tjuta National Park</div> <div>WELLNESS – SPANISH</div>	<div>WELLNESS – GUILDFORD</div> <div>Envelope Game</div> <div>WELLNESS – MALTESE</div>	<div>WELLNESS – GUILDFORD</div> <div>Tree of Thanks Craft</div>	<div>CHATTERBOX – MERRYLANDS</div> <div>Bowling Club</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel Uluru Kata Tjuta National Park</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Bingo</div>
20 SCHOOL HOLIDAYS	21 SCHOOL HOLIDAYS	22 SCHOOL HOLIDAYS	23 SCHOOL HOLIDAYS	24 SCHOOL HOLIDAYS
<div>WELLNESS – GUILDFORD</div> <div>Dine in Films and Takeaway Lunch</div> <div>WELLNESS – SPANISH</div>	<div>WELLNESS – GUILDFORD</div> <div>Tree of Thanks Craft</div> <div>WELLNESS – MALTESE</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel Uluru Kata Tjuta National Park</div>	<div>SOCIAL OUTING</div> <div>Movie at Reading Cinema</div>	<div>WELLNESS – GUILDFORD</div> <div>Tree of Thanks Craft</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>The Price is Right</div>
27 SCHOOL HOLIDAYS	28 SCHOOL HOLIDAYS	29 SCHOOL HOLIDAYS	30 SCHOOL HOLIDAYS	31 SCHOOL HOLIDAYS
<div>AUSTRALIA DAY PUBLIC HOLIDAY</div>	<div>WELLNESS – GUILDFORD</div> <div>Name that Tune</div> <div>WELLNESS – MALTESE</div>	<div>COMMUNITY INCLUSION DAY</div> <div>Luna New Year Year of the Snake</div>	<div>SOCIAL OUTING</div> <div>Flower Power Garden Centre Panania</div>	<div>WELLNESS – GUILDFORD</div> <div>Mosaic Card Making</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Name that Tune</div>

# February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<div>WELLNESS – GUILDFORD</div> <div>Envelope Game</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div> <div>BOOKINGS OPEN FOR MARCH SOCIAL OUTINGS</div>	<div>WELLNESS – GUILDFORD</div> <div>Paddle Pop stick weaving</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Finish the Saying Quiz</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>ROADTRIP</div> <div>Mt Penang's Garden Central Coast</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Yarra Valley Wine Festival</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Entertainer</div>
10	11	12	13	14
<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Yarra Valley Wine Festival</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Dine in Films and Takeaway Lunch</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Paddle Pop Stick Weaving</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>SOCIAL OUTING</div> <div>Lindt Chocolate Factory</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Finish the Saying Quiz</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Bingo</div>
17	18	19	20	21
<div>WELLNESS – GUILDFORD</div> <div>Finish the Saying Quiz</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Birthday Entertainer</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Yarra Valley Wine Festival</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>CHATTERBOX</div> <div>Battle of the Chefs</div> <div>Is There Too Many Cooks in the Kitchen – You Tell Us</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Paddle Pop Stick Weaving</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Chair Yoga</div>
24	25	26	27	28
<div>WELLNESS – GUILDFORD</div> <div>Paddle Pop Stick Weaving</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Customer Planning Day</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>COMMUNITY INCLUSION DAY</div> <div>90's Hip Hop</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>SOCIAL OUTING</div> <div>Hazelhurst Arts Centre</div> <div>Free entry</div> <div>Meal at own cost, café on site</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Name that Tune</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Craft</div>

# March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 SENIORS FESTIVAL</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Homemade Lemonade</div> </div> <div> <div>WELLNESS – SPANISH</div> </div> <div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div> </div> <div>BOOKINGS OPEN FOR APRIL SOCIAL OUTINGS</div>	<b>4 SENIORS FESTIVAL   SHROVE TUESDAY</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Pancake Flips and Never Have I Ever game</div> </div> <div> <div>WELLNESS – MALTESE</div> </div> <div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div> </div>	<b>5 SENIORS FESTIVAL</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Armchair Travel Sri Lanka the Island of Tea</div> </div> <div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div> </div>	<b>6 SENIORS FESTIVAL</b>  <div> <div>ROAD TRIP – LIMITED SEATS</div> <div>Sydney Opera House Restaurant Tour</div> <div>Activity cost: \$35 (non-refundable)</div> <div>Pre-pay to confirm your booking</div> <div>Meal at own cost, restaurant on-site</div> <div>Accessible venue with lots of walking involved</div> </div> <div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div> </div>	<b>7 SENIORS FESTIVAL</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>iPad Games</div> </div> <div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Entertainer</div> </div>
<b>10 SENIORS FESTIVAL</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Never Have I Ever game</div> </div> <div> <div>WELLNESS – SPANISH</div> </div> <div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div> </div>	<b>11 SENIORS FESTIVAL</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Armchair Travel Sri Lanka the Island of Tea</div> </div> <div> <div>WELLNESS – MALTESE</div> </div> <div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div> </div>	<b>12 SENIORS FESTIVAL</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Birthday Entertainer</div> </div> <div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div> </div>	<b>13 SENIORS FESTIVAL</b>  <div> <div>SOCIAL OUTING</div> <div>Apple Tree Picnic Bobbin Head</div> </div> <div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div> </div>	<b>14 SENIORS FESTIVAL</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Armchair Travel Sri Lanka the Island of Tea</div> </div> <div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Bingo</div> </div>
<b>17</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Armchair Travel Sri Lanka the Island of Tea</div> </div> <div> <div>WELLNESS – SPANISH</div> </div> <div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div> </div>	<b>18</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Name that Tune</div> </div> <div> <div>WELLNESS – MALTESE</div> </div> <div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div> </div>	<b>19</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Dine in Films and Takeaway Lunch</div> </div> <div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div> </div> <div> <div>SOCIAL OUTING</div> <div>Lyric Theatre – MJ the Musical</div> <div>Activity cost: \$150* (non-refundable)</div> <div>Pre-pay to confirm your booking</div> </div>	<b>20</b>  <div> <div>CHATTERBOX</div> <div>Cabra-Vale Diggers Club</div> </div> <div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div> </div>	<b>21</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Never Have I Ever game</div> </div> <div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>The Price is Right</div> </div>
<b>24</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Bingo</div> </div> <div> <div>WELLNESS – SPANISH</div> </div> <div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div> </div>	<b>25</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Homemade Lemonade</div> </div> <div> <div>WELLNESS – MALTESE</div> </div> <div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div> </div>	<b>26</b>  <div> <div>COMMUNITY INCLUSION DAY</div> <div>Move Over for Clover-Irish Dress-up Party</div> </div> <div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div> </div>	<b>27</b>  <div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div> </div>	<b>28</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Paper Carrots Door Décor</div> </div> <div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Name that Tune</div> </div>
<b>31</b>  <div> <div>WELLNESS – GUILDFORD</div> <div>Scrapbook Collage</div> </div> <div> <div>WELLNESS – SPANISH</div> </div> <div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div> </div>				

\*Price subject to change

# April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<div>WELLNESS – GUILDFORD</div> <div>Label the Skeleton Challenge</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div> <div>BOOKINGS OPEN FOR MAY SOCIAL OUTINGS</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Singapore Gardens by the Bay</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>ROADTRIP</div> <div>Sydney Zoo</div> <div>Activity cost: \$55 (non-refundable)</div> <div>Pre-pay to confirm your booking</div> <div>Meal provided</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Dine in Films and Takeaway Lunch</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Entertainer</div>
7	8	9	10	11
<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Singapore Gardens by the Bay</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Paper Carrots Door Décor</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Homemade Lemonade</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>SOCIAL OUTING</div> <div>Sites of Berowra Waters Fish Cafe</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Birthday Entertainer and Easter Egg Hunt</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Bingo</div>
14 SCHOOL HOLIDAYS	15 SCHOOL HOLIDAYS	16 SCHOOL HOLIDAYS	17 SCHOOL HOLIDAYS	18 SCHOOL HOLIDAYS
<div>WELLNESS – GUILDFORD</div> <div>Paper Carrots Door Décor and Easter Egg Hunt</div> <div>WELLNESS – SPANISH</div>	<div>WELLNESS – GUILDFORD</div> <div>Bingo</div> <div>WELLNESS – MALTESE</div>	<div>WELLNESS – GUILDFORD</div> <div>Paper Carrots Door Décor and Easter Egg Hunt</div>	<div>CHATTERBOX</div> <div>BayVista Parramatta</div> <div>Meal at own cost</div>	GOOD FRIDAY PUBLIC HOLIDAY
21 SCHOOL HOLIDAYS	22 SCHOOL HOLIDAYS	23 SCHOOL HOLIDAYS	24 SCHOOL HOLIDAYS	25 SCHOOL HOLIDAYS
EASTER MONDAY PUBLIC HOLIDAY	<div>WELLNESS – GUILDFORD</div> <div>Scrapbook Collage and Easter Egg Hunt</div> <div>WELLNESS – MALTESE</div>	<div>WELLNESS – GUILDFORD</div> <div>Coin Toss Game</div>	<div>SOCIAL OUTING</div> <div>Military Engineering Museum</div> <div>Holsworthy</div>	ANZAC DAY PUBLIC HOLIDAY
28	29	30		
<div>WELLNESS – GUILDFORD</div> <div>Label the Skeleton Challenge</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Singapore Gardens by the Bay</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>COMMUNITY INCLUSION DAY</div> <div>Black and White Ball</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>		

# May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<div>ROADTRIP</div> <div>High Tea Hydro Majestic</div> <div>Meal cost: \$60 (non-refundable)</div> <div>Pre-pay to confirm your booking</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div> <div>BOOKINGS OPEN FOR JUNE SOCIAL OUTINGS</div>	<div>WELLNESS – GUILDFORD</div> <div>Scrapbook Collage</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Bingo</div>
5	6	7	8	9
<div>WELLNESS – GUILDFORD</div> <div>Dine in Films and Takeaway Lunch</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Guess by Profession Contest</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Monaco and Monte Carlo Casino</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>SOCIAL OUTING</div> <div>Birkenhead Point Shopping Spree</div> <div>Drummoyne</div> <div>Meal at own cost, dining on-site</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Mother's Day Bingo and Brunch</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Craft</div>
12	13	14	15	16
<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Monaco and Monte Carlo Casino</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Cup Cake Liner Craft</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Guess by Profession Contest</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>CHATTERBOX</div> <div>Crown on McCredie</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Guess by Profession Contest</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>The Price is Right</div>
19	20 VOLUNTEER WEEK	21 VOLUNTEER WEEK	22 VOLUNTEER WEEK	23 VOLUNTEER WEEK
<div>WELLNESS – GUILDFORD</div> <div>Birthday Entertainer</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Ping Pong Match</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Cup Cake Liner Craft</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>SOCIAL OUTING</div> <div>Arms Of Australia Inn Museum</div> <div>O'Donoghues Irish Pub</div> <div>Emu Plains</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Monaco and Monte Carlo Casino</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Chair Yoga</div>
26 VOLUNTEER WEEK	27	28	29	30
<div>WELLNESS – GUILDFORD</div> <div>Cup Cake Liner Craft</div> <div>WELLNESS – SPANISH</div> <div>OVER 55'S – REGENTS PARK / GREYSTANES</div> <div>General Exercise</div>	<div>WELLNESS – GUILDFORD</div> <div>Armchair Travel</div> <div>Monaco and Monte Carlo Casino</div> <div>WELLNESS – MALTESE</div> <div>OVER 55'S – WENTWORTHVILLE</div> <div>General Exercise</div>	<div>COMMUNITY INCLUSION DAY</div> <div>Casino Royal</div> <div>OVER 55'S – PEMULWUY</div> <div>Zumba Gold</div>	<div>SOCIAL OUTING</div> <div>Vivid Sydney</div> <div>Late start – wear walking shoes and warm clothes, meal provided</div> <div>OVER 55'S – BERALA</div> <div>Zumba Gold</div>	<div>WELLNESS – GUILDFORD</div> <div>Cup Cake Liner Craft</div> <div>SENIOR SOCIALITES – PEMULWUY</div> <div>Entertainer</div>

# June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<div> <div></div> WELLNESS – GUILDFORD Bingo </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S – REGENTS PARK / GREYSTANES General Exercise </div> <div> <div></div> BOOKINGS OPEN FOR JULY SOCIAL OUTINGS </div>	<div> <div></div> WELLNESS – GUILDFORD Birthday Entertainer </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S – WENTWORTHVILLE General Exercise </div>	<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Canada Suspension Bridge Calipano </div> <div> <div></div> OVER 55'S – PEMULWUY Zumba Gold </div>	<div> <div></div> ROADTRIP Motorlife Museum Dapto </div> <div> <div></div> OVER 55'S – BERALA Zumba Gold </div>	<div> <div></div> WELLNESS – GUILDFORD Ping Pong Match </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Bingo </div>
9	10	11	12	13
<div> <div></div> KING'S BIRTHDAY PUBLIC HOLIDAY </div>	<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Canada Suspension Bridge Calipano </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S – WENTWORTHVILLE General Exercise </div>	<div> <div></div> WELLNESS – GUILDFORD What's the Food game </div> <div> <div></div> OVER 55'S – PEMULWUY Zumba Gold </div>	<div> <div></div> SOCIAL OUTING Camelia Gardens </div> <div> <div></div> OVER 55'S – BERALA Zumba Gold </div>	<div> <div></div> WELLNESS – GUILDFORD Drawing by Numbers </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Chair Yoga </div>
16	17	18	19	20
<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Canada Suspension Bridge Calipano </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S – REGENTS PARK / GREYSTANES General Exercise </div>	<div> <div></div> WELLNESS – GUILDFORD What's the Food game </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S – WENTWORTHVILLE General Exercise </div>	<div> <div></div> WELLNESS – GUILDFORD Drawing by Numbers </div> <div> <div></div> OVER 55'S – PEMULWUY Zumba Gold </div>	<div> <div></div> CHATTERBOX Social Hideout Parramatta <i>Meal at own cost</i> </div> <div> <div></div> OVER 55'S – BERALA Zumba Gold </div>	<div> <div></div> WELLNESS – GUILDFORD What's the Food game </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY Board Games </div>
23	24	25	26	27
<div> <div></div> WELLNESS – GUILDFORD What's the Food game </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S – REGENTS PARK / GREYSTANES General Exercise </div>	<div> <div></div> WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch </div> <div> <div></div> WELLNESS – MALTESE </div> <div> <div></div> OVER 55'S – WENTWORTHVILLE General Exercise </div>	<div> <div></div> COMMUNITY INCLUSION DAY Winter themed Blanket and Hot Chocolate Bash </div> <div> <div></div> OVER 55'S – PEMULWUY Zumba Gold </div>	<div> <div></div> OVER 55'S – BERALA Zumba Gold </div>	<div> <div></div> WELLNESS – GUILDFORD Armchair Travel Canada Suspension Bridge Calipano </div> <div> <div></div> SENIOR SOCIALITES – PEMULWUY The Price is Right </div>
30				
<div> <div></div> WELLNESS – GUILDFORD Drawing by Numbers </div> <div> <div></div> WELLNESS – SPANISH </div> <div> <div></div> OVER 55'S – REGENTS PARK / GREYSTANES General Exercise </div>				



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

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