



**STAY ACTIVE,
STAY HEALTHY,
STAY CONNECTED**



Seniors & Disability Services – Social Inclusion Team

Program Calendar | July – December 2026

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

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







Our Wellness Program 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 during 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 for a My Aged Care (MAC) referral.

THE SOCIAL INCLUSION TEAM PROGRAM CALENDAR COVERS JULY TO DECEMBER 2026

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

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

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

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

FEES AND CHARGES

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

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

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

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

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

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

WELLNESS ACTIVITIES

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

Activities from 10am to 2pm

Unless listed otherwise.

Location:

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

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

Special programs include:

- Armchair Travel/Travel Reminiscence – visit places from around the world without leaving your chair.
- Birthday Celebrations, where we celebrate the birthdays of customers with cake, guest speakers, bingo & prizes or special entertainment.

CALD WELLNESS PROGRAM

These programs are currently combined with the Wellness Program on the below days.

- **Spanish Group (Every Monday) 10am to 2pm**
Guildford Community Centre (North Hall)
- **Maltese Group (Every Tuesday) 10am to 2pm**
Guildford Community Centre (North Hall).

DINE IN FILMS

Get together with friends at Guildford Community Centre and watch a golden oldie or modern day masterpiece film on the big screen.

We will have these days once a month alternating across weekdays so you don't miss out on this special day.

A delicious morning tea, hot lunch & dessert will be provided. Suggestions for favourite films are welcome! Transport is available. Activities from 10am to 2pm unless listed otherwise.

SOCIAL OUTINGS

Hop on board accessible transport and be taken on a day trip to places near and far! Come along with friends & make lots of new ones along the way! Suggestions for outing locations always welcome.

**Transport provided to and from your home.
Bookings are open one month prior.**

CHATTERBOX TOURS

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

ROADTRIPS

Similar to the 'Social Outings' offered, however transport will be from pick-up points around Cumberland area rather than from individual homes to cater for customers who are still able to access the community independently and would like to spend less time travelling on the bus.

Pick-up points will include Guildford Community Centre North Hall, Pemulwuy Allan G Ezzy Centre, Berala Community Centre, Merrylands Community Centre, Wentworthville Community Centre and Regents Park Library.

Let us tantalise the adventurer in you on a road trip to a place of interest which will always include a delicious lunch.



OVER 55'S HEALTH PROGRAMS – \$52 PER TERM (1HR CLASSES)

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

GENERAL EXERCISE

Every Monday 9:30am to 10:30am

Regents Park Community Centre,
1 Amy Street, Regents Park

Every Monday 9am to 10am

Greystanes Community Centre,
732 Merrylands Road, Greystanes

Every Tuesday 9:30am to 10:30am

Banksia Room, Wentworthville Community Centre,
2 Lane St Wentworthville

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

ZUMBA GOLD

Every Wednesday 9:30am to 10:30am

Allan G Ezzy Community Centre,
1 Newport Street, Pemulwuy

Every Thursday 9:30am to 10:30am

Berala Community Centre,
Cnr Woodburn & Tilba Street, Berala

ONLINE EXERCISE CLASS

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

RECENTLY ADDED PROGRAMS AND INITIATIVES APPEARING IN THIS CALENDAR:

We develop our program calendars with your suggestions and feedback in mind. Through our customer planning day conducted on 27 January 2026 we are introducing some new programs and initiatives while giving some existing ones a revamp.

SENIOR SOCIALITES – PEMULWUY

This new program provides seniors an opportunity to meet, socialise and enjoy the most popular activities we offer. This program does not include the same full suite of activities and meals as the Wellness Program, making it shorter in duration and more cost effective for customers. This program includes a light morning tea. Transport is available.

Activities from 10am to 12noon
unless listed otherwise.

Allan G Ezzy Community Centre

1 Newport Street, Pemulwuy
(Pemulwuy Youth Centre)










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

COMMUNITY INCLUSION DAY










These themed Community Inclusion Days are back in the program. We will be enjoying the company of local Aged Care residents. Join us for a fun filled day with entertainment, a delicious meal, games and prizes.



Program Price Guide – Commonwealth Home Support Program (CHSP)

PROGRAM	ACTIVITY COST	MEAL COST	TRANSPORT COST
 WELLNESS ACTIVITIES	\$6.50	\$10.10	\$14.20
 CALD WELLNESS PROGRAM	\$6.50	\$10.10	\$14.20
 DINE IN FILMS	\$6.50	\$10.10	\$14.20
 SOCIAL OUTINGS	VENUE ENTRY FREE If applicable, for more information, please see details provided in calendar	\$30 Unless stated otherwise, for more information, please see details provided in calendar	\$20.50
 CHATTERBOX TOURS	NOT APPLICABLE	\$30 Unless stated otherwise, for more information, please see details provided in calendar	\$20.50
 ROADTRIPS	PRICED PER EVENT For more information, please see details provided in calendar	PRICED PER EVENT For more information, please see details provided in calendar	\$20.50
 OVER 55'S HEALTH PROGRAMS	\$52.00 PER TERM	NOT APPLICABLE	NOT INCLUDED
 SENIOR SOCIALITES	\$6.50	INCLUDED Light refreshments	\$14.20
 COMMUNITY INCLUSION DAY	\$6.50	\$10.10	\$14.20

Program Price Guide – Support at Home (SAH)

PROGRAM	ACTIVITY COST TO PROVIDER - INCLUDING TRAVEL	MEAL ADMINISTRATION COST TO PROVIDER	TRANSPORT COST TO PROVIDER	CUSTOMER COST
 WELLNESS ACTIVITIES	\$31.50/HR	\$10.50		\$6.70 (CENTRE BASED FOOD COST)
 CALD WELLNESS PROGRAM	\$31.50/HR	\$10.50		\$6.70 (CENTRE BASED FOOD COST)
 DINE IN FILMS	\$31.50/HR	\$10.50		\$6.70 (CENTRE BASED FOOD COST)
 SOCIAL OUTINGS	\$23.75/HR Social Outings - includes travel (costs associated with outing e.g. meals, entry ticket etc. not included)	NIL		\$30.00 Unless stated otherwise, for more information, please see details provided in calendar
 CHATTERBOX TOURS	\$23.75/HR Social Outings - includes travel (costs associated with outing e.g. meals, entry ticket etc. not included)	NIL		\$30.00 Unless stated otherwise, for more information, please see details provided in calendar
 ROADTRIPS	\$23.75/HR Social Outings - includes travel (costs associated with outing e.g. meals, entry ticket etc. not included)	NIL		\$30.00 Unless stated otherwise, for more information, please see details provided in calendar
 OVER 55'S HEALTH PROGRAMS	NOT APPLICABLE	NOT APPLICABLE	NOT INCLUDED	\$52.00 PER TERM
 SENIOR SOCIALITES	\$17.00/HR No travel included	\$10.50		INCLUDED
 COMMUNITY INCLUSION DAY	\$31.50/HR	\$10.50		\$6.70 (CENTRE BASED FOOD COST)

Current Relevant NDIS Price Guide

CATEGORY DESCRIPTION	NDIS CODE/S	UNIT RATE	PRICE
SOCIAL INCLUSION PROGRAM Assistance with Social Economic and Community Participation Group Centre Based Activities	NDIS Centre Capital Costs	Per hour	\$2.59
	04_599_0136_6_1 Weekday (Standard)	Per hour (Fractioned 1:4)	\$17.55
	04_102_0136_6_1 T Weeknight (8pm) 04_103_0136_6_1_T		\$19.34
Assistance with Self-Care Activities Shopping Assistance	Weekday Daytime 01_011_0107_1_1_T	Per hour	\$70.23
NUTRITION SERVICES Assistance with Daily Living Preparation and Delivery of Meals	Weekday 01_023_0120_1_1	Each	As Per Council's Fees & Charges \$10.50
SENIORS & DISABILITY SERVICES Activity Based Transport Fee (NDIS reasonable rate for vehicle hire, running costs, fuel)	04_591_0136_6_1	Kilometre Distance Travelled (fractioned by passenger number/s) + any tolls or parking fees	Per Vehicle 99c per km (standard vehicle) \$2.76 per km (bus or accessible vehicle)

Meet the team behind the program and services, The Social Inclusion Team



Teneille Bush
Senior Coordinator
Seniors and Disability Services



Gayali Abayaratna
Social Inclusion
Customer Liaison Officer



Anna Marquez
Social Inclusion
Transport Officer



Johanne Provins
Social Inclusion
Transport Assistant



Carol Gates
Social Inclusion
Activities Assistant



Tianna Ngo
Social Inclusion
Activities Assistant



Trina Tawera
Social Inclusion
Activities Assistant



Melanie Denny
Social Inclusion
Transport Assistant



Neil Harbridge
Social Inclusion
Driver Casual



We are **determined**
to succeed



We are **inclusive**
in our approach



We are **progressive**
in our outlook



July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<p>WELLNESS – GUILDFORD Armchair Travel- Philipines- Cebu Island</p> <p>OVER 55'S PEMULWUY</p> <p>BOOKINGS OPEN FOR AUGUST SOCIAL OUTINGS</p>	<p>ROADTRIP - NEW SYDNEY FISH MARKET Lunch at own cost Transport -\$20.50</p>	<p>WELLNESS – GUILDFORD Aluminium Can Art</p> <p>SENIOR SOCIALITES – PEMULWUY Craft</p>
6 SCHOOL HOLIDAYS/NAIDOC WEEK	7 SCHOOL HOLIDAYS/NAIDOC WEEK	8 SCHOOL HOLIDAYS/NAIDOC WEEK	9 SCHOOL HOLIDAYS/NAIDOC WEEK	10 SCHOOL HOLIDAYS/NAIDOC WEEK
<p>WELLNESS – GUILDFORD Ping Pong Net Scoop Game</p> <p>WELLNESS – SPANISH</p>	<p>WELLNESS – GUILDFORD Aluminium Can Art</p> <p>WELLNESS – MALTESE</p>	<p>WELLNESS – GUILDFORD Birthday Entertainer</p>	<p>SOCIAL OUTING Gangshow at Chatswood The Concourse. Tickets \$40. Pre-pay at time of booking to confirm your spot (non refundable) *Price subject to change Lunch \$30 Transport \$20.50</p>	<p>WELLNESS – GUILDFORD The Price is Right</p> <p>SENIOR SOCIALITES – PEMULWUY Zumba Gold</p>
13 SCHOOL HOLIDAYS	14 SCHOOL HOLIDAYS	15 SCHOOL HOLIDAYS	16 SCHOOL HOLIDAYS	17 SCHOOL HOLIDAYS
<p>WELLNESS – GUILDFORD Armchair Travel- Philipines- Cebu Island</p> <p>WELLNESS – SPANISH</p>	<p>WELLNESS – GUILDFORD Ping Pong Net Scoop Game</p> <p>WELLNESS – MALTESE</p>	<p>WELLNESS – GUILDFORD Aluminium Can Art</p>	<p>CHATTERBOX Greystanes Inn Lunch \$30 Transport \$20.50</p>	<p>WELLNESS – GUILDFORD Ping Pong Net Scoop Game</p> <p>SENIOR SOCIALITES – PEMULWUY Board Games</p>
20	21	22	23	24
<p>WELLNESS – GUILDFORD Aluminium Can Art</p> <p>WELLNESS – SPANISH</p> <p>OVER 55'S REGENTS PARK</p> <p>OVER 55'S GREYSTANES</p>	<p>WELLNESS – GUILDFORD Zumba Gold</p> <p>WELLNESS – MALTESE</p> <p>OVER 55'S WENTWORTHVILLE</p>	<p>WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch</p> <p>OVER 55'S PEMULWUY</p>	<p>SOCIAL OUTING Peter Kingston Exhibition at The State Library of NSW Entry-Free Lunch \$30.00 Transport \$20.50</p> <p>OVER 55'S BERALA</p>	<p>WELLNESS – GUILDFORD Armchair Travel- Philipines- Cebu Island</p> <p>SENIOR SOCIALITES – PEMULWUY Bingo</p>
27	28	29	30	31
<p>WELLNESS – GUILDFORD Bingo</p> <p>WELLNESS – SPANISH</p> <p>OVER 55'S REGENTS PARK</p> <p>OVER 55'S GREYSTANES</p>	<p>WELLNESS – GUILDFORD Armchair Travel- Philipines- Cebu Island</p> <p>WELLNESS – MALTESE</p> <p>OVER 55'S WENTWORTHVILLE</p>	<p>COMMUNITY INCLUSION DAY Glow and Groove Gala</p> <p>OVER 55'S PEMULWUY</p>	<p>OVER 55'S BERALA</p>	<p>WELLNESS – GUILDFORD Jenga Challenge</p> <p>SENIOR SOCIALITES – PEMULWUY Puzzle Game</p>

August 2026

BOOKINGS OPEN FOR SEPTEMBER SOCIAL OUTINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Zentangle Blossom Craft ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Shake ball box game ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel- Egypt- Secrets of the Nile ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ ROADTRIP Gladstonbery Gardens – Coledale RSL Lunch \$30 Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Zentangle Blossom Craft ■ SENIOR SOCIALITES – PEMULWUY Australia Fun quiz
10	11	12	13	14
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel- Egypt- Secrets of the Nile ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Zentangle Blossom Craft ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Shake ball box game ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ SOCIAL OUTING NSW Mounted Police Lunch \$30 Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Birthday Entertainer ■ SENIOR SOCIALITES – PEMULWUY Bingo
17	18	19	20	21
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Shake Ball box game ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel- Egypt- Secrets of the Nile ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Zentangle Blossom Craft ■ OVER 55'S PEMULWUY Zumba Gold 	<ul style="list-style-type: none"> ■ CHATTERBOX Butchers Buffet Korean BBQ – Lidcombe. Pre-pay at time of booking to confirm your spot (non refundable). *Price subject to change. Lunch \$40 Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch ■ SENIOR SOCIALITES – PEMULWUY iPad Games
24	25	26	27	28
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Zumba Gold ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Bingo ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ COMMUNITY INCLUSION DAY Swing and Swirl Extravaganza ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ SOCIAL OUTING Brick-pit Ring Walk -Limited access Lunch \$30 Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel- Egypt- Secrets of the Nile ■ SENIOR SOCIALITES – PEMULWUY Card making
31				
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD iPad Games ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 				

BOOKINGS OPEN
FOR OCTOBER
SOCIAL OUTINGS

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Simon Says Cup Challenge ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel- Denmark- the land of Lego ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ ROADTRIP Berrylicious. Entry \$25 Lunch at own cost. Transport \$20.50. Pre-pay at time of booking to confirm your spot (non refundable) *Price subject to change. ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Father's Day Brunch ■ SENIOR SOCIALITES – PEMULWUY Bolly Fit
7	8	9	10	11
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel- Denmark- the land of Lego ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Simon Says Cup Challenge ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ SOCIAL OUTING Mystery Lunch Location BBQ Lunch \$20. Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Ballerina Craft ■ SENIOR SOCIALITES – PEMULWUY Hot Chair Trivia
14	15 - MINI BREAK	16 - MINI BREAK	17 - MINI BREAK	18
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel- Denmark- the land of Lego ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Ballerina Craft ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Science Spark Hour ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ CHATTERBOX Pendle Hill Inn Lunch \$25 Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Simon Says Cup Challenge ■ SENIOR SOCIALITES – PEMULWUY Board Games
21	22	23	24	25
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Birthday Entertainer ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Science Spark Hour ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Bingo ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel- Denmark- the land of Lego ■ SENIOR SOCIALITES – PEMULWUY Craft
28 - SCHOOL HOLIDAYS	29 - SCHOOL HOLIDAYS	30 - SCHOOL HOLIDAYS		
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Ballerina Craft ■ WELLNESS – SPANISH 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Jenga Challenge ■ WELLNESS – MALTESE 	<ul style="list-style-type: none"> ■ COMMUNITY INCLUSION DAY Floral Fiesta 		

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 - SCHOOL HOLIDAYS	2 - SCHOOL HOLIDAYS
			<p>ROADTRIP Ulara Gardens Picnic Lunch Lunch \$20 Transport \$20.50</p> <p>BOOKINGS OPEN FOR NOVEMBER SOCIAL OUTINGS</p>	<p>WELLNESS – GUILDFORD Balloon Challenge</p> <p>SENIOR SOCIALITES – PEMULWUY Bingo</p>
5 - SCHOOL HOLIDAYS	6 - SCHOOL HOLIDAYS	7 - SCHOOL HOLIDAYS	8 - SCHOOL HOLIDAYS	9 - SCHOOL HOLIDAYS
<p>LABOUR DAY PUBLIC HOLIDAY</p>	<p>WELLNESS – GUILDFORD Armchair Travel- Ethopia-Erta Ale Lava Lake</p> <p>WELLNESS – MALTESE</p>	<p>WELLNESS – GUILDFORD Balloon Challenge</p>	<p>SOCIAL OUTING Savers at Auburn Lunch \$30 Transport \$20.50</p>	<p>WELLNESS – GUILDFORD Art with seeds and pulses</p> <p>SENIOR SOCIALITES – PEMULWUY Board Games</p>
12	13	14	15	16
<p>WELLNESS – GUILDFORD Armchair Travel- Ethopia-Erta Ale Lava Lake</p> <p>WELLNESS – SPANISH</p> <p>OVER 55'S REGENTS PARK</p> <p>OVER 55'S GREYSTANES</p>	<p>WELLNESS – GUILDFORD Balloon Challenge</p> <p>WELLNESS – MALTESE</p> <p>OVER 55'S WENTWORTHVILLE</p>	<p>WELLNESS – GUILDFORD Art with seeds and pulses</p> <p>OVER 55'S PEMULWUY</p>	<p>CHATTERBOX Wenty Leagues Lunch at own cost Transport \$20.50</p> <p>OVER 55'S BERALA</p>	<p>WELLNESS – GUILDFORD iPad Games</p> <p>SENIOR SOCIALITES – PEMULWUY Chair Aerobics</p>
19	20	21	22	23
<p>WELLNESS – GUILDFORD Balloon Challenge</p> <p>WELLNESS – SPANISH</p> <p>OVER 55'S REGENTS PARK</p> <p>OVER 55'S GREYSTANES</p>	<p>WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch</p> <p>WELLNESS – MALTESE</p> <p>OVER 55'S WENTWORTHVILLE</p>	<p>WELLNESS – GUILDFORD Armchair Travel- Ethopia-Erta Ale Lava Lake</p> <p>OVER 55'S PEMULWUY</p>	<p>SOCIAL OUTING Watson Bay Tour-Doyles Lunch \$30 Transport \$20.50</p> <p>OVER 55'S BERALA</p>	<p>WELLNESS – GUILDFORD Armchair Travel- Ethopia-Erta Ale Lava Lake</p> <p>SENIOR SOCIALITES – PEMULWUY Paper Craft</p>
26	27	28	29	30
<p>WELLNESS – GUILDFORD Art with seeds and pulses</p> <p>WELLNESS – SPANISH</p> <p>OVER 55'S REGENTS PARK</p> <p>OVER 55'S GREYSTANES</p>	<p>WELLNESS – GUILDFORD Birthday Entertainer</p> <p>WELLNESS – MALTESE</p> <p>OVER 55'S WENTWORTHVILLE</p>	<p>COMMUNITY INCLUSION DAY 1950's Grease Lightning</p> <p>OVER 55'S PEMULWUY</p>	<p>OVER 55'S BERALA</p>	<p>WELLNESS – GUILDFORD Bingo</p> <p>SENIOR SOCIALITES – PEMULWUY Price is Right</p>

November 2026

BOOKINGS OPEN FOR DECEMBER SOCIAL OUTINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Dress up Elton John ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ MELBOURNE CUP OUTING AND ENTERTAINMENT Activity cost including lunch:\$50 Transport: \$14.20 Pre-pay at time of booking to confirm your spot (non-refundable). *Price subject to change ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel – Hungary – Tokaj Wine Region ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ ROADTRIP Australian Reptile Park Gosford Pre-pay at time of booking to confirm your spot (non refundable) *Price subject to change. Ticket \$55. Lunch at own cost. Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Secrets in a Bowl ■ SENIOR SOCIALITES – PEMULWUY Entertainer
9	10	11 - REMEMBRANCE DAY	12	13
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel – Hungary – Tokaj Wine Regionh ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Dress up Elton John ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Birthday Entertainer ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ SOCIAL OUTING Innovations Frenchs Forest Lunch \$30 Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Making Cards ■ SENIOR SOCIALITES – PEMULWUY Board games
16	17	18	19	20
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Secrets in a Bowl ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel – Hungary – Tokaj Wine Regionh ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ CHATTERBOX Central Gardens Merrylands BBQ Lunch \$20 Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Dress up Elton John ■ SENIOR SOCIALITES – PEMULWUY Bingo
23 – SOCIAL INCLUSION WEEK	24 – SOCIAL INCLUSION WEEK	25 – SOCIAL INCLUSION WEEK	26 – SOCIAL INCLUSION WEEK	27 – SOCIAL INCLUSION WEEK
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Bingo ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Secrets in a Bowl ■ WELLNESS – MALTESE ■ OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> ■ COMMUNITY INCLUSION DAY Back to School ■ OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> ■ SOCIAL OUTING Rousehill House Entry \$16 Brewery Lunch \$30 Transport \$20.50 ■ OVER 55'S BERALA 	<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD Armchair Travel – Hungary – Tokaj Wine Regionh ■ SENIOR SOCIALITES – PEMULWUY Chair Aerobics
30				
<ul style="list-style-type: none"> ■ WELLNESS – GUILDFORD White Board Games ■ WELLNESS – SPANISH ■ OVER 55'S REGENTS PARK ■ OVER 55'S GREYSTANES 				

December 2026

BOOKINGS OPEN FOR JANUARY SOCIAL OUTINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <ul style="list-style-type: none"> WELLNESS – GUILDFORD Armchair Travel – Italy Land of stars and high end fashion WELLNESS – MALTESE OVER 55'S WENTWORTHVILLE 	<p>2</p> <ul style="list-style-type: none"> WELLNESS – GUILDFORD Bingo OVER 55'S PEMULWUY 	<p>3 - INTERNATIONAL DAY OF PERSONS WITH DISABILITIES</p> <ul style="list-style-type: none"> ROADTRIP Windsor Lolly Shop Lunch \$30 Transport \$20.50 OVER 55'S BERALA Class will be held at Guildford Community Centre. Transport will be available. 	<p>4 - INTERNATIONAL VOLUNTEER DAY</p> <ul style="list-style-type: none"> WELLNESS – GUILDFORD Dine in Films and Takeaway Lunch SENIOR SOCIALITES – PEMULWUY Bolly Fit
7	8	9	10	11
<ul style="list-style-type: none"> WELLNESS – GUILDFORD Shell angel Christmas decorations WELLNESS – SPANISH OVER 55'S REGENTS PARK OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> WELLNESS – GUILDFORD Reindeer Vs Boomer Racing WELLNESS – MALTESE OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> WELLNESS – GUILDFORD Armchair Travel – Italy Land of stars and high end fashion OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> OVER 55'S BERALA 	<ul style="list-style-type: none"> WELLNESS – GUILDFORD Birthday Entertainer SENIOR SOCIALITES – PEMULWUY Bingo
14	15	16	17	18
<ul style="list-style-type: none"> WELLNESS – GUILDFORD Armchair Travel – Italy Land of stars and high end fashion WELLNESS – SPANISH OVER 55'S REGENTS PARK OVER 55'S GREYSTANES 	<ul style="list-style-type: none"> WELLNESS – GUILDFORD Shell angel Christmas decorations WELLNESS – MALTESE OVER 55'S WENTWORTHVILLE 	<ul style="list-style-type: none"> WELLNESS – GUILDFORD Reindeer Vs Boomer Racing OVER 55'S PEMULWUY 	<ul style="list-style-type: none"> END OF YEAR PARTY – LIMITED SEATING Entertainment, meal and gift \$50 Transport \$14.20 Pre-pay at time of booking to confirm your spot (non refundable) *Price subject to change. OVER 55'S BERALA 	

ALL PROGRAMS WILL RESUME FROM 4 JANUARY 2027



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 Support At Home.

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



**CUMBERLAND
CITY COUNCIL**

Allan G Ezzy Community Centre

1 Newport Street,
Pemulwuy

Berala Community Centre

Cnr Woodburn & Tilba Street,
Berala

Greystanes Community Centre

732 Merrylands Road,
Greystanes

Guildford Community Centre

90 O'Neill Street,
Guildford

Regents Park Community Centre

1 Amy Street,
Regents Park

Wentworthville Community Centre

2 Lane Street,
Wentworthville

Cumberland City Council

16 Memorial Avenue, PO Box 42, Merrylands NSW 2160

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

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