


Lane Cove Hub Activities

HEAD OFFICE
1 Pottery Lane,
Lane Cove

9427 6425

Book Club
1.30pm - 2.30pm
Monday 21 October
Cost: \$5 including book/afternoon tea.



Movement Matters


- **Monday**, 10.30am - 11.30am, Restarts 21 Oct.
- **Tuesday**, 12pm - 1pm and 1.15pm - 2.15pm. Restarts 15 Oct.
- **Wednesdays**, 11.15am - 12.15pm. Restarts 16 Oct
- **Fridays**, 9.30am - 10.30am and 10.45am - 11.45am

Contact us for further details and registration.

Mah Jong

- Tuesdays, 9.30am - 11.30am. Experienced players and tuition available for beginners.
- Wednesdays, 1.00 - 3.45pm
Cost: \$5 including morning/afternoon

New players please contact us:
E: support@sydneycs.org





Scrabble
Thursdays, 10am - 12noon
Cost: \$5 incl. morning tea.

Social Bridge
Thursdays, 12.30pm - 3.30pm
Cost: \$5 incl. afternoon tea.
New players please contact us prior to registration.



Social Tennis Group
Join us every Thursday at Lane Cove Tennis Club, Central Park, Kenneth St, Longueville.
Cost \$5. Every Thursday 9-11am All players must register prior to playing – please call Julie 9427 6425. We look forward to seeing you on the court!

Table Tennis
Fridays, 12.00 - 4.00pm
Cost: \$5

BOOMers Mens Group

BOOMers for senior independently mobile men who enjoy an opportunity to socialise and visit interesting places in the company of other men.

Contact us for the full program.

When: Fridays
Departs: 10.00am from Lane Cove Hub, Pottery Lane
Returns: 2.00pm
Contact us for the monthly program and the cost involved.
E: hheggie@sydneycs.org

Spring Fashion Parade



FREE MIMOSA MOCKTAIL ON ARRIVAL


\$20 Includes our signature morning tea

Thursday 3 October: 10am-12.30pm

A great variety of clothing and accessories to purchase and take home on the day.

NEW VENUE: Lane Cove Council, Cove Room, Ground Floor, enter via 2 Little Street.

BOOKINGS ESSENTIAL:
P: 9427 6425 E: support@sydneycs.org



Hunters Hill-Ryde Hub Activities

46 Gladesville Road,
Hunters Hill

8598 7051

Seniors Hub
Daytime, inclusive and supportive space for general seniors' groups, dementia friendly groups, ladies and men's groups.

All-day tailored seniors program from Monday to Friday. Includes excursions, picnics, and wellness activities. Door-to-door transport and nutritious meals catering for all dietary requirements.

Contact us for a monthly program and the cost involved.
E: support@sydneycs.org

Seniors Social Support
Afghan, Chinese, Iranian, Italian, and Spanish seniors groups.

Each group is supported by bilingual staff and volunteers to meet and share their cultural heritage and interests. **Social inclusion activities** such as excursions, cultural celebrations, English language conversation classes, wellness activities and information sessions are offered to all CALD communities in the Greater Sydney area.

Contact us for a monthly program.
E: tliu@sydneycs.org

The Velveteens
2nd Monday each month
10am - 4pm.

Join us for morning tea before heading off to a different venue each month.

If you are over 65, registered with My Aged Care, have a referral code for Social Support Group and are totally independent then contact us for more information.

Contact us for more information.
E: support@sydneycs.org



Social Bus Outings
Join us every Tuesday when we venture to new destinations and meet other local seniors. These trips are weekly and either half or full-day outings.
Time: 9.00am - 4.00pm
Cost: Contact us for the monthly program and the cost involved.
E: hheggie@sydneycs.org

Women's Wellness Class - Tuesdays

A weekly program based on a holistic view of health, taking into consideration physical and social needs. The classes incorporate strength and balance exercises.

Contact us for more information about cost and term times.
E: support@sydneycs.org





Yoga

Join Sinead Costello, an experienced yoga/wellbeing specialist, in our new yoga class.

- Wednesday 9.30am to 10.30am.
- 10-week term at \$12 per session, or \$17 per casual visit.
- Sydney Community Services, Park View Room, 1 Pottery Lane, Lane Cove

FOR MORE INFO PLEASE CONTACT:
P: 9427 6425 E: support@sydneycs.org



Meeting House Hub Activities

23a Stokes Street,
Lane Cove North

9003 1399

Seniors Shopping Bus
Tuesdays and Thursdays
Return trip from your home to Lane Cove shops. We can also assist and carry your shopping into your home. **Cost:** \$15
P: 9003 1399
E: support@sydneycs.org



CHESS CLUB
EVERY MONDAY



Chess group - Mondays at 1pm. The group is friendly and sociable, and all abilities are welcome.
COST: \$5pp, includes afternoon tea.
VENUE: The Meeting House, 23a Stokes Street, Lane Cove North
TIME: 1pm - 2.30pm
PLEASE CONTACT: P: 9427 6425 E: support@sydneycs.org

ROOM AVAILABLE FOR HIRE

@ The Meeting House Hub
23a Stokes St, Lane Cove North
Large double room. Outside area. Plus kitchen.
Cost: \$55 ph incl GST
P: 9003 1399
E: support@sydneycs.org

Movie and Morning Tea
Bombshell
Wednesday 30 October
Time: 1:30pm **Cost:** \$35
P: 9003 1399
E: support@sydneycs.org



Meeting House Playgroups

0-5 years,
9.30am-11.30am
Meet local parents and children

TUESDAYS AND THURSDAYS:
Arts, Craft, Music and Story Playgroups

TERM COSTS:
- \$10 per casual visit
- \$60 per term/one session p/w
- \$100 per term for multiple sessions

P: 9003 1399
E: support@sydneycs.org

THE MEMORY CENTRE
A place to meet for people with dementia, their family and friends.



Meet others living with dementia, and their carers. Talk. Share. Laugh. Enjoy.

At our first café session join us for a relaxed BBQ lunch. Starts Wednesday 16th October, 10am to 12noon, at The Meeting House Hub, 23a Stokes Street, Lane Cove North.

BOOKINGS AND ENQUIRIES:
P: 9427 6425 E: support@sydneycs.org