

# UPCOMING SOCIAL OUTINGS BLUE MOUNTAINS

COMMUNITY  
culture

ActiveCareNetwork Peppercorn

April - June 2026

**To secure your spot on an outing and book transport if needed,  
please call 1300 646 444 or email [bookings@communityculture.org.au](mailto:bookings@communityculture.org.au)**

Welcome to our April–June 2026 Social Outings Calendar, featuring a vibrant mix of activities to bring our community together. From Morning Melodies and scenic drives to various lunch spots, there's something for everyone. In this issue, we welcome our new Dietitian and re-introduce our popular cooking classes. We also share information on winter home safety and seasonal vaccinations.

## Key Terms for Understanding the Calendar



We will no longer be advertising the transport fees in our social calendar as the applicable fee varies from person to person and will be charged by \$1 per kilometre by the direct distance as per your Service Agreement.



**Departure Time:** Shows when the event starts or when the bus leaves from the central location, as outlined in the event description.



**Return Time:** Shows when the event finishes or when the bus returns to the central location, as outlined in the event description.



**Easy:** Flat, step-free paths under 50m, wide doors, movable seating, quiet space, fully accessible bathrooms.

**Medium:** Some slopes or up to 3 steps, standard doors, 50–100m walk, moderate noise, accessible bathrooms.

**Hard:** Uneven paths, more than 3 stairs (may lack rails), fixed seating, low lighting, over 100m walk, noisy and busy.



**Supported Outings:** Include Support Workers to assist participants. These are designed for CHSP Social Support Group clients and are CHSP-funded, with fees charged per hour. Support is subsidised through CHSP funding.

**Unsupported Outings:** No Support Workers are present, though a Volunteer may accompany. These outings are not CHSP-funded and are intended for clients who can access the community independently. The fee covers the Coordination of activities



Indicates if meals are included, available to be purchased or you Bring Your Own (BYO) meals and snacks. If no eating options are available, this is indicated with N/A.



This fee is the cost of the ticket.

# HEAD OFFICE HAS MOVED

Our Head Office has relocated from 320 George Street, Windsor to the Hawkesbury Leisure and Learning Centre 114 March Street, Richmond NSW 2753. This move helps us remain accessible, efficient and client centred, while supporting long term community planning and improved service delivery.

Our other office locations remain unchanged in South Windsor, Lawson and Mount Druitt.

## What this means for you

Please direct all mail, deliveries and drop in visits to our new Richmond office per the following details:

### Mailing Address:

Community Culture  
Hawkesbury Leisure and Learning Centre  
114 March Street  
RICHMOND NSW 2753

**Phone:** 1300 646 444

**Email:** [welcome@communityculture.org.au](mailto:welcome@communityculture.org.au)

# UPDATED POLICIES

You can access our updated policies on our website [www.communityculture.org.au/policies](http://www.communityculture.org.au/policies), including:

- Whistleblower Policy
- Privacy Policy
- CHSP Client Contributions & Hardship Support Policy

These policies support transparency, fairness and your rights as a client.

# CLIENT ADVISORY GROUP IMPORTANT UPDATE

From April, we will be transitioning our Client Advisory Groups to a new Client Representative Forum model. The March meetings will be the final sessions in the current format.

From April, each local government area will have two appointed Volunteer Client Representatives who will form the Client Representative Forum.

## **The Client Representative Forum will:**

- Convene on a quarterly basis at accessible venues.
- Focus on a nominated theme or set topic at each meeting.
- Provide a structured mechanism for Client Representatives to consolidate and present feedback on behalf of their local communities, strengthening two-way communication with the organisation, leadership and the Board.

## **Client Representatives:**

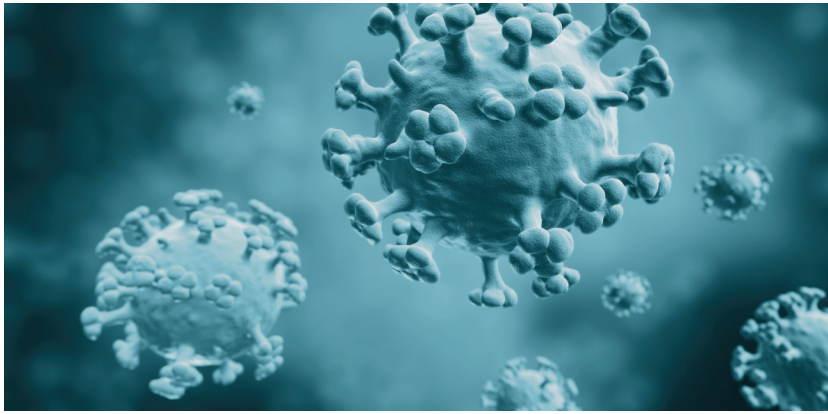
- Are formally appointed volunteers.
- Participate through a structured governance framework and regional representation model.

All Client Representatives are required to:

- Sign an approved Position Description.
- Agree to and comply with the Client Representative Forum (CRF) Terms of Reference.
- Sign and uphold the Code of Conduct.
- Meet probity requirements (photo Identification, Working With Children Check, NDIS Screening)

To for an information pack, please email [clientrepresentative@communityculture.org.au](mailto:clientrepresentative@communityculture.org.au) All Nominations received will go to a blind ballot reviewed by the Community Culture Board.

Please note: Client Representatives cannot receive or manage complaints. To make a complaint, call 1300 646 444 (option 4). For social outing ideas, email [feedback@communityculture.org.au](mailto:feedback@communityculture.org.au)



# COMMUNITY Culture

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## VACCINATIONS

As the colder months approach, us, it is recommended older members of our community arrange with their GP's to have their vaccinations for Influenza, Pneumococcal, Shingles and COVID before the season starts.

The usual peak season is between June and September.

Influenza vaccines can change from year to year regarding:

- which vaccines are registered by the Therapeutic Goods Administration
- the indicated ages of the vaccines.

For more information, visit the Health NSW website or click on the link to the fact sheet <https://www.health.nsw.gov.au/immunisation/Factsheets/adult-vaccinations/english.pdf>



# WINTER HOME SAFETY

## Smoke alarms

- Replace your smoke alarms if it's been more than 10 years since installation.
- Test your smoke alarm and change batteries every year.

## Electric Blankets

- Check your electric blanket for frayed cords and worn-out wires.
- Always turn it off before going to sleep
- Avoid placing any heavy objects on top of it.

## Hot water bottles

- Use hot tap water- not boiling water to fill your hot water bottle.
- Always cover it with a fitted cover or wrap, and never place it directly on your skin

## Wheat/ Heat packs

- Always allow the pack to cool before reheating
- Follow the instructions on the pack
- Dispose of if you smell burning

## Candles

- Never leave candles unattended
- Keep away from combustible materials
- Keep lighters and matches out of reach of children

## Heaters

- Keep your heater on a flat, level surface
- Keep away from combustible materials
- Don't bring outdoor heaters inside

For more tips visit:

[www.nsw.gov.au/departments-and-agencies/fair-trading/news/winter-home-safety-protect-your-family-these-essential-tips](http://www.nsw.gov.au/departments-and-agencies/fair-trading/news/winter-home-safety-protect-your-family-these-essential-tips)

## How can Community Culture assist?


Our Lawn and Home Maintenance program can provide:


- Regular lawn and garden maintenance
- Check your smoke detectors are working and in good order and replace batteries
- Clean your air conditioning filters
- Pressure clean your pathways
- Clean your gutters (single story only)
- Provide yard clean ups and remove debris and rubbish (quotes required)
- Test and tag your electrical equipment

**To make enquiries and for further information please call 1300 646 444**

# SHOPPING SHUTTLE BLUE MOUNTAINS



 \$1 per kilometer

 4 environmental bag limit

 No Trolleys Transported



7 days notice required. Transport depends on availability and may require flexible timing.

 **Unsupported**

 **Medium**

 **N/A**

| CENTRE   | DAY       | ARRIVAL TIMES        | DEPARTURE TIMES   |
|--|-----------|----------------------|-------------------|
| <b>WEEK A</b>  |           |                      |                   |
| Leura Mall   | Monday    | 10:45am              | 12:45pm           |
| Penrith Plaza  | Wednesday | 10:30am              | 12:30pm           |
| Lithgow Coles<br>(Upper Blue Mountains Clients)                      | Thursday  | 10:45am              | 12:45pm           |
| Katoomba Coles<br>(Upper Blue Mountains Clients)                     | Friday    | 10:45am              | 12:45pm           |
| <b>WEEK B</b>  |           |                      |                   |
| Springwood IGA   | Thursday  | 10:45am              | 12:45pm           |
| Winmalee Coles   | Thursday  | 10:30am              | 12:30pm           |
| <b>FIRST WORKING MONDAY OF THE MONTH</b>                             |           |                      |                   |
| Homemaker Centre Penrith<br>(Bunnings, Spotlight, Chemist Warehouse) | Monday    | 9:15am or<br>10:45am | 12:15pm or 1:45pm |

# MEET OUR DIETITIAN

## We're excited to introduce our new Dietitian!

Demera holds a Bachelor of Science (Food Science and Nutrition) from the University of Western Sydney and a Master's of Nutrition and Dietetics from the University of Sydney. Demera is an Accredited Practising Dietitian who is passionate about helping people improve their diets through realistic and achievable goals.



## Demera Khan

Accredited Practising Dietitian  
dkhan@communityculture.org.au

Demera takes a non-judgemental, person-centred approach to nutrition. She understands that there is no “one size fits all” when it comes to food and health, and takes the time to listen and tailor advice to each individual. Her focus is on supporting your health and wellbeing through enjoyable, nourishing meals that suit your needs and lifestyle. This includes making sure your meals are enjoyable, nourishing and suited to your needs. Whether that includes managing weight, diabetes, poor appetite, heart health or special diets, Demera is here to help.

## Nutrition Services

- Meal and appetite support
- Chronic disease management
- Texture and swallowing support
- General nutrition concern
- Bowel health issues
- Nutritional deficiencies
- General healthy eating
- Gastrointestinal issues
- Enteral/Parenteral nutrition



# MONTHLY COOKING CLASSES



Our cooking classes are back! Join Demera for a cooking class where she will assist you in learning how to prepare nutritious meals. Cooking classes are a great way to build your confidence in the kitchen, make friends and ask Demera all your questions.

You are invited to come along and get as involved as you wish. Classes are held at the Hawkesbury Leisure and Learning Centre, Richmond on Monday or Wednesdays. These classes are held every alternate week with the exception of public holidays. All classes cost \$20 to include your attendance and lunch for the day. Just bring yourself and an apron if you own one.

Please contact Demera on 1300 646 444 to book in for your class.

| Cooking Class Schedule |                              |                               |                            |                               |
|------------------------|------------------------------|-------------------------------|----------------------------|-------------------------------|
| Month                  | Class 1                      | Class 2                       | Class 3                    | Class 4                       |
| April                  | Wednesday<br>1 <sup>st</sup> | Wednesday<br>15 <sup>th</sup> | Monday<br>20 <sup>th</sup> | Wednesday<br>29 <sup>th</sup> |
| May                    | Monday<br>4 <sup>th</sup>    | Wednesday<br>13 <sup>th</sup> | Monday<br>18 <sup>th</sup> | Wednesday<br>27 <sup>th</sup> |
| June                   | Monday<br>1 <sup>st</sup>    | Wednesday<br>10 <sup>th</sup> | Monday<br>15 <sup>th</sup> | Wednesday<br>24 <sup>th</sup> |



# MEAL DELIVERY PROGRAM

We're excited to introduce our new and easier way to get delicious meals delivered right to you.

## What You Need to Do First

Before you can start ordering, there are just two quick steps:

- **Step 1:** Get registered for the Meals at Home program through My Aged Care.
- **Step 2:** Sign a CHSP service agreement with Peppercorn Services.

## How to Get Your Meal

Once you're set up, a dietitian will do a mini nutritional assessment with you, so you can choose the meal company that is best to meet your needs:

## **Order and Pay Yourself**

1. You pick your meal company and order your meals.
2. You pay the company's invoice yourself.
3. Send us the paid invoice, and we will contribute \$3 for every main meal or soup you ordered.

## Local Meal Companies

Here are some of the popular companies that deliver meals in the Hawkesbury, Penrith, and Blue Mountains areas, however, you are not limited to just these companies:

- You Foodz
- Lite and Easy
- My Muscle Chef
- Chef Good
- Macros

## **Important Things to Remember**

- Ordering deadlines are set by the meal company, so make sure you check their cut-off days, so your meal arrives on time.
- A few providers might have a minimum order amount or charge a small delivery fee. It's always good to check that before you place an order.



# APRIL

## Friday, 3<sup>rd</sup> & Monday, 6<sup>th</sup> of April Public Holidays

### Experiment Farm Cottage & Dosa Hut - Harris Park

Friday, 10 April

 From 9:00am

 From 2:30pm



Hard



Unsupported  
\$16.50



\$10.00




Own Cost

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:00am **Mid Mountains:** Meet at Springwood Sports Club at 9:30am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 9:45am. Enjoy a 1 hour guided tour of Experiment Farm Cottage. Some steps are required to access the home and cellar. Enjoy Indian cuisine for lunch at Dosa Hut at own cost. The bus will return to the the mountains from approximately 2:30pm.

### Victoria's Basement & Castle Hill RSL

Tuesday 14 April

 From 9:00am

 From 2:30pm



Medium



Unsupported  
\$16.50



N/A




Own Cost

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:00am **Mid Mountains:** Meet at Springwood Sports Club at 9:30am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 9:45am. Come along for a shopping trip to Victoria's Basement. Lunch at Castle Hill RSL at own cost. The bus will return to the mountains from approximately 2:30pm.

### Morning Melodies at Panthers - North Richmond

Monday 20 April

 From 9:15am

 From 3:15pm



Easy



Unsupported  
\$18.00



\$34.00



Included

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:15am **Mid Mountains:** Meet at Springwood Sports Club at 9:45am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 10:00am. Get your dancing shoes on and sing along to "A Tribute to Abba & Friends" at North Richmond Panthers! Lunch is included with the entertainment. Please advise us of any dietary requirements. The bus will return to the the mountains from approximately 3:15pm.

## Morning Melodies at The Joan - Penrith

Wednesday 22 April

 From 9:00am

 From 2:30pm



Hard



Unsupported  
\$16.50



\$22.50



Own Cost

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:00am **Mid Mountains:** Meet at Springwood Sports Club at 9:30am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 9:45am. Enjoy the music show "The Beggars Sing the Seekers". Morning tea starts at 10am and is included in ticket price. You may need to climb 5-6 steps to your seat. Lunch at Club Paceway. The bus will return to the mountains from approximately 2:30pm.

## The Hawkesbury Show - Clarendon

Friday 24 April

 From 8:00am

 From 2:30pm



Hard



Unsupported  
\$19.50



\$15.00



Own Cost

**Upper Mountains:** Meet at Wentworth Falls Lake at 8:30am **Mid Mountains:** Meet at Springwood Sports Club at 8:45am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 9:00am. Enjoy the farm animals, rides, locally produced food and entertainment. Wear sunscreen, comfortable shoes and clothing, long periods of walking involved. Lunch onsite at the many food stalls. The bus will return to the mountains from 2:30pm.

## Rail Museum - Valley Heights & Panthers - Glenbrook

Thursday 30 April

 From 9:15am

 From 2:30pm



Medium



Unsupported  
\$14.25



\$31.00



Own Cost


**Upper Mountains:** Meet at Wentworth Falls Lake at 9:15am **Mid Mountains:** Meet at Springwood Sports Club at 9:45am. From there, we will make our way to Valley Heights. Enjoy a 2 - 3hour guided tour of the rail museum, explore the 1914 era locomotive depot and it's history. Devonshire morning tea included in price. Lunch at Glenbrook Panthers. Bus will return to Springwood Sports Club at approximately 2:30pm.

MAY






## Mother's Day Celebrations - Fiddler

Tuesday 5 May

 From 10:15am

 From 3:30pm



-  Easy
-  Unsupported
-  \$15.75
-  \$65.00
-  Included

**Upper Mountains:** Meet at Wentworth Falls Lake at 10:15am **Mid Mountains:** Meet at Springwood Sports Club at 10:45am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 11:00am. Calling all Mums! This event is just for you, a lovely 2-course lunch at the Fiddler with entertainment and lucky door prizes included. Doors open at 11:45am. The bus will return to the mountains from approximately 3:30pm.






## Muru Mittigar Cultural Centre - Rouse Hill & Vanilla Creme Cafe - Annangrove

Wednesday 13 May

 From 10:15am

 From 3:00pm



-  Easy
-  Unsupported
-  \$14.25
-  \$20.00
-  Own Cost

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:00am **Mid Mountains:** Meet at Springwood Sports Club at 9:30am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 9:45am. At the Muru Mittigar Cultural Centre, our program visit includes an acknowledgement to Country, Smoking Ceremony, Artefacts Talk, Cultural Talk and Boomerang Throwing. Lunch at Vanilla Creme Cafe. Bus will return to the mountains from approximately 3:00pm.






## Nepean Naval & Maritime Museum & Rashays

Tuesday 19 May

 From 9:20am

 From 2:30pm



-  Easy
-  Unsupported
-  \$15.51
-  \$5.00
-  Own Cost

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:20am **Mid Mountains:** Meet at Springwood Sports Club at 9:50am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 10:10am. Come for a guided visit to the Naval & Maritime Museum at Penrith. **Entry fee:** Cash only payment at entry to museum. Lunch at Rashays. The bus will return to the mountains from approximately 2:30pm.






## Morning Melodies at Panthers - North Richmond

Monday 25 May

 From 9:15am

 From 3:15pm



-  Easy
-  Unsupported
-  \$18.00
-  \$34.00
-  Included

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:15am. **Mid Mountains:** Meet at Springwood Sports Club at 9:45am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 10:00am. Get your dancing shoes on and sing along to "Songs of the 70's" at North Richmond Panthers! Lunch is included with the entertainment. Please advise us of any dietary requirements. The bus will return to the mountains from approximately 3:15pm.

## Morning Melodies at The Joan - Penrith

Wednesday 27 May

 From 9:00am

 From 2:30pm



-  **Hard**
-  **Unsupported**
-  **\$16.50**
-  **\$22.50**
-  **Own Cost**

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:00am. **Mid Mountains:** Meet at Springwood Sports Club at 9:30am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 9:45am. Enjoy the music show "Golden". Morning tea starts at 10am and is included in ticket price. You may need to climb 5-6 steps to your seat. Lunch at Club Paceway. The bus will return to the mountains from approximately 2:30pm.








## Bilpin Cider Experience

Thursday 4 June

 From 9:00am

 From 2:30pm



-  **Medium**
-  **Unsupported**
-  **\$16.50**
-  **N/A**
-  **Own Cost**

**Upper Mountains:** Meet at Wentworth Falls Lake at 8:30am. **Mid Mountains:** Meet at Springwood Sports Club at 9:00am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 09:15am. Enjoy a drive to Bilpin where we will have the "Bilpin Cider Experience". Sample a wide range of ciders, enjoy the farm setting, gorgeous scenic views and farm animals. Lunch onsite at the "Farm Kitchen". Cider sampling and lunch at own cost. The bus will return to the mountains from approximately 2:30pm.

## Monday, 8 June Public Holiday






## Windsor Shops & River - Windsor & Macquarie Boathouse

Wednesday 10 June

 From 9:00am

 From 3:00pm



-  **Hard**
-  **Unsupported**
-  **\$18.00**
-  **N/A**
-  **Own Cost**

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:00am. **Mid Mountains:** Meet at Springwood Sports Club at 9:30am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 09:45am. Come, explore and do a bit of shopping at the local shops on George Street with us. Wear comfortable shoes, a fair amount of walking is involved. Drive along the river to lunch at Macquarie Boathouse. The bus will return to the mountains from approximately 3:00pm.

## Tarella Cottage Museum & Wentworth Falls Country Club

Tuesday 16 June

 From 9:30am

 From 3:00pm



Medium



Unsupported  
\$16.50



\$20.00



Own Cost

**Lower Mountains:** Meet at Glenbrook Panthers Club at 9:30am. **Mid Mountains:** Meet at Springwood Sports Club at 9:45am. **Upper Mountains:** Meet at Wentworth Falls Lake at 10:15am. Enjoy a lovely drive to Wentworth Falls. We will be visiting another beautiful 1890's historical house. A guided tour of the cottage, it's gardens, research centre and Devonshire tea is included in price. Lunch at Wentworth Falls Country Club. The bus will return to the mountains from approximately 3:00pm.

## Morning Melodies at The Joan - Penrith

Wednesday 24 June

 From 9:00am

 From 2:30pm



Hard



Unsupported  
\$16.50



\$22.50




Own Cost

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:00am. **Mid Mountains:** Meet at Springwood Sports Club at 9:30am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 9:45am. Enjoy the music show "Sons of Sun - Elvis, Jerry Lee, Johnny and Me". Morning tea starts at 10am and is included in ticket price. You may need to climb 5-6 steps to your seat. Lunch at Club Paceway. The bus will return to the mountains from approximately 2:30pm.

## Morning Melodies at Panthers - North Richmond

Monday 29 June

 From 9:15am

 From 3:15pm



Easy



Unsupported  
\$18.00



\$34.00



Included

**Upper Mountains:** Meet at Wentworth Falls Lake at 9:15am. **Mid Mountains:** Meet at Springwood Sports Club at 9:45am. **Lower Mountains:** Meet at Glenbrook Panthers Club at 10:00am. Get your dancing shoes on and sing along to "Voices of the Golden Era" at North Richmond Panthers! Lunch is included with the entertainment. Please advise us of any dietary requirements. The bus will return to the mountains from approximately 3:15pm.