UPCOMING SOCIAL OUTINGS BLUE MOUNTAINS

COMMUNITY culture

JANUARY - MARCH 2027

To secure your spot on an outing and book transport if needed, please call 1300 646 444 or email bookings@communityculture.org.au

Key Terms for Understanding the Calendar

Outings and nominated meal venues are scheduled in advance and outlined on the calendar. Participants are expected to follow the scheduled program. If a nominated venue is not suitable for you, please select an alternative activity. No changes to scheduled outings or venues will be made on the day.



Transport Fees: Fees will no longer be listed on the Social Calendar. Transport is charged at $1.00 per kilometre based on direct route, 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.



Unsupported Outings: Support Workers do not attend these outings. A volunteer may accompany the group, but this is not guaranteed. These outings are not funded through CHSP and are designed for people who can participate in community activities on their own. The fee covers the planning and coordination of the activities.
Transport can also be arranged to activities in your local community that are not listed in this calendar. To book transport, please call 1300 646 444.



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.

SOCIALS CONSULTATION GROUP

Community Culture invites you to attend our quarterly Socials Consultation Group meetings.

Wednesday, 10th March 2027

10.00am **12.00pm**

Community Culture Office
91 Kurrajong Avenue, Mt. Druitt NSW

Unsupported

Meeting point: Bus leaves from Springwood Sports Club at 09:15am**.**

This is your opportunity to share your thoughts and help shape our social activities. We want to hear directly from you about what's working well, what could be improved, and where you'd like to go in the future. Your feedback will help us ensure our programs continue to meet your interests and needs.

What to expect:

- Open discussion about our social outings and activities
- Opportunity to suggest new ideas and destinations
- A chance to connect with others in a relaxed environment

Additional details:

- Transport can be arranged for those who require it through our bookings team
- Morning tea will be provided

Bookings essential. Come along and have your say, we look forward to seeing you there.

If you require transport please contact **1300 646 444** to make a booking.





SHOPPING SHUTTLE BLUE MOUNTAINS

COMMUNITY culture

$1 per kilometre

2-4 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
WEEK A STARTS 4TH JAN AND THEN ALTERNATE WEEKS			
Leura Mall (Hazelbrook to Wentworth Falls)	Monday	10:45am	12:45pm
Penrith Plaza (All mountains)	Wednesday	10:30am	12:30pm
Lithgow Coles (Upper Blue Mountains Clients)	Thursday	10:45am	12:45pm
Katoomba Coles (Upper Blue Mountains Clients)	Friday	10:45am	12:45pm
WEEK B STARTS 11TH JAN THEN ALTERNATE WEEKS			
Springwood IGA (Katoomba to Warrimoo and all stops in between)	Thursday	10:45am	12:45pm
Winmalee Coles (Lawson, Hazelbrook, Woodford, Winmalee)	Thursday	10:30am	12:30pm
FIRST WORKING MONDAY OF THE MONTH			
Homemaker Centre Penrith (Bunnings, Spotlight, Chemist Warehouse) (All mountains)	Monday	9:15am or 10:45am	12:15pm or 1:45pm

FOOD EXPLORERS GROUP

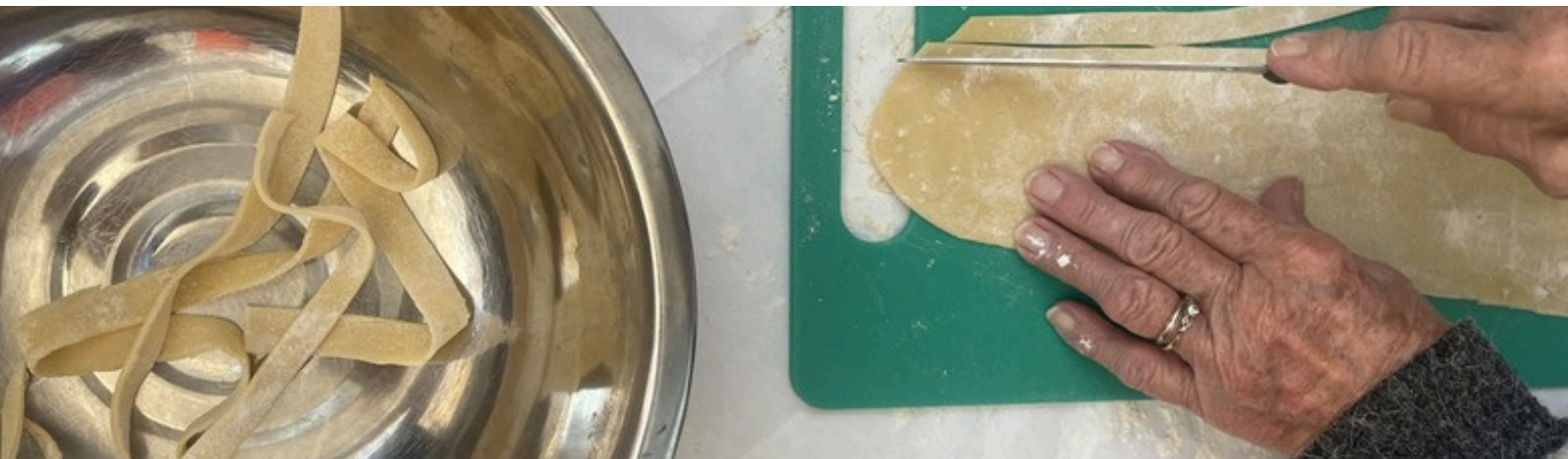
Build your confidence in preparing and cooking nutritious meals with our Dietitian Demera. It's a great place to ask all your dietary questions while building social connections with like minded people.

Come along and get as involved as you wish. Classes are held at the Hawkesbury Leisure and Learning Centre every Wednesday from 11:30am to 2pm.
All classes cost $20. Just bring yourself and an apron if you own one.

Bookings are essential as classes fill quickly.

What you need: My Aged Care referral code Nutrition and Dietitian assigned to Peppercorn Services. Please contact us on 1300 646 444 to book in for your class.

Month	Dates				
January	Wednesday 20th		Wednesday 27th		
February	Wednesday 3rd	Wednesday 10th	Wednesday 17th	Wednesday 24th	
March	Wednesday 3rd	Wednesday 10th	Wednesday 17th	Wednesday 24th	Wednesday 31st



Staying Hydrated Over Summer

Dehydration | The Silent Risk

Demera Khan - Accredited Practising Dietitian

Did you know? 1 in 4 older adults in our community are **dehydrated** without even realising. As we age, our brain's thirst signals decrease, meaning we often don't feel thirsty even when our fluid levels are low. Drinking less each day quietly drains your physical energy, reduces your balance and clouds your memory, but dehydration is completely **preventable** and easy to treat!

Why Age Changes Hydration

1. **The Thirst Switch**

The body's natural thirst mechanism weakens significantly with age. By the time an older adult may feel thirsty, they could already be dangerously dehydrated.

2. **Medication Factors**

Many common prescription medications, specifically those for blood pressure and diuretics can actively accelerate fluid losses in the body.

3. **Changes to Kidney Function**

Ageing kidneys become less efficient at conserving fluid when the body most needs it, compounding the effects of summer heat.

Simple Ways to Combat Dehydration

1. **Eat Your Water**

In these warmer months, snacking on cool hydrating food such as watermelon, oranges, strawberries and cucumber can contribute to your daily intake.

2. **Drink By The Clock**

Drink a small amount of water hourly with regular sips rather than gulping a large amount at once.

3. **Carry a Water bottle**

Keep a plastic or reusable bottle with you when you leave the house to remind you to drink.

4. **Keep An Eye Out**

Regularly inspect the loo. If your urine is a pale yellow colour, you are doing exceptionally well!

5. **Don't Skip Dessert**

Our desserts contribute to our daily intake, such as custards, jelly, yoghurt and ice cream. Eat your dessert!

HIDDEN SIGNS TO SPOT DEHYDRATION

- Increased thirst or dry mouth
- Changes in the frequency or colour of your urine
- Muscle weakness and cramps
- Blood pressure or heart rate changes
- Confusion or dizziness
- Headaches
- Dry skin
- Constipation

HOW CAN YOUR CHSP DIETITIAN HELP?

Small changes can make a big difference. Demera works with you to build easy, simple swaps which can fit into your everyday routine. Ready for a chat? Connect with Demera for a friendly nutrition check-in.

Enquiries call 1300 646 444

JANUARY

1 January - Office Closed - New Years Day

Catholic Club - Liverpool

Friday, 15 January | **11:00am** | **2:45pm**



Easy

Unsupported
$11.25

N/A

Own Cost

Bus leaving from Springwood Sports Club at 11:00am.

Visit the Catholic Club with us and enjoy a delicious lunch.

The bus will return to Springwood Sports Club by approximately 2:45pm.

26 January - Office Closed - Australia Day

Opera House Tour - Sydney

Friday, 29 January | **10:15am** | **4:15pm**



Hard

Unsupported
$18.00

$50.00

Own Cost

Bus leaving from Springwood Sports Club at 10:15am. Visit the Opera House and enjoy a private guided tour of one of Sydney's most famous buildings! Walking involved. Lunch at The Harold, Forest Lodge at your own expense.
The bus will return to Springwood Sports Club by approximately 4:15pm.

February

Morning Melodies at Springwood Hub - Springwood

Wednesday, 10 February | **10am** | **Varies**



Medium

Unsupported

$28.00

N/A

Arrange transport through us to the Springwood Hub! Morning tea is served from 10:00am and live entertainment “Beatles to Bacharach” starts from 11:00am.
To book your tickets contact (02) 4780 5050 by the 3rd of February.

Woodford Academy - Woodford

Friday, 12 February | **9:40am** | **2:20pm**



Medium

Unsupported
$14.00

$12.00

Own Cost

Bus leaving from Springwood Sports Club at 9:40am.
Woodford Academy, the oldest complex of colonial buildings in the Blue Mountains with an intriguing past! Visit what was once a gentleman’s residence, and a boarding school. Lunch at Panthers, Glenbrook.
The bus will return to Springwood Sports Club by approximately 2:20pm.

Morning Melodies at Panthers - North Richmond

Monday, 22 February | **9:45am** | **3:15pm**



Easy

Unsupported
$16.50

$34.00

Included

Bus leaving from Springwood Sports Club at 9.45am.
Get your dancing shoes on and sing along to "Dolly Parton and Friends show” at North Richmond Panthers! Lunch is included in your ticket price. Please note: $34.00 is members prices. Non members tickets for this event is $36.00.
Bus will return to Springwood Sports Club at 3.15pm.

Penrith Thursday Markets

Thursday, 25 February | **9:45am** | **2:45pm**



Hard

Unsupported

$15.00

N/A

Own Cost

Bus leaving from Springwood Sports Club at 9:45am.
Enjoy a 1.5hr shopping experience at Penrith Markets. Stroll through the markets at your own pace and grab yourself a bargain or two!
Lunch will be at Club Paceway at client's own cost.
The bus will return to Springwood Sports Club by approximately 2:45pm.

March

Socials Consultation Group

Wednesday, 10 March | **10:00am** | **12:00pm**



Easy

Unsupported

N/A

Morning Tea Provided

Share your thoughts and help shape our activities by attending our Socials Consultation Group at our Community Culture office, Mount Druitt.
Transport can be arranged by contacting our bookings team on 1300 646 444.
Leaving Springwood Sports Club 9.15am.

Morning Melodies at Springwood Hub - Springwood

Wednesday, 10 March | **10am** | **Varies**



Medium

Unsupported

$28.00

NA

Arrange transport through us to the Springwood Hub!
Morning tea is served from 10:00am and live entertainment “Last Man Standing with Lonnie Lee” starts from 11:00am.
To book your tickets contact (02) 4780 5050 by the 3rd of March.

St. Patrick's Day - The Fiddler

Friday, 12 March

10:45am

3:30pm



Easy

Unsupported

$14.25

$65.00

Included

Bus leaving from Springwood Sports Club at 10:45am.
Let's celebrate St. Patrick's Day at The Fiddler. Wear something green for the occasion! Enjoy a welcome drink, 2-course lunch and live entertainment.
The bus will return to Springwood Sports Club by approximately 3:30pm.

Morning Melodies at Panthers - North Richmond

Monday, 22 March

9.45am

3:15pm



Easy

Unsupported

$16.50

$34.00

Included

Bus leaving from Springwood Sports Club at 9.45am.
Get your dancing shoes on and sing along to "Buddy and Friends show" at North Richmond Panthers!
Lunch is included in your ticket price. Please note: $34.00 is members prices. Non members tickets for this event is $36.00.
Bus will return to Springwood Sports Club at 3.15pm.

Mrs Doubtfire - Capitol Theatre

Thursday, 25 March

10.15 am

4:45pm



Hard

Unsupported

$19.50

$89.00

Own Cost

Bus leaving from Springwood Sports Club at 10:15am.
Mrs Doubtfire the musical! A feel-good comedy based on the beloved film. **Tickets are limited for this event.**
Walking involved. Lunch at The Harold at own cost.
The bus will return to Springwood Sports Club by approximately 4:45pm.

26 March - Office Closed - Good Friday

29 March - Office Closed - Easter Monday

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