UPCOMING SOCIAL OUTINGS HAWKESBURY

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.

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: 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 South Windsor Family Centre, Windsor at 9:30am.

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.







COME DINE WITH US

HAWKESBURY

Join us and enjoy a meal together. You can meet at the venue or arrange transport at time of booking. $6 client contribution paid at time of booking. All meals are at your own expense.

DATE	TIME	VENUE			
12/01/2027	12:00pm - 1:30pm	Windsor Leagues Club 1 Rifle Range Road, South Windsor NSW 2756	Client's Own Cost	Easy	Unsupported
19/01/2027	12:00pm - 1:30pm	River Orchid Chinese Heritage Plaza, 8/15-17 Bells Line of Road North Richmond NSW 2754	Client's Own Cost	Easy	Unsupported
02/02/2027	12:00pm - 1:30pm	Macquarie Boathouse Wilberforce Rd, Wilberforce NSW 2756	Client's Own Cost	Easy	Unsupported
16/02/2027	12:00pm - 1:30pm	Bligh Park Hotel 101 Ham Street, South Windsor NSW 2756	Client's Own Cost	Easy	Unsupported
02/03/2027	12:00pm - 1:30pm	Lynwood Country Club 4 Pitt Town Bottoms Road, Vineyard NSW 2756	Client's Own Cost	Easy	Unsupported
16/03/2027	12:00pm - 1:30pm	Panthers 33 Beaumont Avenue, North Richmond NSW 2754	Client's Own Cost	Easy	Unsupported
30/03/2027	12:00pm - 1:30pm	Red Bridge Cafe & Restaurant 37 Macquarie Street Windsor NSW 2756	Client's Own Cost	Easy	Unsupported

SHOPPING SHUTTLE

HAWKESBURY

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			
Richmond Marketplace (Residents of Kurrajong, North Richmond, Richmond, Bligh Park, Windsor, South Windsor, and Windsor Downs)	Monday	10:30am	12:30pm
Richmond Marketplace (Residents of St Albans - *need to get themselves to Wisemans Ferry Bowling Club to meet the shopping bus,* Maraylya, Pitt Town, McGraths Hill, Lower Portland, Sackville, Glossodia, and Wilberforce)	Thursday	10:30am	12:30pm
WEEK B			
Riverview Shopping Centre, Windsor (Residents of Kurrajong, North Richmond, Richmond, Bligh Park, Windsor, South Windsor, and Windsor Downs)	Monday	10:30am	12:30pm
Riverview Shopping Centre, Windsor (Residents of St Albans - *need to get themselves to Wisemans Ferry Bowling Club to meet the shopping bus*, Maraylya, Pitt Town, McGraths Hill, Lower Portland, Sackville, Glossodia, and Wilberforce)	Thursday	10:30am	12:30pm
FIRST WORKING MONDAY OF THE MONTH			
Homemaker Centre McGraths Hill (Bunnings, Harvey Norman, Good Price Pharmacy)	Monday	10:30 am	12:30pm

Food Explorers Group

Build your confidence, exploring, 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.

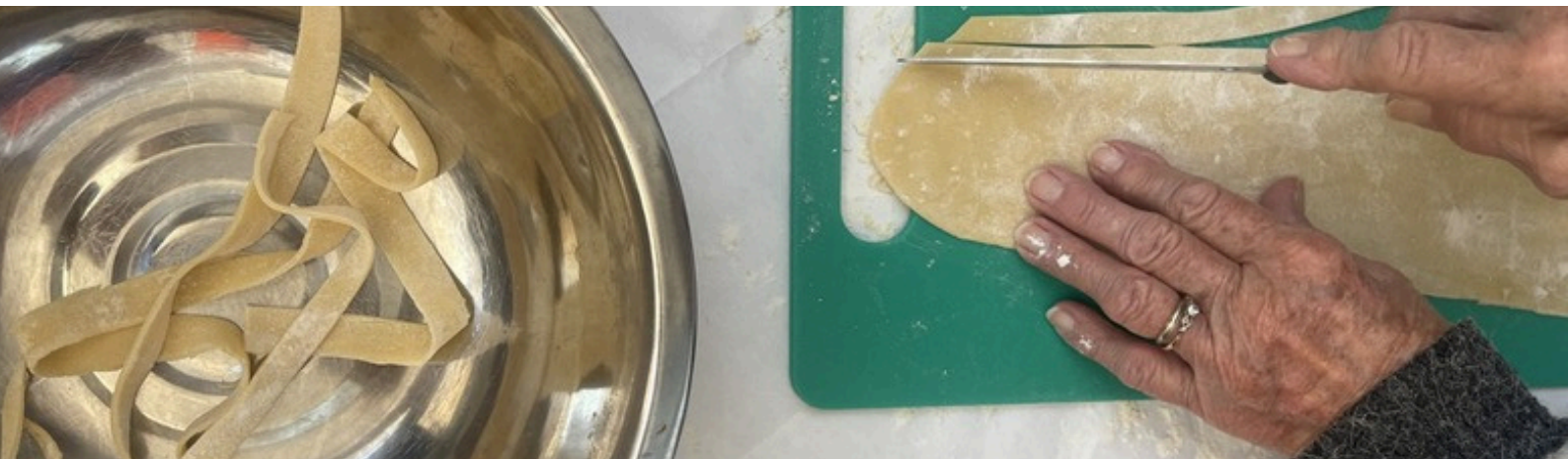
Come along and get as involved as you wish. Groups are held at the Hawkesbury Learning and Leisure Centre every Wednesday from 11:30am to 2pm.

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

Morning Tea & Craft Group

Thursday, 7 January — **10:00am** — **11:30am**



Easy

Unsupported

$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

Morning Tea & Craft Group

Thursday, 14 January — **10:00am** — **11:30am**



Easy

Unsupported

$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

Catholic Club - Liverpool

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



Easy

Supported

$11.25

N/A

Own Cost

Bus leaving from South Windsor Family Centre at 11:00am.
Come and visit the Catholic Club with us and enjoy a delicious lunch.
The bus will return to South Windsor Family Centre by approximately 2:45pm.

Morning Tea & Craft Group

Thursday, 21 January | **10:00am** | **11:30am**



Easy

Unsupported
$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

26 January - Office Closed - Australia Day

Morning Tea & Craft Group

Thursday, 28 January | **10:00am** | **11:30am**



Easy

Unsupported
$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

Opera House Tour - Sydney

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



Hard

Supported
$18.00

$50.00

Own Cost

Bus leaving from South Windsor Family Centre at 10:15am. Visit the Opera House and enjoy a private guided tour of one of Sydney's most famous buildings! Walking involved. Clients with mobility difficulties will not be able to attend. Lunch at The Harold, Forest Lodge.
The bus will return to South Windsor Family Centre by approximately 4:15pm.

February

Morning Tea & Craft Group

Thursday, 4 February | **10:00am** | **11:30am**



Easy

Unsupported

$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

Morning Melodies at Springwood Hub - Springwood

Wednesday, 10 February | **09:30am** | **3:15pm**



Medium

Supported

$17.25

$28.00

Own Cost

Bus leaving from South Windsor Family Centre at 9.30am. Get your dancing shoes on and sing along to “Beatles to Bacharach” at the Springwood Hub! Morning Tea is included in your ticket price. Lunch at Springwood Golf Club. Bus will return to South Windsor Family Centre at 3.15pm.

Morning Tea & Craft Group

Thursday, 11 February | **10:00am** | **11:30am**



Easy

Unsupported

$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

Woodford Academy - Woodford

Friday, 12 February | **9:00am** | **2:45pm**



Medium

Supported
$17.25

$12.00

Own Cost

Bus leaving from South Windsor Family Centre at 9am.
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 South Windsor Family Centre by approximately 2:45pm.

Morning Tea & Craft Group

Thursday, 18 February | **10:00am** | **11:30am**



Easy

Unsupported
$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

Morning Melodies at Panthers - North Richmond

Monday, 22 February | **10:45am** | **1:45pm**



Easy

Supported
$9.00

$34.00

Included

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.

Morning Tea & Craft Group

Thursday, 25 February | **10:00am** | **11:30am**



Easy

Unsupported
$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

Penrith Thursday Markets

Thursday, 25 February | **10:00am** | **2:30pm**



Hard

Supported
$13.50

N/A

Own Cost

Bus leaving from South Windsor Family Centre at 10:00am.
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 South Windsor Family Centre by approximately 2:30pm.

MARCH

Morning Tea & Craft Group

Thursday, 4 March | **10:00am** | **11:30am**



Easy

Unsupported
$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

Socials Consultation Group

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



Easy

Unsupported

N/A

Morning Tea included

Share your thoughts and help shape our activities by attending our Socials Consultation Group at our Community Culture office, Mount Druitt. Morning tea provided. Transport can be arranged by contacting our bookings team on 1300 646 444, leaving South Windsor Family Centre at 9.30am.

Morning Melodies at Springwood Hub - Springwood

Wednesday, 10 March | **09:30am** | **3:15pm**



Medium

Supported
$17.25

$28.00

Own Cost

Bus leaving from South Windsor Family Centre at 9.30am. Get your dancing shoes on and sing along to “Last Man Standing with Lonnie Lee” at the Springwood Hub! Morning Tea is included in your ticket price. Lunch at Springwood Golf Club. Bus will return to South Windsor Family Centre at 3.15pm.

Morning Tea & Craft Group

Thursday, 11 March | **10:00am** | **11:30am**



Easy

Unsupported
$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

St. Patrick's Day - The Fiddler

Friday, 12 March

11:15am

3:00pm



Easy

Supported
$11.25

$65.00

Included

Bus leaving from South Windsor Family Centre at 11:15am.
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 South Windsor Family Centre by approximately 3:00pm.

Morning Tea & Craft Group

Thursday, 18 March

10:00am

11:30am



Easy

Unsupported
$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

Morning Melodies at Panthers - North Richmond

Monday, 22 March

10:45am

1:45pm



Easy

Supported
$9.00

$34.00

Included

Get your dancing shoes on and sing along to "Buddy and Friends" 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.

Mrs Doubtfire - Capitol Theatre

Thursday, 25 March | **10:15am** | **5:00pm**



Hard

Supported
$20.25

$89.00

Own Cost

Bus leaving from South Windsor Family Centre by 10:15am.
Mrs Doubtfire the musical! A feel-good comedy based on the beloved film. **Tickets are limited for this event.**
Walking involved.Clients with mobility difficulties will not be able to attend. Lunch at The Harold at own cost.
The bus will return to South Windsor Family Centre by approximately 5:00pm.

Morning Tea & Craft Group

Thursday, 25 March | **10:00am** | **11:30am**



Easy

Unsupported
$4.50

N/A

N/A

Join us for our morning tea and craft group.
We meet up every Thursday at the Hawkesbury Learning and Leisure Centre, Richmond.
Bring one of your favourite crafts to do, read the newspaper or simply come for a chat and socialise with friends over a cuppa!

26 March - Office Closed - Good Friday

29 March - Office Closed - Easter Monday



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