

UPCOMING SOCIAL OUTINGS PENRITH



OCTOBER - DECEMBER 2026

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

Welcome to our October–December 2026 Social Outings Calendar, featuring a vibrant mix of activities to bring our community together. On behalf of Community Culture, we would like to we wish you a Merry Christmas and a Happy New year! We look forward to seeing you again in 2027!

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 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.

OUTINGS AND TRANSPORT BOOKINGS

To secure your spot on an outing, and book transport if needed, please call 1300 646 444 on the 1st Wednesday of the month or email bookings@communityculture.org.au

Please note pre-payment is required upon booking to secure your spot.

Cancellation terms and conditions as per the service agreement are to be adhered to.

TRANSPORT BOOKING REQUESTS - ONLINE OPTION

Want to make a transport booking but prefer not to wait on the phone?
You can now submit a transport request through our website.

Submit your request here:

www.communityculture.org.au/booking

Important Information: Submitting a booking request online does not confirm your booking.

A member of our team will review your request and contact you to:

- Confirm availability
- Finalise your booking details

This is a convenient way to get your request started, and our team will be in touch as soon as possible to assist you.

CHSP CONTRIBUTIONS AND HARDSHIP SUPPORT

Clients accessing CHSP-funded services are asked to make a small contribution to help keep services fair, affordable, and sustainable.

We understand financial situations can change. If you are unable to pay, hardship support is available to ensure you can continue accessing essential services.

Support may include reduced fees, temporary waivers, or flexible payment arrangements. We do not require income or asset testing, and all requests are handled privately and respectfully.

To request support or learn more, contact us:

 **1300 646 444**

 **welcome@communityculture.org.au**

FOOD SAFETY TIPS

FOR CHRISTMAS AND IN HOT WEATHER



Summer and Christmas is fast approaching, during this season, with the weather heating up and gatherings of family and friends, food safety is crucial to prevent foodborne illnesses. Each year around Christmas there is a rise in hospital presentations of acute vomiting and diarrhoea caused by accidental food poisoning. This can be life threatening the older we get.

Some tips to keep in mind to keep you, your family and your friends safe:

Refrigerate perishable foods: Keep seafood, meats, dairy, and prepared salads at 5°C or below. And keep raw food and ready-to-eat food separate. Wash fruit and vegetables before eating.

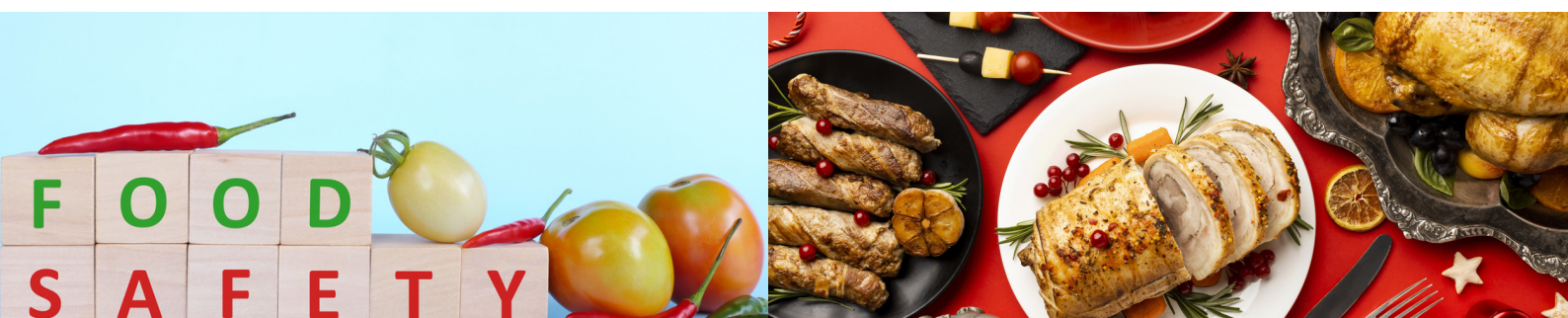
Cook high-risk foods on the day: For example, cooking turkey and roast meats at home to serve them freshly cooked. Use a meat thermometer to ensure they reach 75°C (165°F) in the thickest part. Keep hot food hot at 60°C or hotter.

Avoid overloading fridges: Ensure air circulation is essential to keep food cool. Consider alternative storage options like eskys for non-perishable drinks to free up space for high-risk foods.

Use designated utensils: Use separate utensils and equipment for raw and cooked items to avoid spreading harmful bacteria. Wash hands, surfaces, and utensils thoroughly between tasks, especially when handling raw meat or seafood.

Store leftovers correctly: Leftovers should be refrigerated immediately and consumed within 2–3 days.

Don't eat food in damaged packaging or food that is past its use-by date. If you're not sure if something is safe to eat, don't take a risk, throw it out.



SOCIALS CONSULTATION GROUP

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

Wednesday, 14 October



10.00am



12.00pm

**Hawkesbury Leisure and Learning Centre
114 March Street, Richmond NSW**



Unsupported



Meeting point: McDonalds, Panthers at 09:30am.

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.



COMMUNITY culture

The funding was made available through Clubs Grants Funds, which is managed by the Office of Responsible Gambling and funds infrastructure grants for arts and culture, community, disaster readiness, and sport and recreation.

Please do not hesitate to contact Customer Service on **1300 646 444** If you are experiencing financial difficulty which prevent you from enjoying and connecting with your community of any of the social support outings.



COME DINE WITH US PENRITH



This program is only eligible for clients accepted into Peppercorns CHSP Social Groups Program. You can meet us 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			
Tuesday 20/10/2026	12:00pm - 1:30pm	The Log Cabin 20 Memorial Avenue, Penrith, NSW 2750	Client's Own Cost	Easy	Unsupported
Wednesday 21/10/2026	12:00pm - 1:30pm	Peachtree Hotel 54 Peachtree Road, Penrith, NSW 2750	Client's Own Cost	Easy	Unsupported
Wednesday 4/11/2026	12:00pm - 1:30pm	Kelly's Brasserie 123 Mulgoa Road, Penrith, NSW 2750	Client's Own Cost	Easy	Unsupported
Tuesday 17/11/2026	12:00pm - 1:30pm	Mr. Watkins Bar 467 High Street, Penrith, NSW 2750	Client's Own Cost	Easy	Unsupported
Tuesday 15/12/2026	12:00pm - 1:30pm	Rashay's 120 Mulgoa Road, Penrith, NSW 2750	Client's Own Cost	Easy	Unsupported
Wednesday 16/12/2026	12:00pm - 1:30pm	Cafe at Lewers 86 River Road, Penrith, NSW 2750	Client's Own Cost	Easy	Unsupported

SHOPPING SHUTTLE PENRITH

COMMUNITY
Culture



\$1 per
kilometer



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			
Nepean Square	Monday	10:00am	12:00pm
Nepean Square (Tench Ave- Nepean Shores clients)	Tuesday	8:45am	10:45am
Nepean Square (Mulgoa Road – Mountain View clients)	Tuesday	9:45am	11:45am
Penrith	Wednesday	10:00am	12:00pm
St Marys Shops (Werrington – St Marys Clients)	Thursday	9:00am	11:00am
St Marys Shops (St Clair – Erskine Park Clients)	Thursday	10:15am	12:15pm
Nepean Square	Thursday	10:00am	12:00pm
WEEK B			
Nepean Square (Kingswood – Penrith Clients)	Monday	8:45am	10:45am
Nepean Square (Glenmore Park – Regentville Clients)	Monday	10:30am	12:30pm
Nepean Square	Tuesday	9:30am	11:30am
Emu Plains Lennox Centre	Thursday	9:00am or 10:00am	11:00am or 12:00pm
FIRST WORKING MONDAY OF THE MONTH			
Homemaker Centre Penrith (Bunnings, Spotlight, Chemist Warehouse)	Monday	9:15am or 10:45am	12:15pm or 1:45pm

Nourish to Flourish

Preventing Malnutrition at Home | Malnutrition Week ANZ

Demera Khan - Accredited Practicing Dietitian

Did you know? Up to **4 in 10 older adults** in our community are **malnourished** or **at risk of malnourishment**? As we age, appetites naturally shift or illness can may affect adequate nutrition. Eating less each day quietly drains both your energy and your strength - but malnutrition is **preventable and treatable**!

4 FOOD-FIRST WAYS TO NOURISH YOUR BODY

1. Make Every Bite Count

Choose full cream dairy. Stir cream, butter or olive oil into soups and vegetables or whisk milk powder, cheese or eggs into casseroles for extra energy and protein.

2. Try Small, Frequent Snacks

If big meals feel overwhelming, aim for 5-6 small meals per day. Some examples of this could be, greek yoghurt with fruit and nuts, peanut butter and apple slices or cheese and crackers.

3. Prioritise Protein

Preserving our muscles to keep us strong is important. Protein also helps for recovery from sickness. Include eggs, fish, poultry, legumes, tofu, meat and dairy for all meals.

4. Sip on Nourishing Drinks

Drinking can be a great alternative to giving us energy when our appetite is low. Enjoy nourishing drinks such as smoothies, hot chocolate, milo, protein drinks or ensure for extra protein and energy if a meal feels too much.

HIDDEN SIGNS TO SPOT MALNUTRITION

- Clothes, belts or rings fitting loosely
- Leaving more food on your plate or only getting through half of your meals
- Extra fatigue whilst doing everyday tasks
- Slower recovery from illness or injuries
- Bleeding gums or swollen tongue
- Dry skin or hair loss
- Trouble concentrating or feeling confused

HOW CAN YOUR CHSP DIETITIAN HELP?

Small changes can make a big difference. Demera works with you to build easy, high-energy meals 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**

WEEKLY COOKING CLASSES



Join Demi our CHSP Dietitian at one of our onsite cooking classes, held weekly at Hawkesbury Leisure and Health from 11am -2pm.

The classes aim to:

- Build your confidence in preparing and cooking nutritious meals as you get older
- Share your experiences and learn from one another
- Learn information about food that is going to keep you healthier for longer
- Enjoy your prepared meal for lunch with other likeminded people.

Classes are just \$20, includes your food.

Please bring an apron if you have one.

Bookings are essential as classes fill quick, **call 1300 646 444.**

What you need: My Aged care referral code Allied Health and Therapy - Nutrition and Dietitian assigned to Peppercorn Services.

Cooking Class Schedule

OCTOBER	NOVEMBER	DECEMBER
Wednesday 7 th	Wednesday 4 th	Wednesday 2 nd
Wednesday 14 th	Wednesday 11 th	Wednesday 9 th
Wednesday 21 st	Wednesday 18 th	Wednesday 16 th
Wednesday 28 th	Wednesday 25 th	Wednesday 23rd Christmas Party



October

New Fish Markets

Friday, 2 October

 9:30am

 3:00pm



Hard



Unsupported
\$16.50



N/A



Own Cost

Leaving by bus from McDonalds, Penrith Panthers at 9:30am.

Explore the new fish markets at your own pace. A lot of walking involved, please wear comfortable shoes for the day.

If you are buying fish, bring a small cooler bag with you. Lunch onsite at clients' own cost.

The bus will return to McDonalds, Penrith Panthers by approximately 3:00pm.

Fagan Park

Friday, 9 October

 10:00am

 3:30pm



Hard



Unsupported
\$16.50



N/A



Own Cost

Leaving by bus from McDonalds, St. Marys South at 10:00am.

Explore beautiful Fagan Park at your own pace. Please bring a hat and wear shoes appropriate for walking in the park.

Lunch at Hornsby RSL at clients' own cost.

The bus will return to McDonalds St. Marys South by approximately 3:30pm.

Printing Museum - Penrith

Friday 16 October

 9:45am

 2:15pm



Easy



Unsupported
\$13.50



\$10.00



Own Cost

Leaving by bus from McDonalds, St. Marys South at 9:45am.

Enjoy a 2-hour guided tour of the Printing Museum In Penrith!

Lunch at Club Paceway at own cost.

The bus will return to McDonalds, St. Marys South by approximately 2:15pm.

Prince Henry Hospital Nursing & Medical Museum

Friday, 23 October

 9:45am

 3:15pm



Hard



Unsupported

\$16.50



\$15.00



Own Cost

Bus leaving from McDonalds St. Marys South at 9:45am. Enjoy a 2hr guided tour of the Prince Henry Hospital Nursing and Medical Museum. Refreshments included in ticket price.

A lot of walking is involved, please wear comfortable shoes. Lunch at Yarra Bay Sailing Club at clients' own cost.

The bus will return to McDonalds St. Marys South by approximately 3:15pm.

Morning Melodies at Panthers - North Richmond

Monday, 26 October

 10:15am

 2:15pm



Easy



Unsupported

\$12.00



\$34.00



Included

Leaving by bus from McDonalds, Penrith Panthers at 10:15am.

Get your dancing shoes on and sing along to "Boy from OZ" at North Richmond Panthers!

Lunch is included in your tickets

Bus will return to McDonalds, Penrith Panthers at approximately 2:15pm.

Morning Melodies at The Joan - Penrith

Wednesday, 28 October

 10:00am

 2:00pm



Hard



Unsupported

\$12.00



\$22.50



Own Cost

Meeting at The Joan or arrange your transport with us from home for Morning tea at 10am, included in the ticket price. Enjoy the show, "A Life Centre Stage".

Please note you may need to climb 5-6 steps to your seat.

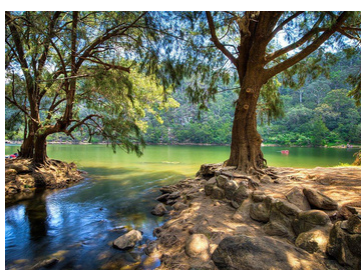
Lunch at St. Marys Bands Club. Bus will return to The Joan at 2pm to collect your cars or take you home if transport has been arranged.

Drive to Bents Basin

Friday, 30 October

 10:00am

 3:45pm



Hard



Unsupported

\$17.25



N/A



Own Cost

Bus leaving from McDonalds, Panthers at 10:00am.

Walk around at your own pace and explore Bents Basin State Conservation area. Observe the wildlife native to the area, take photos or simply relax in nature.

Please bring a hat and wear shoes appropriate for a camping ground.

Lunch at Wallacia Hotel at clients' own cost.

The bus will return to McDonalds, Panthers by approximately 3:45pm.

November

Melbourne Cup Day - Glenbrook Panthers

Tuesday, 3 November

 11:30am

 3:45pm



Easy



Unsupported
\$12.75



\$75.00



Included

Leaving by bus from McDonalds, St Marys South at 11:30am.
It's Melbourne Cup time! Have fun and enjoy a 2-course luncheon, live entertainment, lucky door prizes and best dressed competition at Glenbrook Panthers.
The bus will return to McDonalds, St Marys South by approximately 3:45pm.

Parramatta Female Factory

Friday, 6 November

 9:20am

 2:50pm



Hard



Unsupported
\$16.50



\$20.00



Own Cost

Bus leaving from McDonalds, Panthers at 9:20am.
A 2 hr guided tour of the Parramatta's Female Factory.
Note: A lot of walking is required and the tour contains sensitive material which some clients may find confronting.
Lunch will be at Parramatta Leagues Club at client's own cost.
The bus will return to McDonalds, Panthers by approximately 2:50pm.

Salvation Army Op Shop

Friday, 13 November

 10:15am

 2:15pm



Medium



Unsupported
\$12.00



N/A



Own Cost

Bus leaving from McDonalds, St Marys South at 10:15am.
Enjoy browsing through the op shop at your own pace. You never know what bargain you might find!
Lunch will be at St. Marys Leagues Club at client's own cost.
The bus will return to McDonalds, St Marys South by approximately 2:15pm.

Zig Zag Railway

Friday, 20 November

 09:15am

 2:45pm



Hard

Bus leaving from McDonalds, Panthers at 9:15am.



Supported
\$16.50

Please note there is a gap between the train station and the train when entering the train. Clients with mobility difficulties will not be able to attend.



\$41.50

BYO lunch or purchase a snack from cafe onsite.



BYO or
Own Cost

The bus will return to McDonalds, Panthers by approximately 2:45pm.

Morning Melodies at The Joan - Penrith

Wednesday, 25 November

 10:00am

 2:00pm



Hard

Meet us at The Joan or arrange your transport with us for Morning tea at 10am, included in the ticket price, tEnjoy the show, "Piano Legends".



Supported
\$12.00

Please note you may need to climb 5-6 steps to your seat.



\$22.50

Lunch at St. Marys Bands Club.



Own Cost

Bus will return to The Joan to collect your cars or take you home if transport has been arranged.

Penrith Markets

Thursday, 26 November

 10:15am

 2:15pm



Hard

Bus leaving from McDonalds St. Marys South at 10:15am.



Unsupported
\$12.00

Enjoy a 1.5hr shopping experience at Penrith Markets. Stroll through the markets at your own pace and grab yourself a bargain or two!



N/A

Lunch will be at Club Paceway at client's own cost.



Own Cost

The bus will return to McDonalds St. Marys South by approximately 2:15pm.

Morning Melodies at Panthers - North Richmond

Monday, 30 November

 10:15am

 2:15pm



Easy

Leaving by bus from McDonalds, Penrith Panthers at 10:15am.



Unsupported
\$12.00

Get your dancing shoes on and sing along to "Christmas Spectacular" at North Richmond Panthers!



\$34.00

Lunch is included in your ticket.



Included

Bus will return to McDonalds, Penrith Panthers at approximately 2:15pm.

December

Shopping Trip - Christmas Barn - Dural

Friday, 4 December

 10:10am

 3:10pm



Medium



**Unsupported
\$15.00**



N/A



Own Cost

Bus leaving from McDonalds, Penrith Panthers at 10:10am.
Come along and grab any last-minute Christmas gifts or decorations for your home.
Lunch will be at Dural Country Club at client's own cost.
The bus will return to McDonalds, Penrith Panthers by approximately 3:10pm.

Local Dinner & Christmas Lights

Wednesday, 9 December

 **Varies**

 **Varies**



Easy



**Unsupported
\$20.00**



N/A



Own Cost

Evening Event – The bus will pick you up from home to enjoy a Christmas light adventure, visiting the many local displays around your area.
Dinner at Penrith Bowling Club, at your own expense.
Please leave your front light on, as you will return home in the dark.
In place of charging kms per person, a flat fee will be charged for this event.

Community Culture Client Christmas Party

Friday, 11 December

 10:30am

 2:30pm



Easy



Supported



\$70.00



Included

End-of-year Christmas Party will be held at The Henry Sports Club, Werrington.
Celebrate with a traditional two course Christmas lunch, get to know clients from other LGA's, and enjoy music and dancing with our entertainers.
Please specify dietary requirements when booking.

Morning Melodies at The Joan - Penrith

Wednesday, 16 December

 10:00am

 2:00pm



Hard



Unsupported
\$12.00



\$22.50



Own Cost

Meet us at The Joan or arrange your transport with us for Morning tea at 10am, included in the ticket price, Enjoy the show, "A Christmas Affair". Please note you may need to climb 5-6 steps to your seat.
Lunch at St. Marys Bands Club.
Bus will return to The Joan to collect your cars or take you home if transport has been arranged.

Nepean Belle - Christmas Lunch

Friday, 18 December

 11:00am

 3:00pm



Hard



Unsupported
\$12.00



\$69.00



Included

Bus leaving from McDonalds, St Marys South at 11:00am.
Experience Christmas aboard the Nepean Belle, cruising the picturesque Nepean River.
Enjoy a scrumptuous 2-course meal while enjoying the scenery. The bar is cash only.
Clients with mobility difficulties will not be able to attend.
The bus will return to McDonalds, St Marys South by approximately 3:00pm.

25 December - Office Closed - Christmas Day

26 December - Office Closed - Boxing Day

1 January - Office Closed - New Years Day



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