

Pricing

Commonwealth Home Support Program (CHSP) Clients \$6.00 per day

A CHSP client requires a My Aged Care referral for Social Support Group to access the Social Activities Club. Under the CHSP rules a client must make a financial contribution towards the cost of the service. TransCare receives a subsidy from the Department of Health and Aged Care for every hour that a CHSP client receives a service. The subsidy covers the cost of providing the service, transport, staffing and any venue hire that may apply.

Home Care Package (HCP) Consumers \$65.00 per day

A HCP consumer needs to discuss with their Care Manager about accessing the Social Activities Club. A daily fee of \$65.00 is drawn down from the consumers' home care package to cover the cost of providing the service, transport, staffing and any venue hire that may apply.

Morning tea is provided each day with clients and consumers bringing their own lunch.

Social outings may include lunch with clients and consumers paying separately for their meal.

Activities Provided by Professional Presenters

Creative Crafting with Elizabeth Birch – Card making classes.

Learn the necessary skills to make handmade cards and discover the joy of creating personalised cards that will leave a lasting impression. Or share your love and hobby of card making with similar minded people as there is so much joy in the process.

Day: Tuesday afternoon at 12.30pm. Cost: \$12.00 per session

This includes tuition and supply of all materials for each class.

Chair Yoga with Sharyn Gallaway – Exercise is the best medicine.

Experience the benefits of Chair Yoga to enhance flexibility and relaxation and improve overall health and wellbeing. Chair yoga starts with some gentle breathing exercises followed by some beautiful long and slow stretching and natural movement in all parts of the body. Take advantage of the many benefits that yoga provides including releasing stress and expanding breathing and improved strength.

Day: Monday morning at 10.30am. Cost: \$10.00 per session

Movie of the Week, Social Outings, and Special Presentation details will be sent out separately.

Advanced Booking is Essential

Call Kate on 0477 505 752 or email kate@transcare.org.au

Social Activities Club

Monday - 10.00am to 2.00pm

Venue: Muswellbrook Golf Club

Time	Activity
10.15am	Morning Tea
10.30am	Chair Yoga with Sharyn
12.00pm	Lunch
12.30pm	Pool and Uno and Hoy card games

Wednesday - 10.00am to 2.00pm

Venue: Muswellbrook Senior Citizens Centre

Time	Activity
10.15am	Morning Tea
10.30am	Singing and Seated Dance
12.00pm	Lunch
12.30pm	Trivia and Current Affairs discussion

Tuesday - 10.00am to 2.00pm

Venue: Muswellbrook Senior Citizens Centre

Time	Activity
10.15am	Morning Tea
10.30am	Social Bingo
12.00pm	Lunch
12.30pm	Creative Crafting with Elizabeth / or
12.30pm	Euchre

Thursday - 10.00am to 2.00pm

Venue: Muswellbrook Senior Citizens Centre

Time	Activity
10.15am	Morning Tea
10.30am	Movie of the Week
12.30pm	Lunch
1.00pm	Movie Trivia

SPECIAL EVENTS

Social Outings

The Social Activities Club will offer a social outing to somewhere within the Muswellbrook Shire Council and Upper Hunter Shire Council areas on a bimonthly basis. On occasions we may also offer an outing to a location outside these areas but within a reasonable travel time. A separate flyer will be provided to members regarding these activities.

Special Presentations

The Social Activities Club will offer special presentations on a bimonthly basis to cover topics of interest for club members. Examples of the topics that may be covered include food and nutrition, mental wellbeing, assistive aids, legal matters, occupational therapy, gardening, music therapy, art therapy, pet therapy, technology in the home and more. A separate flyer will be provided to members regarding these activities.