



Seniors Social Groups PROGRAM GUIDE

Groups are a wonderful opportunity to connect with people in your community, try something new, or just have fun.

There's something for everyone in this guide to social groups, programs and activities for Seniors in the Blue Mountains



Belong Blue Mountains Commonwealth Home Support Program (CHSP) Groups are run across the Blue Mountains from Lapstone to Mt Victoria

Groups are open to residents of the Blue Mountains aged over 65 yrs (or 50 yrs for Aboriginal or Torres Strait Islander people), who have a current My Aged Care referral for 'Social Support - Group'.

If you don't have a My Aged Care (MAC) referral, we can help you get one. The process is quick and simple and can be completed over the phone. Priority is given to people with a MAC referral to allow us to offer subsidised low-cost activities.

**For information or to register, please call your nearest
Belong Blue Mountains Neighbourhood Centre**

Katoomba Neighbourhood Centre t. 4782 1117

Mid Mountains Neighbourhood Centre t. 4759 2592

Lower Mountains Neighbourhood Centre t. 4739 1164

Or email us at socialsupport@belongbm.org.au



BELONG
BLUE MOUNTAINS
COMMUNITY AND NEIGHBOURHOOD SERVICES

BE HEARD • BE CONNECTED • BE SUPPORTED • BELONG

ACROSS THE MOUNTAINS

Standing Strong Classes

Group exercise classes for over-65s to improve strength, balance and mobility.



Mondays in Leura
Tuesdays in Lawson
Thursdays in Blaxland

Standing Strong is a group exercise program developed by our physiotherapist to help people 65yrs or over to maintain or improve strength, balance and mobility in a supportive and positive group environment.

Subsidised cost is \$60 per 10-week block

Priority given to CHSP, My Aged Care participants.

To find out more or to book a place, please contact
Eddie at Belong Blue Mountains

 0403 880 560

 intake@belongbm.org.au

ACROSS THE MOUNTAINS

Standing Strong Connect

Relax and enjoy a friendly cuppa, and spend some social time with your fellow Standing Strong classmates before or after your class



**Monday, Tuesday &
Thursdays, after scheduled
Standing Strong exercise
classes**



Leura - at Freudian Sip Cafe
Lawson - MMNC
Blaxland - LMNC

Priority given to CHSP, My Aged Care participants.

To find out more or to register, please contact us at
Katoomba Neighbourhood Centre

 4782 1117

 info@belongbm.org.au



Out 'n' About Bus Trips

Fortnightly outings for Seniors to locations throughout the Mountains and beyond!



Outings depart from our Katoomba, Lawson & Blaxland Neighbourhood Centres

Please contact us to find out where our next trip is heading.

Cost varies depending on activity but we try to keep it as low as possible.

Priority given to CHSP, My Aged Care participants.



To find out more or to book your spot on an upcoming outing, please contact Belong Blue Mountains

 **4759 2592**

 **info@belongbm.org.au**



Men's Coffee Connections

A men's group where good hearted mateships are fostered, life skills are shared, and practical help is given back to the community.



**Fortnightly
on Fridays
1:30pm - 2:30pm**

Meet-up locations change so please call us for details.

Cost: Free, but it's buy your own if we meet in a cafe.



To find out more and confirm the next meeting place, please contact Belong Blue Mountains

 4739 1164

 info@belongbm.org.au



ACROSS THE MOUNTAINS

Cracking Crafts! Group

**Fostering friendship & community connection through art, we transform found & upcycled materials into ornamental & functional items that are beautiful to boot!
Come relax, unwind, chat, and craft with us.**



Fridays

10:30am - 1:00pm

Mid Mountains Neighbourhood Centre
9 New St, Lawson

Wednesdays

9:30am - 12:00pm

Katoomba Neighbourhood Centre
81-83 Katoomba St, Katoomba

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.



**To find out more or to register, please contact us at
Mid Mountains Neighbourhood Centre**

 **4759 2592**

 **info@belongbm.org.au**



Walking Groups

Keep moving by joining our weekly walking groups. Meet new friends while increasing your steps and confidence. Groups run school terms only.



Mondays 8:00am

from Anglican Church 137a Megalong St Leura

Tuesdays 8:00am

from Mid Mountains Neighbourhood Centre

Thursdays 3:30pm

from Lower Mountains Neighbourhood Centre

Bring your own water bottle!

Priority given to CHSP, My Aged Care participants.



**To find out more or to register, please contact us at
Lower Mountains Neighbourhood Centre**

 **4739 1164**

 **info@belongbm.org.au**



Walking & Coffee

**Join a friendly social walking group!
Meet up with friends for a Saturday
morning walk and cuppa afterwards.
Appropriate for all fitness levels**



**Saturdays
Once a Month
10am start**

Various venues. Refreshments at your own cost. Transport can be arranged at a small cost.

Walks are led by our Physiotherapist.

Priority given to CHSP, My Aged Care participants.



**To find out more or to register, please contact us at
Lower Mountains Neighbourhood Centre**

 **4739 1164**

 **info@belongbm.org.au**



UPPER MOUNTAINS

Life Stories Memoirs

Would you like to reflect upon and put to page the events, experiences and learnings that have shaped your life?

From the written word to scrap booking, our experienced facilitator will help you create your story, your way!



Wednesdays
2:00pm - 3:30pm

This group meets at Katoomba
Neighbourhood Centre
81-83 Katoomba Street, Katoomba

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.



To find out more or to register, please contact us at
Katoomba Neighbourhood Centre

 4782 1117

 info@belongbm.org.au



UPPER MOUNTAINS

Natty Needles Craft Circle

Grab your patchwork, embroidery, knitting, crochet or other craft project and join us for a cuppa and some creative inspiration in this informal crafter's circle!



Mondays
2:00pm - 4:00pm

Held at Katoomba Neighbourhood
Centre, 81-83 Katoomba St,
Katoomba

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.

To find out more or to register, please contact us at
Katoomba Neighbourhood Centre

 4782 1117

 info@belongbm.org.au

UPPER MOUNTAINS

Mini Bus Social Outings

Relaxed fortnightly social outings
for Blackheath residents.



Fortnightly on Mondays

Call to find out where we'll be
exploring next.

This activity is for Blackheath
residents only.

Cost: \$15 contribution per person

This activity is auspiced by Belong Blue Mountains.



To find out more or to register, please contact
us at Blackheath Area Neighbourhood Centre



 4787 7777

 info@belongbm.org.au



UPPER MOUNTAINS

Writer's Group for Seniors

Learn the skills to bring your words to life in this facilitated group for writers of all skill levels.



**Last Thursday
of every month
1pm-3pm**

This facilitated group meets at
Katoomba Neighbourhood Centre
81-83 Katoomba St, Katoomba

Cost: \$2 contribution per person

Priority given to CHSP, My Aged Care participants.



To find out more or to register, please contact us at
Katoomba Neighbourhood Centre

 4782 1117

 info@belongbm.org.au

UPPER MOUNTAINS

Book Club for Seniors

Share your love of reading and stimulating dialogue with others in this monthly group for book lovers.



**Last Thursday
of every month
10:00am -12:00pm**

This group meets at Katoomba
Neighbourhood Centre
81-83 Katoomba Street, Katoomba

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.



To find out more or to register, please contact us at
Katoomba Neighbourhood Centre

 4782 1117

 info@belongbm.org.au



UPPER MOUNTAINS

Katoomba Film Society

Experience the best that cinema has to offer at Katoomba Film Society's monthly film screenings. Showcasing old classics to contemporary cinematic masterpieces.



**2nd Wednesday
of every month
11:00am - 2:00pm**

Held at Katoomba RSL Club
86 Lurline Street, Katoomba

Cost: Annual membership of \$30 per
year covers the cost of 12 films.

Priority given to CHSP, My Aged Care participants.



For more information, or to request a screening schedule,
please contact us at Katoomba Neighbourhood Centre

 4782 1117

 info@belongbm.org.au



Cyber Shed for Seniors

Get help with your tech and learn to better use your device, email, photos, zoom and more.



**By appointment on
Tuesdays, Wednesdays
and Thursdays**

This program is run by Blackheath Area Neighbourhood Centre and auspiced by Belong Blue Mountains.

Cost: Free

Priority given to CHSP, My Aged Care participants.

To find out more or to register, please contact us at Blackheath Area Neighbourhood Centre



 4787 7770

 info@belongbm.org.au



MID MOUNTAINS

Community Cafe

**Come along and meet some new faces
while you enjoy a cuppa and light snack in
this friendly social group.**



Thursdays

10:00am - 12:00 noon

During school terms

Group meets at Mid Mountains
Neighbourhood Centre
9 New St, Lawson

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.



**To find out more or to register, please contact us at
Mid Mountains Neighbourhood Centre**

 **4759 2592**

 **info@belongbm.org.au**



MID MOUNTAINS

Reminiscing Group

A warm and friendly discussion group for sharing stories & memories with others.



**Wednesdays 1:00-3:00pm
Mid Mountains
Neighbourhood Centre**

Do you have stories to tell & memories to share? Reminiscing can be both rewarding and enriching. Create friendships while discussing your individual and collective reflections of the past and present.

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.



**To find out more, or to register, please contact us at:
Mid Mountains Neighbourhood Centre**

 **4759 2592**

 **info@belongbm.org.au**



Tech 'n' Connect

Our one-on-one sessions will help you get the most out of your smart phone, tablet or computer. We can also answer questions about emails, transferring photos between devices, internet security and more.



**Tuesdays
10:00am-12:00 noon**

Book a one-on-one session with our knowledgeable and friendly facilitators, who will help you get the most out of your technology.

Mid Mountains Neighbourhood Centre
9 New Street, Lawson.

Cost: \$2 contribution per session
Priority given to CHSP, My Aged Care participants.



**To find out more or to book a session, please contact us at
Mid Mountains Neighbourhood Centre**

 **4759 2592**

 **info@belongbm.org.au**



MID MOUNTAINS

Community Games

Passionate about board games? Find your gaming family at this weekly group. Scrabble, Rummikub & Mahjong are crowd favourites, but new games are always welcome!



Fridays
1:00pm-4:00pm

Community Games is held at
Mid Mountains Neighbourhood
Centre, 9 New Street, Lawson

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.



To find out more or to register, please contact us at
Mid Mountains Neighbourhood Centre

 4759 2592

 info@belongbm.org.au



Tech 'n' Connect

Our one-on-one sessions will help you get the most out of your smart phone, tablet or computer. We can also answer questions about emails, transferring photos between devices, internet security and more.



Tuesdays
10:00am -12:00noon

Book a one-on-one session with our knowledgeable and friendly facilitators, who will help you get the most out of your technology.

Lower Mountains Neighbourhood Centre, 33 Hope Street, Blaxland.

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.



To find out more or to book a session, please contact us at
Lower Mountains Neighbourhood Centre

 4739 1164

 info@belongbm.org.au



LOWER MOUNTAINS

Over 60s Social Club

Enjoy a range of fun & friendly activities
in this weekly social group.



Every Thursday
10:00am - 12:00pm

Group meets at Lower Mountains
Neighbourhood Centre
33 Hope Street, Blaxland

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.



To find out more or to register, please contact us at
Lower Mountains Neighbourhood Centre

 4739 1164

 info@belongbm.org.au



Virtual Reality Adventures

Feed your curiosity with a VR experience hosted by Belong's in-house tech whizz! Trip to far flung places, race around a F1 track, or exercise mind & body through interactive games. The world is your oyster with VR!



Thursdays

1:30pm - 3:00pm

Tell us where you want to go or what you'd like to do and we will get you there!

Lower Mountains Neighbourhood Centre
33 Hope Street, Blaxland

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.

To find out more or to register, please contact us at
Lower Mountains Neighbourhood Centre

 4739 1164

 info@belongbm.org.au



Clak 'n' Yak

Grab your patchwork, embroidery, knitting, crochet or other craft project and join us for a cuppa and some creative inspiration in this informal weekly crafter's circle!



Every Friday
10:00am - 12:00pm

Group meets at Lower Mountains
Neighbourhood Centre
33 Hope Street, Blaxland

Cost: \$2 contribution per session

Priority given to CHSP, My Aged Care participants.

To find out more or to register, please contact us at
Lower Mountains Neighbourhood Centre

 4739 1164

 info@belongbm.org.au

Jigsaw Library

Jigsaw puzzles are more than just a great way to relax, they're also good for your brain! Jigsaws can improve cognition, reasoning, concentration and improve short-term memory... plus, they're fun!



**Tuesdays to Fridays
9:00am - 4:00pm**

You are welcome to drop in and borrow jigsaw puzzles from Lower Mountains Neighbourhood Centre, 33 Hope Street, Blaxland

Cost: Free

For more information, please contact us at
Lower Mountains Neighbourhood Centre

 4739 1164

 info@belongbm.org.au



Volunteers Needed

**Would you like to spend some time making a difference to the lives of others in our community?
Have you been thinking about volunteering but don't know what to do or how to do it?**



Belong Blue Mountains is looking for volunteers for a range of different activities including...

**Technology Mentoring
Transport & Driving
Individual Social Support
Group Activities
Community Gardens
Centre Reception**

**Home Visiting
Aged Care Visiting
Morning Tea Hosts
Playgroups
Community Events
Christmas Deliveries**



Volunteer positions are available across the Blue Mountains. Our volunteers receive free training, are well supported and are an important part of our Belong Blue Mountains team.

If you are interested in finding out more, you can visit our volunteers page on our website or please get in touch with us.

 belongbm.org.au/volunteer  4759 2592  info@belongbm.org.au





We acknowledge the traditional owners of the beautiful Blue Mountains, the Darug and Gundungurra peoples, and pay our respects to their Elders past, present and emerging.



We are committed to raising awareness of the rich diversity of our community and support the inclusion of all people including our Lesbian, Gay, Bisexual, Transgender, Intersex communities.

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BELONG BLUE MOUNTAINS INC.

Katoomba Neighbourhood Centre t. 4782 1117

Mid Mountains Neighbourhood Centre t. 4759 2592

Lower Mountains Neighbourhood Centre t. 4739 1164



info@belongbm.org.au



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