



Social Activity Groups Spring/Summer 2026

Our groups support your health,
wellbeing and social connections

Please scan the QR code or email/call for more information.

Phone: 03 9430 9100 | Email: socialactivities@healthability.org.au

Visit: healthabilityevents.org.au



Regular activities and outings		Location	Date	Time
Pancake Tuesdays	Delicious \$10 pancakes in Montmorency plus social connection	Offsite	1 September 29 September	10:30am-12pm
Tulip Festival	Visit to the Tulip festival and out for lunch	Offsite	18 September	9am-4pm
Community Shed and lunch	Visit to Community Shed for crafts and RSL lunch	Offsite	11 September 16 October	9am-3pm
Onsite Morning Melodies - Eltham	Morning Melodies including live entertainment, games, activities, morning tea and lunch	healthAbility Eltham	30 October 27 November	10am-2pm
10 pin bowling and RSL lunch	10 pin bowling and lunch at a RSL	Eltham	4 September 2 October 6 November 4 December	10am-2pm
Morning Melodies - Montmorency RSL	Morning Melodies including live entertainment and lunch at the local RSL	Montmorency RSL	2 September 23 September 7 October 21 October 4 November 25 November 2 December	10am-1pm
Hanging Rock Outing	Visit to hanging rock, Memorial Cross and out for lunch	Offsite	15 September	9am-4pm
Alowyn Gardens Outing	Visit to Alowyn Gardens and Yarra Glen Bakery	Offsite	6 October	9am-3pm

Regular activities and outings		Location	Date	Time
Werribee Zoo	Visit to Werribee Zoo with lunch at the Zoo	Offsite	9 October	9am-4pm
Historical talk	Visit to Montmorency RSL for a Historical Talk and Lunch	Montmorency RSL	22 October	11am-3pm
High Tea and information Day for SAG	Drop into healthAbility for a High Tea Event and find out more about our Social Activity Groups	healthAbility Eltham	23 October	10am-2pm
Strawberry Farm - Mornington	Visit to Rocky Creek Strawberry Farm and fish and chips for lunch	Offsite	13 November	9:30am-4pm
Yarra Valley Chocolatier	Visit to Yarra Valley Chocolatier and Beechworth Bakery for Lunch	Offsite	17 November	9:30am-4pm
Ziebell's Farmhouse	Visit to Ziebell's Farmhouse and Excelsior Hotel for Lunch	Offsite	20 November	9:30am-3pm
Caring Together Cafe Christmas Function and band	Come to St Margaret's Church Hall for a Christmas function with a band	St Margaret's Church Hall	8 December	1:30pm-3pm
Songbird Cafe and Kinglake lookout	Outing to Kinglake Lookout and Songbird Cafe for lunch	Offsite	11 December	10am-3pm

Regular in-house Social Activity Group programs		Location	Day	Frequency	Time
Eltham Social Activity Groups	Onsite group – activities, games, movement, morning tea and lunch included	healthAbility Eltham	Monday to Friday	Weekly	10am–2pm
Chinese Cultural Group	Activities, games, movement, morning tea included	healthAbility Eltham	Monday	Weekly	10am–2pm
Wellbeing Café / Memory Care Café	Activities, craft, afternoon tea, reminiscing, games and much more	healthAbility Eltham	Tuesday	Fortnightly	1.30pm–3pm
Taking Strides	A supervised exercise session with the allied health team	Donvale	Tuesday	Weekly	9.15am–11am
Donvale Social Activity Groups	Recreational activities, gentle exercise and social engagements and outings	Donvale	Thursday	Weekly	10am–2pm

Upcoming events

- Eltham and its history tour
- Williamstown beach trip
- Dandenong Ranges tulip farm visit
- NGV visit and picnic
- Museum tours and picnic
- Ballarat tour
- MCG tour
- Peninsula scenic drive
- Bendigo cultural visit
- New train tunnel ride
- Immigration Museum visit
- Panton Hill pub lunch and scenic drive
- Car museum visit
- City matinee show
- Hanging Rock visit
- Paint and sip event
- Country races (e.g. Healesville Cup)
- Werribee Zoo visit
- Musical Melodies shows
- Yarra Valley ice creamery and scenic drive
- Bundoora historic tour
- Diamond Creek rotary tram café and pub lunch

Fees and important information

Commonwealth Home Support Program (CHSP) funded

\$12 program fee which includes complimentary transport to and from our pickup points and morning tea. Additional costs apply for attraction entry, lunch, tickets, entertainers, materials for craft etc.

Outings - Day trips and tours

Outing costs vary according to program details as mentioned above. We try to keep to outing times although sometimes traffic or unexpected delays can happen; we'll keep you informed.

Support at Home and NDIS funded clients

Fees for outings and groups are as per Service Agreements.

Door-to-Door Transport

We can assist clients who require transport to our pick-up points from their home; the cost is \$5 each way for CHSP clients. Support at Home and NDIS client transport fees are as per Service Agreements.

Eltham: 917 Main Road, Eltham VIC 3095

Box Hill: 43 Carrington Road, Box Hill VIC 3128

Nunawading: 66 Dunlavin Road, Nunawading 3131

Donvale: Mullum Mullum Stadium, 31 Springvale Road 3111

Phone: (03) 9430 9100

Email: socialactivities@healthability.org.au

Website: healthability.org.au

