



## Social Activity Groups Summer/Autumn 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](mailto:socialactivities@healthability.org.au)**

**Visit: [healthabilityevents.org.au](https://healthabilityevents.org.au)**



# healthAbility Social Activity Groups Summer/Autumn 2026

| Regular activities and outings    |                                                                                            | Location             | Day              | Frequency   | Time        |
|-----------------------------------|--------------------------------------------------------------------------------------------|----------------------|------------------|-------------|-------------|
| Yarra Valley Tours                | Enjoy a great day exploring the Yarra Valley with lots of amazing experiences              | Yarra Valley         | -                | Monthly     | 9am-4pm     |
| Bundoora Homestead Visit          | Discover art and history at Bundoora Homestead Art Centre                                  | Bundoora             | Friday           | Monthly     | 9am-3pm     |
| Montmorency High Tea              | High tea experience in Montmorency                                                         | Bulleen              | Wednesday        | Monthly     | 9am-1pm     |
| Donvale Bowls / Lunch / Craft     | Lawn bowls in Donvale followed by lunch and craft activities in Nunawading                 | -                    | Friday           | Fortnightly | 9am-3pm     |
| Bulleen Greenery Visit            | Outing to Bulleen Nursery                                                                  | -                    | -                | Monthly     | 9am-4pm     |
| Cranbourne Royal Botanic Gardens  | Exploring nature at the Royal Botanic Gardens Cranbourne                                   | -                    | -                | Monthly     | 9am-4pm     |
| Morning Melodies - Offsite        | Morning Melodies including live entertainment and lunch at the local RSL                   | Various RSL's        | -                | Monthly     | 10am-2pm    |
| Morning Melodies - Onsite         | Onsite Morning Melodies including live entertainment and morning tea, lunch and activities | healthAbility Eltham | -                | Monthly     | 10am-2pm    |
| Friday Shopping Excursions        | Weekly shopping outing                                                                     |                      | Friday           | Weekly      | 9am-3pm     |
| 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  |
| Italian Speaking Group            | Cultural games, gentle exercise and social engagement in Italian and English!              | Donvale              | Tuesday          | Weekly      | 10am-2pm    |
| Taking Strides                    | A supervised exercise session with the allied health team                                  | Donvale              | Tuesday          | Weekly      | 9.15am-11am |
| Men's/Greek Speaking Group        | Recreational activities, gentle exercise and social engagements and outings                | Donvale              | Tuesday          | 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 and shopping
- 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

**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

## Fees and important information

### **Commonwealth Home Support Program (CHSP) funded**

\$12 program fee, complimentary transport and morning tea. Additional costs may apply for attraction entry, high teas, tickets, materials for craft etc.

### **Support at Home and NDIS funded clients**

Fees per service agreement.

### **Outings – Day trips and tours**

Cost of outing to be confirmed on enquiry. All timings are approximate and can vary depending on traffic, transport requirements and weather variables. Monthly programs available from staff to support your schedule. Dates and times may vary and participants will be advised accordingly.

### **Transport**

Pick-ups are flexible depending on outing location and participant residence. CHSP clients receive complimentary transport and morning tea, unless otherwise advised. Support at Home and NDIS clients fees are per service agreements. All timings are approximate and can vary depending on traffic, transport requirements and weather variables.

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