



## 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](http://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**

## 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.

**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](mailto:socialactivities@healthability.org.au)

**Website:** [healthability.org.au](http://healthability.org.au)



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