








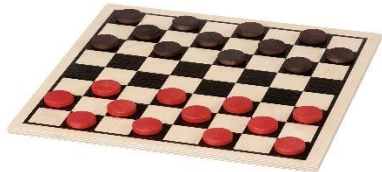





# September 2025 CHSP programs

Program subject to change at minimal notification



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 Senior Strollers</b> <b>Safe Walking Program &amp; Morning Tea</b>  <b>1:00 Avanti Health gym</b>	<b>2 Building Stick figures</b> <b>Challenge (Prize for best)</b> <b>Lunch Fasta Pasta</b> <b>(Additional Cost)</b>	<b>3 Men's Shed</b> <b>Ladies visiting the Drill Hall</b> <b>Lunch @ the Centre</b>	<b>4 Trevor Owens Music in RH</b>  <b>Extra dessert day</b> <b>Lunch @ the Centre</b>	<b>5 Father's Day</b>  <b>&amp; Cheese Pizza Day</b>	<b>6</b>
<b>7</b> 	<b>8 Art Therapy Community</b> <b>Grow Garbutt</b> <b>1:00 Avanti Health gym</b> 	<b>9 Coffee Van morning</b> <b>(additional Cost)</b> <b>Lunch @ the Centre</b>	<b>10 Day trip to Harvey's Range</b> <b>Tea rooms</b> <b>(Additional Cost)</b>	<b>11 RU OK DAY</b> <b>Wear Yellow</b>  <b>Pies in the Park</b> <b>(Additional Cost)</b>	<b>12 MILK SHAKE DAY</b>  <b>Day Trip to Home Hill</b> <b>Booking essential</b>	<b>13</b>
<b>14</b>	<b>15 Art Therapy Community</b> <b>Grow Garbutt</b> <b>1:00 Avanti Health gym</b> 	<b>16 Mexican Independence Day</b> <b>Themed Lunch @ the Centre</b>	<b>17 Men's Shed</b> <b>Country Music Day</b> <b>Line Dancing</b> <b>Beach House for Lunch</b> <b>(Additional Cost)</b>	<b>18 Women's Friendship Day</b> <b>Ladies Morning Tea</b> <b>Plastic Cup Stack Game</b> <b>Lunch @ the Centre</b>	<b>19 Community Grow Art Well</b> <b>Being - Kelso</b> <b>Meet &amp; Greet</b> <b>Lunch @ the Centre</b>	<b>20</b>
<b>21</b>	<b>22 Art Therapy Community</b> <b>Grow Garbutt</b> <b>1:00 Avanti Health gym</b> 	<b>23 Checkers Day</b> <b>BBQ @ the Centre</b> 	<b>24 Melbourne Cup</b> <b>Visit</b> <b>Special early Breakfast Or</b> <b>join us for fashions of the field</b> <b>Lunch @the centre</b>	<b>25 BINGO</b> <b>LUNCH @ MONSOONS</b> <b>(Additional Cost)</b>	<b>26 Love Notes Day</b> <b>Art Well Being</b> <b>Community Grow Kelso</b>  <b>Lunch @ the Centre</b>	<b>27</b>
<b>28</b>	<b>29 Art Therapy Community</b> <b>Grow Garbutt</b> <b>1:00 Avanti Health gym</b> 	<b>30 Beach Scavenger Hunt</b> <b>Morning Tea Included.</b> <b>Chicken &amp; Champagne/Mimosa lunch</b> <b>Pallarenda</b>			 <b>1<sup>st</sup> - John Hunter</b> <b>21<sup>st</sup> - John Schneider</b>	<b>Coming up in October</b> <b>1<sup>st</sup> - Coffee Day, Music Day &amp; Older person Day</b> <b>2nd - Mouldy Cheese Day</b> <b>3<sup>rd</sup> - World Smile Day</b> <b>20<sup>th</sup> - Aust Bird week</b> <b>29<sup>th</sup> - Grandparents Day</b> <b>31<sup>st</sup> - Halloween</b>