

## CAFÉ CLUB—MARCH 2021

### DATE: 4th March

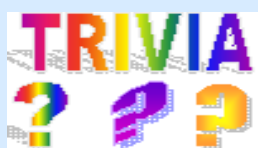
**10.30am:** Morning tea

Quiz

**11.15am:** Chair Yoga

**11.45am:** Trivia with  
Warren

**12.30:** Lunch



**1:15pm:** Putt Putt Golf



### DATE: 11th March

**Café Club OUTING!**  
**APPIN HOTEL**



**Meal & Dessert, Tea & Coffee**  
**We will visit Appin Bakery after lunch.**

**Pick up time 9.45am**

### DATE: 18th March

**“St Patricks Day”**  
**Please wear GREEN**



**10.30am:** Morning tea

St Patricks Quiz

**11.15am:** Chair Yoga

**11.45am:** Guest Entertainers :

**“David Oliphant & Friend”**



**12.30:** Lunch

**1:15pm:** Games!



### DATE: 25th March

**10.30am:** Morning tea

Quiz

**11.15am:** Chair Yoga

**11.55am:** Guest Speaker:  
Warren Gibb

**Radio Memory man**

**12.30:** Lunch

**1:15pm: \$3 BINGO**



**If you would like to attend the Café Club programme on Thursday, please call the office on 4294 1900 by 1pm Wednesday to confirm your attendance.**

Let us know if you have any special dietary needs or if you require transport to or from the program  
Thank you

### Programme Information

The Café Club programme commenced in 2003 as a 'Friendship group' before obtaining funding as a Centre Based Day Care program under the Home and Community Care Programme (HACC). It is now recognised as a group social support activity under the Commonwealth Home Support Programme (CHSP).

The Café Club program provides support for people who are frail aged, carers or who are living with a disability to remain independent and part of their community, thereby enhancing their quality of life and/or preventing their premature admission to residential care.

Café Club provides social activities in a supported group environment that encourages the individual to participate at their own pace. The program provides opportunities for education on health and other relevant matters through guest speakers. It also provides an opportunity for people to meet and enjoy a meal together whereas they would usually be isolated at home.

Centre Based Day Care is designed to develop, maintain or support independent living and social interaction. The major goals of the Café Club program are to:

- ◆ Assist clients to develop, maintain and support **their capacity** for independent living and social interaction
- ◆ Assist with meeting clients basic nutritional, exercise and health care needs by providing appropriate meals, exercise program and access to information and or referral for all health needs
- ◆ Reduce psychosocial problems such as anxiety, insecurity, depression and loneliness
- ◆ Provide carers of clients using the Café Club program with respite from their caring roles
- ◆ To provide transport to disadvantaged clients to enable them to attend the program
- ◆ To enhance the participants quality of life through friendship, confidence and self esteem
- ◆ To provide choice to clients which supports independence
- ◆ Encourage independence through using current skills and developing new skills and social connections or friendships
- ◆ Provide opportunities for education and information on other services available
- ◆ To provide ongoing assessment of needs and referral to other services when required
- ◆ To provide appropriate outings or excursions for participants enjoyment or interest that promote social interaction and community inclusion and or develop practical life skills
- ◆ Provide opportunities to participate in activities that aim to stimulate and challenge the skills of the client, thereby maintaining or improving their mental and /or physical capabilities