

Eastern Metro

Social Event Guide



August & September
2026



Keys to Healthy Ageing

Ageing well is about more than just living longer, **it's about living better**. The choices we make each day, **from how we move and eat to how we connect and learn, play a powerful role in shaping our health and wellbeing as we age**.

The Keys to Healthy Ageing are designed to support you in making informed, positive choices that enhance your **physical, mental, and emotional wellbeing**. Each key represents a core area of health, offering practical ways to stay active, connected, engaged, and supported throughout life.

You'll find these keys **featured in upcoming event guides** and activities. **Look out for the icons**, they'll help you identify the focus of each event, making it easier to choose the opportunities that **align with your personal journey toward healthy ageing**.

Intergenerational Health



Focuses on **fostering relationships across different age groups**, promoting **mutual support**, and learning from **diverse perspectives**. Intergenerational activities such as **mentorship programs, school or early education centre based events, storytelling**, or **collaborative workshops** would fall under this category.

Brain Health (Mental and Cognitive)



Encompasses strategies to **maintain and enhance cognitive abilities**, including **memory, problem-solving**, and **emotional regulation**. Opportunities like **puzzle clubs, trivia, education and training, mindfulness practices**, and **activities that challenge the mind** would fit here.

Community Health



Involves building a sense of **connection** and **belonging**, fostering **supportive social networks**, and promoting **collective well-being**. Community-based events such as **neighbourhood gatherings, volunteer opportunities**, or **hobby groups** would be part of this key.

Digital Health



This key focuses on enhancing **digital literacy, security**, and **competency**, enabling individuals to **confidently use technology** in everyday life. It includes understanding how to **navigate digital platforms, protect personal information**, and **effectively use digital tools** for communication, work, and personal tasks. Events could include workshops on **internet safety, improving digital skills**, and **using online tools** for various activities such as banking, socialising, or accessing services.

Medical Health



Covers **preventative health education, managing health conditions, rehabilitation or recovery from illness or injury.** Medical-related activities or events like **health seminars, health support groups, coordinated medical screenings or drives, and wellness consultations** would be linked to this key.

Nutrition Health



This key focuses on the importance of **balanced, nutrient-rich meals** that support the body's **physical and cognitive functions** throughout the lifespan. Events focused on **cooking classes, meal planning, exposure to new foods, opportunities to buy fresh and local produce, and diet education** fall under this category.

Social Health



Refers to the ability to **build and maintain meaningful relationships, engage in positive social interactions, and contribute to a sense of community.** It involves feeling **connected, supported, and valued within social networks,** whether they are family, friends, or broader social circles. **Social health** is vital for **emotional well-being, reducing feelings of loneliness and isolation, and promoting a sense of belonging.** Events that encourage **interaction, collaboration, and shared experiences, such as group activities, social gatherings, and community events,** all contribute to fostering social health.

Sleep Health



Concentrates on the **quality and quantity of sleep, including how sleep impacts overall well-being.** Events such as **sleep hygiene workshops, relaxation exercises, and sleep studies** would fit within this key.

Financial Health



Involves **managing money, preparing for retirement, understanding insurance, developing a will, and ensuring long-term financial security.** Workshops or seminars about budgeting, **financial planning, wills, navigating inheritance and family expectations, and investment strategies** would apply here.

Physical Health



Relates to maintaining an **active body** through **regular exercise, intentional movement, preventive care, rehabilitation, and physical reablement.** Events such as **fitness classes, yoga, walking groups, and sport groups** align with this key.



Men's Lunch (Fortnightly)

Various Venues



Monday, 3rd, 17th & 31st August

Arrive: 12.00pm, Conclude: 2.00pm

Every fortnight, join the boys for a hearty lunch at one of the area's best local pubs or restaurants. Enjoy good food, easy conversation and the chance to meet other gents in a relaxed, friendly setting.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Plant Lovers (Fortnightly)

Various Nurseries



Monday, 10th & 24th August

Arrive: 12.00pm, Conclude: 2.00pm

Come along and visit some local nurseries where you can purchase some plants, or just wander and smell the roses. Followed by a Cuppa and Chat over some delicious lunch.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Fun & Games / Bingo

Carrington Park Leisure Centre



Every Monday in August

Arrive: 9.30am, Conclude: 11.30am

Get your game face on and join us for a lively morning of bingo. With morning tea, prizes and plenty of laughs, it's a great way to start your day with fun, friendship and maybe a lucky win.



Cost depends on funding



Yes



Includes bingo prizes, coffee/tea, snack



Brain Health

Walkability:

0m 500m 1km 1.5km 2km +



Knitting

Carrington Park Leisure Centre



Every Monday in August

Arrive: 1.30pm, Conclude: 3.30pm

Enjoy a relaxing morning with like-minded crafters as you knit for a greater purpose. Whether you're a beginner or expert, your creations will help those in need. A meaningful way to give back and make new friends.



Cost depends on funding



Yes



Includes coffee/tea & snack



Community Health

Walkability:

0m 500m 1km 1.5km 2km +

To make a booking call **1300 761 011** or email: customersupport@comlinkaustralia.com.au



Easy Moves

Carrington Park Leisure Centre



Every Monday in August

Arrive: 1.30pm, Conclude: 3.30pm

Move at your own pace with seated, low impact exercises designed to improve strength, flexibility and mobility. Guided by a friendly instructor in a safe, supportive space. Remember, if you don't use it, you lose it!



Cost depends on funding



Yes



Includes coffee/tea & snack



Physical Health

Walkability:

0m 500m 1km 1.5km 2km +



Sconversations

Carrington Park Leisure Centre



Every Tuesday in August

Arrive: 1.30pm, Conclude: 3.30pm

Join us for freshly baked scones served with jam and cream, over a lovely cuppa and great conversation. A sweet and friendly way to start the day, all welcome!



Cost depends on funding +\$5 p/p



Yes



Includes scones, jam & cream



Community Health

Walkability:

0m 500m 1km 1.5km 2km +

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Morning Mingle

Various Venues



Every Wednesday in August

Arrive: 10.30am, Conclude: 1.30pm

Relax with morning tea at a local café before heading out for lunch at local hotels and restaurants. A great way to meet new friends. **Please note:** this event is for residents of the Shire of Yarra Ranges and surrounding areas.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Day Trippers

Pure Peninsula Honey Farm



Tuesday, 4th August

Arrive: 10.30am, Conclude: 2.30pm

Visit the family run Pure Peninsula Honey farm on the Mornington Peninsula. Enjoy a tour, watch bees at work, sample local honey, then relax with lunch at Steeples in Mornington.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Day Trippers

Tooradin Sports Club



Tuesday, 11th August

Arrive: 11.00am, Conclude: 2.30pm

Enjoy a morning of singing, dancing & music at Morning Melodies with Chris Newman. Enjoy morning tea, show and a delicious lunch.



Cost depends on funding + \$30 p/p



No



Includes morning tea, show & lunch



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Day Trippers

Scienceworks, Spotswood



Tuesday, 18th August

Arrive: 10.30am, Conclude: 2.30pm

Scienceworks is one of Australia's leading science museums. Displays and activities offered by the museum include hands-on experiments, demonstrations, and tours.



Free Entry



No



All expenses at own cost. BYO lunch or light purchases onsite



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Day Trippers

Movie Day



Tuesday, 25th August

Arrive: 10.30am, Conclude: 2.30pm

Sit back, it's time to relax while watching the latest movie all on the big screen. After the show a delicious lunch is in order at The Vale Hotel.



Cost depends on funding + \$16 p/p



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Wood Crafting

Carrington Park Leisure Centre



Every Tuesday in August

Arrive: 9.30am, Conclude: 11.30am

Come and create and connect in a relaxed group setting. A place you can assemble and personalise your project without the need for complex tools. No prior experience required.



Cost depends on funding



Yes



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Recycle & Restore

Carrington Park Leisure Centre



Every Wednesday in August

Arrive: 9.30am, Conclude: 11.30am

Discover the joy of creativity in our Restore & Recycle Woodwork Group. Learn woodworking skills while restoring old treasures in a friendly, hands on environment. No experience needed, just bring your imagination.



Cost depends on funding



Yes



Includes coffee/tea & snack



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Knitting

Carrington Park Leisure Centre



Every Wednesday in August

Arrive: 1.30pm, Conclude: 3.30pm

Enjoy a relaxing morning with like-minded crafters as you knit for a greater purpose. Whether you're a beginner or expert, your creations will help those in need. A meaningful way to give back and make new friends.



Cost depends on funding



Yes



Includes coffee/tea & snack



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Out & About

Lilydale Market Place, Lilydale



Thursday, 6th August

Arrive: 10.30am, Conclude: 1.30pm

Visit a variety of stores today at the Lilydale Marketplace. Lunch will be waiting at The Lilydale International Hotel.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Out & About

Ferntree Gully



Thursday, 13th August

Arrive: 10.30am, Conclude: 1.30pm

Lets go shopping! Visit a variety of shops jam packed full of goodies ranging from antiques, specialty foods and cheap bargains galore. Lunch will be at The Wantirna Club.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +

To make a booking call **1300 761 011** or email: customersupport@comlinkaustralia.com.au



Out & About

Tyabb Packing House, Tyabb



Thursday, 20th August

Arrive: 10.30am, Conclude: 1.30pm

Visit the Packing House full of antiques, deco, old wares, scientific, retro & vintage, plus memorabilia, fine art, jewellery & a second-hand bookshop covering every subject. Lunch will follow at The Hastings Club.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Out & About

Yarra Ranges Museum, Lilydale



Thursday, 27th August

Arrive: 10.30am, Conclude: 1.30pm

Opened in 2011, Yarra Ranges Regional Museum promotes the rich and diverse cultural heritage of the Yarra Ranges region through exhibitions, collections and programs. A delicious lunch at York on Lilydale awaits.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +

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Adventures in Silk - Workshop

Carrington Park Leisure Centre



Every Thursday in August

Arrive: 9.30am, Conclude: 11.30am

Discover the joy of silk dyeing in this hands on 4 week workshop. Learn simple techniques and create scarves, ribbons and more, finishing with a creative project. Perfect for beginners, no experience needed.



Cost depends on funding



Yes



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Quiz, Trivia & Puzzle Fun

Carrington Park Leisure Centre



Every Friday in August

Arrive: 9.30am, Conclude: 11.30am

Enjoy a morning of puzzles, quizzes and activities, to keep your mind active. Once every 2 months, enjoy a visit to a local café to enjoy a nice cuppa and chat.



Cost depends on funding



Yes



Includes coffee/tea & snack



Brain Health

Walkability:

0m 500m 1km 1.5km 2km +



Please call after 10.30am to make event bookings.





Men's Lunch (Fortnightly)

Various Venues



Monday, 14th & 28th September

Arrive: 12.00pm, Conclude: 2.00pm

Every fortnight, join the boys for a hearty lunch at one of the area's best local pubs or restaurants. Enjoy good food, easy conversation and the chance to meet other gents in a relaxed, friendly setting.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Plant Lovers (Fortnightly)

Various Nurseries



Monday, 7th & 21st September

Arrive: 12.00pm, Conclude: 2.00pm

Come along and visit some local nurseries where you can purchase some plants, or just wander and smell the roses. Followed by a cuppa and chat over some delicious lunch.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Fun & Games / Bingo

Carrington Park Leisure Centre



Every Monday in September

Arrive: 9.30am, Conclude: 11.30am

Get your game face on and join us for a lively morning of trivia, games and a variety of activities. With morning tea, prizes and plenty of laughs, it's a great way to start your day with fun, friendship and maybe a lucky win.



Cost depends on funding



Yes



Includes bingo prizes, coffee/tea, snack



Brain Health

Walkability:

0m 500m 1km 1.5km 2km +



Knitting

Carrington Park Leisure Centre



Every Monday in September

Arrive: 1.30pm, Conclude: 3.30pm

Enjoy a relaxing morning with like-minded crafters as you knit for a greater purpose. Whether you're a beginner or expert, your creations will help those in need. A meaningful way to give back and make new friends.



Cost depends on funding



Yes



Includes coffee/tea & snack



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Easy Moves

Carrington Park Leisure Centre



Every Monday in September

Arrive: 1.30pm, Conclude: 3.30pm

Move at your own pace with seated, low impact exercises designed to improve strength, flexibility and mobility. Guided by a friendly instructor in a safe, supportive space. Remember, if you don't use it, you lose it!



Cost depends on funding



Yes



Includes coffee/tea & snack



Physical Health

Walkability:

0m 500m 1km 1.5km 2km +



Morning Mingle

Various Venues



Every Wednesday in September

Arrive: 10.30am, Conclude: 1.30pm

Relax with morning tea at a local café before heading out for lunch at local hotels and restaurants. A great way to meet new friends. **Please note:** this event is for residents of the Shire of Yarra Ranges and surrounding areas.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Movie Day (In-house)

Carrington Park Leisure



Every Tuesday in September

Arrive: 1.30pm, Conclude: 3.30pm

Enjoy a relaxed morning at our ever-popular Movie Day. Watch a featured film in great company, with time to chat and connect before or after the show. Bring your popcorn spirit and settle in for a fun, easy-going day.



Cost depends on funding



Yes



Includes movie treats, coffee & tea



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Wood Crafting

Carrington Park Leisure



Every Tuesday in September

Arrive: 9.30am, Conclude: 11.30am

Come and create and connect in a relaxed group setting. A place you can assemble and personalise your project without the need for complex tools. No prior experience required.



Cost depends on funding



Yes



Includes coffee/tea & snack



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Day Trippers

Morning Melodies, Lynbrook



Tuesday, 1st September

Arrive: 10.30am, Conclude: 2.30pm

Enjoy a morning of singing, dancing & music at Morning Melodies with a fantastic Elvis tribute show. After the show enjoy a delicious buffet lunch.



Cost depends on funding + \$36.90



No



Includes matea, show & buffet lunch



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Day Trippers

Rippon Lea Gardens, Rippon Lea



Tuesday, 8th September

Arrive: 10.30am, Conclude: 2.30pm

Step back in time at the beautiful Rippon Lea Estate. Wander through heritage gardens and enjoy a relaxing day filled with history and charm.

Please note: the mansion is not fully accessible for those with mobility issues.



Cost depends on funding

+ \$12 garden entry + \$8 mansion Tour



No



Pre bookings required, tour optional



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Day Trippers

Tulip Farm, Olinda



Tuesday, 15th September

Arrive: 10.30am, Conclude: 2.30pm

Fill your world with colour at the Tessellar Tulip Farm, with over a million vibrant tulips blooming in the Dandenong Ranges. A touch of Dutch charm. **Please note:** some areas may be difficult for people with limited mobility.



Cost depends on funding

+ \$32 - \$35 entry. Tractor ride + \$15



No



BYO lunch or buy from onsite vendors. Tractor rides must be pre-booked.



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Day Trippers

Mt Evelyn Nurseries



Tuesday, 22nd September

Arrive: 10.30am, Conclude: 2.30pm

Browse three delightful nurseries filled with beautiful plants, flowers, gifts and homewares. Enjoy a coffee, soak up the garden atmosphere and discover inspiration around every corner.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Day Trippers

Marysville



Tuesday, 29th September

Arrive: 10.30am, Conclude: 2.30pm

Today we travel to the beautiful township of Marysville to visit magnificent Stevensons Falls, with lunch at The Duck Inn. The falls are accessible for people with mobility limitations, with seating along the path.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Restore & Recycle

Carrington Park Leisure



Every Wednesday in September

Arrive: 9.30am, Conclude: 11.30am

Discover the joy of creativity in our Restore & Recycle Woodwork Group. Learn woodworking skills while restoring old treasures in a friendly, hands on environment. No experience needed, just bring your imagination.



Cost depends on funding



Yes



Includes coffee/tea & snack



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Knitting

Carrington Park Leisure Centre



Every Wednesday in September

Arrive: 1.30pm, Conclude: 3.30pm

Enjoy a relaxing morning with like-minded crafters as you knit for a greater purpose. Whether you're a beginner or expert, your creations will help those in need. A meaningful way to give back and make new friends.



Cost depends on funding



Yes



Includes coffee/tea & snack



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Out & About

Preston Market, Preston



Thursday, 3rd September

Arrive: 10.30am, Conclude: 1.30pm

Experience the vibrant atmosphere of Preston Market, filled with fresh produce, delicious treats, unique stalls and hidden treasures. Enjoy a fun day out exploring one of Melbourne's much-loved local markets. Lunch is a surprise!



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Out & About

Waverley Gardens Shopping



Thursday, 10th September

Arrive: 10.30am, Conclude: 1.30pm

Today we head to Waverley Gardens Shopping Centre for a fun and relaxed day out. Explore a wide range of stores, enjoy some retail therapy, and take your time browsing everything on offer. It's a great chance to shop & unwind.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Out & About

Emerald Bakery/ Lakeside Café



Thursday, 17th September

Arrive: 10.30am, Conclude: 1.30pm

Take a drive through the lovely Mt Dandenong Ranges to Emerald Village bakery for a coffee and purchase yummy sweet goodies. Followed by lunch at Lakeside Café at Emerald Lake.



Cost depends on funding



No



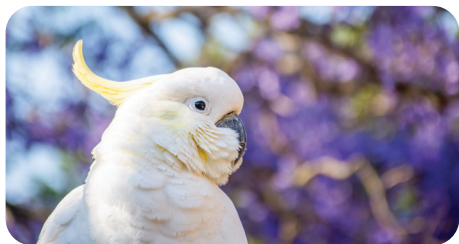
All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Out & About

Kallista Tearooms



Thursday, 24th September

Arrive: 10.30am, Conclude: 1.30pm

Enjoy a beautiful brunch in the heart of the Dandenong Ranges surrounded by delightful cockatoos. Afterwards, take a stroll through the town and browse the local shops.



Cost depends on funding



No



All expenses at own cost



Community Health

Walkability:

0m 500m 1km 1.5km 2km +

To make a booking call **1300 761 011** or email: customersupport@comlinkaustralia.com.au



Winter Surprise Workshop

Carrington Park Leisure Centre



Every Thursday in September

Arrive: 9.30am, Conclude: 11.30am

Join us for a surprise selection of creative craft activities in a warm and friendly environment. Enjoy morning tea and a cuppa while exploring something new. All welcome, no experience needed.



Cost depends on funding



Yes



Includes coffee/tea & snack



Community Health

Walkability:

0m 500m 1km 1.5km 2km +



Quiz, Trivia & Puzzle Fun

Carrington Park Leisure Centre



Every Friday in September

Arrive: 9.30am, Conclude: 11.30am

Enjoy a morning of puzzles, quizzes and activities, to keep your mind active. Once every 2 month, enjoy a visit to a local café to enjoy a nice cuppa and chat.



Cost depends on funding



Yes



Includes coffee/tea & snack



Brain Health

Walkability:

0m 500m 1km 1.5km 2km +

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Support that fits around you

From a helping hand at home to staying active in your community, we're here to support you to live independently and confidently.

Our Services can include:

- ✓ Domestic assistance
- ✓ Social events
- ✓ Community transport
- ✓ Allied Health
- ✓ Respite care
- ✓ Personal care
- ✓ Garden & home maintenance

Whatever your needs, we'll tailor support to suit you. Let's have a chat about **what's possible.**

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Men's Lunch Fun & Games / Bingo Knitting Easy Moves	4 Sconversations Day Tripper's Wood Crafting	5 Recycle & Restore Morning Mingle Knitting	6 Out & About Adventures in Silk	7 Quiz, Trivia & Puzzle Fun
10 Plant Lovers Fun & Games / Bingo Knitting Easy Moves	11 Sconversations Day Tripper's Wood Crafting	12 Recycle & Restore Morning Mingle Knitting	13 Out & About Adventures in Silk	14 Quiz, Trivia & Puzzle Fun
17 Men's Lunch Fun & Games / Bingo Knitting Easy Moves	18 Sconversations Day Tripper's Wood Crafting	19 Recycle & Restore Morning Mingle Knitting	20 Out & About Adventures in Silk	21 Quiz, Trivia & Puzzle Fun
24 Plant Lovers Fun & Games / Bingo Knitting Easy Moves	25 Sconversations Day Tripper's Wood Crafting	26 Recycle & Restore Morning Mingle Knitting	27 Out & About Adventures in Silk	28 Quiz, Trivia & Puzzle Fun
31 Men's Lunch Fun & Games / Bingo Knitting Easy Moves				

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Movie Day Wood Crafting Day Tripper's	2 Morning Mingle Restore & Recycle Knitting	3 Out & About Winter Surprise Workshop	4 Quiz, Trivia & Puzzle Fun
7 Plant Lover's Fun & Games / Bingo Knitting Easy Moves	8 Movie Day Wood Crafting Day Tripper's	9 Morning Mingle Restore & Recycle Knitting	10 Out & About Winter Surprise Workshop	11 Quiz, Trivia & Puzzle Fun
14 Men's Lunch Fun & Games / Bingo Knitting Easy Moves	15 Movie Day Wood Crafting Day Tripper's	16 Morning Mingle Restore & Recycle Knitting	17 Out & About Winter Surprise Workshop	18 Quiz, Trivia & Puzzle Fun
21 Plant Lover's Fun & Games / Bingo Knitting Easy Moves	22 Movie Day Wood Crafting Day Tripper's	23 Morning Mingle Restore & Recycle Knitting	24 Out & About Winter Surprise Workshop	25 Quiz, Trivia & Puzzle Fun
28 Men's Lunch Fun & Games / Bingo Knitting Easy Moves	29 Movie Day Wood Crafting Day Tripper's	30 Morning Mingle Restore & Recycle Knitting		

Feedback Survey



Please tick any options that interest you, and feel free to add your own ideas at the end of each section — every thought counts!

Thank you for being part of the Comlink Australia community. Your feedback helps us shape enjoyable, meaningful events. This short survey is your chance to share what you enjoy and what you'd like to see more of in 2026.

Social Events

What do you enjoy or what would you like to try? (Please Tick)

☐ Walking	☐ Ferry trips	☐ Reading
☐ Fishing	☐ Culture	☐ Sports
☐ Painting	☐ History	☐ Writing
☐ Brain activities	☐ Tours	☐ Jigsaw puzzle
☐ Scenic drives	☐ Religion	☐ Word search
☐ Out of town trips (over 2 hours)	☐ Cooking	☐ Trivia
☐ Out of town trips (under 2 hours)	☐ Bingo	☐ Meditation / breathing
☐ Movies	☐ Building	☐ Yoga
☐ Social interaction	☐ Creating	☐ Book club
☐ Card making / Crafts	☐ Hand-eye coordination activities	☐ Music
☐ Bowls	☐ Exercise	Other:
☐ Singing	☐ Dressing up	
☐ Dancing	☐ Themed days / activities	
☐ Whale watching	☐ Gardening / plants	

Feedback Survey



Thank you for taking the time to share your thoughts. Your feedback helps Comlink Australia continue to create welcoming, supportive experiences that reflect the people and communities we support.

Social Events

Food and dining preferences?

☐ Morning tea	☐ Chinese	☐ Lunch specials
☐ Brunch	☐ Mexican	☐ Sweet
☐ Lunch	☐ Indian	☐ Savoury
☐ Pubs	☐ Japanese	☐ Seniors meals
☐ Restaurant	☐ Hot pot	Other:
☐ Multicultural cuisine	☐ Buffet	

What matters most to you?

☐ Social interaction and community	☐ Exercise and movement	☐ Relaxation / fun / enjoyment
☐ Staying engaged and active	☐ Friendship / companionship	Other:
☐ Dining out / enjoying food	☐ Trying new things / learning	

Programs that interest you?

☐ Information sessions	☐ Senior Citizens Club	☐ Sleep health
☐ Falls prevention	☐ Children's development	☐ Library programs
☐ Ageless Grace	☐ Physiotherapy	Other:
☐ Technology support	☐ Financial health	
☐ Volunteering	☐ Mental health	

Do you want to feel connected?



Scan here to learn more about
our social support programs

1300 761 011

comlinkTM
AUSTRALIA

CHSP clients will require a Social Support Group referral code from My Aged Care to attend these events. If you are unsure if you have the appropriate code or require assistance please contact your Care Adviser for further information.

Contact us

If at any time you have any questions, need further support or have any concerns, don't hesitate to give us a call on **1300 761 011** to speak to one of our friendly staff, or visit **comlinkaustralia.com.au** to learn more.

Our call centres are open:

Mon to Fri - 7.00am - 4.30pm

1300 761 011

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Comlink Australia is a registered charity and welcomes donations.

Supported by the Australian Government Department of Social Services. Visit the Department of Social Services website www.dss.gov.au for more information.

Comlink Australia acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures, to Elders past, present and emerging.

