

ACTIVITY GUIDE 2026



Social Support Groups

Contact Us
Mon - Fri 9am-4:30pm
9581 8500
socialsupportgroups@bhn.org.au

MONDAYS

GOLDEN CREW - Mentone

10am - 3pm
\$15 per session*
Group Size: 10

Join this safe and relaxed centre-based session designed to help maintain your skills and stimulate your mind with new friends.

Location: 31 Venice St, Mentone (Occasional local outings)

Suitability: For people experiencing cognitive changes and are independently mobile (with or without a walking aid).

*Fee covers cost of meal and activity.

FIT & FIESTY - Cheltenham

10:30am - 12pm
\$5 per session
Group Size: 20

Exercise group and social connection! Stay fit with gentle strength training exercises followed by a cuppa and chat. Sessions led by our trained Group Supervisor.

Location: Cheltenham Community Centre - 8 Chesterville Rd, Cheltenham

Suitability: Must have own transport, be independently mobile (with or without walking aid) and able to perform exercises independently.

WARM WATER EXERCISE - Highett

1:30pm - 3pm
\$6.30 per session*
Group Size: 15

Keep strong and maintain your mobility with low impact water exercise. Unwind afterwards with a cuppa and chat. Sessions led by our trained Group Supervisor.

Location: Waves Leisure Centre - 111 Chesterville Rd, Highett

Suitability: Must have own transport, be independently mobile (with or without walking aid) and able to enter/exit pool independently.

*Classes do not run during school holidays and are replaced with other events.

MONDAYS

MONDAY MOB - Bentleigh East

10am - 3pm
\$15 per session*
Group Size: 10

Join this fun and relaxed centre-based group session designed to help maintain your skills through games and gentle exercises, followed by a light lunch.

Location: 2A Gardeners Rd, Bentleigh East (Occasional local outings)
Suitability: Must be independently mobile (with or without walking aid).
*Fee covers cost of light lunch.

FIT & FIESTY - Chelsea BHN

1pm - 2pm
\$5 per session
Group Size: 12

Exercise group and social connection! Stay fit with gentle strength training exercises. Sessions led by our trained Group Supervisor.

Location: BHN Chelsea - 1 The Strand, CHELSEA
Suitability: Must have own transport, be independently mobile (with or without walking aid) and able to perform exercises independently.

KNITTING GROUP - MENTONE

10.30 - 12pm
\$5 per session
Group Size: 10

This is a client led group that is for all abilities. Come and meet the group in a friendly, relaxed and supportive environment. Tea/coffee provided

Location: BHN Mentone, 31 Venice st MENTONE
Suitability: Must have own transport, be independently mobile (with or without walking aid)

MONDAYS

MENS WALKING GROUP - MENTONE

9.30 - 1pm
\$5 per session
Group Size: 10

Join us for our weekly Men's Memory Support Walk. We offer a safe, friendly space for men with mild-to-moderate memory loss to walk, talk, and share a coffee.

Location: Various outings

Suitability: Must be independently mobile (with or without walking aid).
Clients cover the cost of refreshments purchased.

TUESDAYS

GOLDIES - Mentone

9:30am - 3:30pm
\$6 per session*
Group Size: 5

Stroll along gardens, visit galleries and browse the shops with others who are young at heart. Or select a latest Hollywood or art-house film to watch together.

Location: Various outings

Suitability: Must be independently mobile (with or without a walking aid).

*Participants cover cost of meals/refreshments and admission fees.

KOOKABURRAS - Mentone

9:30am - 4pm
\$10 per session*
Group Size: 12

Enjoy a scenic drive on the way to a lovely spot for a bit of a wander, followed by a delicious lunch along the way with lots of stimulating conversation.

Location: Various outings

Suitability: Must be independently mobile (with or without walking aid).

*Participants cover cost of meals/refreshments and admission fees.

CHINESE GROUP - Bentleigh East

10am - 1:30pm
FREE session*
Group Size: 10

Explore the many cultures of China with a diverse group from its various regions. Feast together with lunch from a local Chinese restaurant.

Location: 2A Gardeners Rd Bentleigh East (occasional outings)

Suitability: Must be independently mobile (with or without walking aid).

*Participants cover cost of lunch or can BYO.

TUESDAYS

CAFE CRUISERS - Mentone

9:30am - 1pm
\$10 per session*
Group Size: 5

Connect with other locals and enjoy a coffee while conversing about your culture. An RSL lunch is organised every six weeks.

Location: Local cafes in the Mentone area

Suitability: Must be independently mobile (with or without a walking aid).

*Participant cover cost of meal at RSL.

TUESDAY TREASURES - Bentleigh East

10am - 3pm
\$15 per session*
Group Size: 10

Join this fun and relaxed centre-based group session designed to help maintain your skills through games and gentle exercises, followed with a light lunch.

Location: 2A Gardeners Rd, Bentleigh East (Occasional local outings)

Suitability: Must be independently mobile (with or without walking aid).

*Fee covers cost of light lunch.

WEDNESDAYS

AMIGOS GROUP - Mentone

9:30am - 4pm
\$10 per session
Group Size: 12

A diverse group of friendly people getting together to connect and get out and about in the community.

Location: Various outings

Suitability: Must be independently mobile (with or without a walking aid).

*Participants cover cost of meals/refreshments and admission fees.

CARERS ART CLASS

10am - 1pm
\$16.50 per class*
Group Size: 14

Release stress and your artistic potential! Take part in these fantastic art classes and discover your talent. Classes led by artist, Alison Pilcher.

Location: 9/231 Bay Rd, Sandringham

*Participants are invoiced directly by the artist.

FAB WEDNESDAYS - Mentone

10am - 3pm
\$10 session*
Group Size: 10

A fun group that celebrates all individuals. Take part in topical discussions, learn from a guest speaker or visit a foreign country during 'armchair travel' virtual tours.

Location: 31 Venice St, Mentone

Suitability: Must be independently mobile (with or without walking aid).

*Participants BYO lunch or a light lunch will be provided. A small fee may be requested for some theme days.

WEDNESDAYS

WARM WATER EXERCISE - Bentleigh East

2pm - 3:30pm

\$5 per session

Group Size: 10

Keep strong and maintain your mobility with low impact water exercise.

Unwind afterwards with a cuppa and chat.

Sessions led by our Group Supervisor.

Location: 2A Gardeners Rd, Bentleigh East

Suitability: Must have own transport, be independently mobile (with or without walking aid) and able to enter/exit pool independently.

THURSDAYS

PRIMETIMERS - Mentone

9:30am - 3pm
\$10 per session*
Group Size: 10

Enjoy a coffee and a chat with others who share a similar abundance of life experience. The limbs may be creaky, but the mind remains cheeky!

Location: 31 Venice St, Mentone (Occasional outings)

Suitability: Must be independently mobile (with or without walking aid).

*Participants BYO lunch or a light lunch will be provided. A small fee may be requested for some theme days.

TURKISH SENIOR CLUB - Mentone

9am - 4pm
FREE session*
Group Size: 10

A monthly group outing for members of the Turkish community in partnership with the U3A Turkish Senior Group.

Location: Various outings

Suitability: Must be independently mobile (with or without walking aid).

*Session runs every third Thursday of the month.

GENTLE EXERCISE - Mentone

10am - 11:30am
\$5 per session*
Group Size: 10

Join with the group for a morning tea and chat followed by a one hour gentle exercise program that includes some seated yoga.

Location: 31 Venice St, Mentone

Suitability: Must be independently mobile (with or without walking aid).

*Session runs every third Thursday of the month.

THURSDAYS

FIT & FIESTY - Chelsea Heights

1pm - 2:30pm
\$5 per session*
Group Size: 15

Exercise group and social connection!
Stay fit with gentle strength training exercises followed by a cuppa and chat.
Sessions led by our trained Group Supervisor.

Location: Chelsea Heights Community Centre - Beazley Reserve

Suitability: Must have own transport, be independently mobile (with or without walking aid) and able to perform exercises independently.

THURSDAY CLUB - Bentleigh East

10am - 3pm
\$15 per session*
Group Size: 10

Join this fun and relaxed centre-based group session designed to help maintain your skills through games and gentle exercises, followed with a light lunch.

Location: 2A Gardeners Rd, Bentleigh East

Suitability: Must have own transport, be independently mobile (with or without walking aid) and able to enter/exit pool independently.

*Fee covers cost of light lunch.

FRIDAYS

FRIDAY ESCAPE

9:30am - 4pm
\$10 per session*
Group Size: 12

Experience different activities as your mood strikes you. Options include a delicious pub meal, escape and explore Bayside/Peninsula regions and market days.

Location: Various outings

Suitability: Must be independently mobile (without walking aid). Some outings may include up to one hour of walking.

*Participants cover cost of meals/refreshments and admission fees.

FIT & FIESTY - Cheltenham

12:30pm - 2pm
& 2pm - 3pm
\$5 per session
Group Size: 20

Exercise group and social connection!
Stay fit with gentle strength training exercises followed by a cuppa and chat.
Sessions led by our group Supervisor.

Location: Cheltenham Community Centre - 8 Chesterville Rd, Cheltenham

Suitability: Must have own transport, be independently mobile (with or without walking aid) and able to perform exercises independently.
