

2024 PROGRAM

CAMDEN COMMUNITY CENTRE

MEN'S SHED

Monday / Tuesday / Wednesday / Thursday
9:30am - 1:30pm

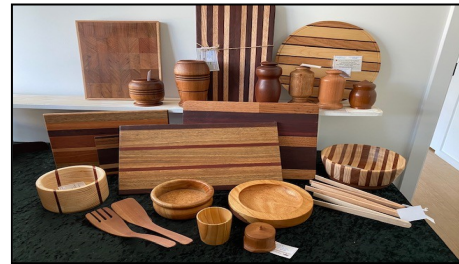


Our men's shed volunteers become involved in;

- ◆ Producing a range of products for sale, such as cutting boards, bowls, candle holders and paddle boards to raise funds for the Centre.
- ◆ Teaching each other woodworking skills
- ◆ Providing maintenance and repairs throughout the Centre
- ◆ Repair and produce small projects for the community

Enquiries: 8376 0022

Orders taken



Camden Community Centre Op Shop

Cnr Carlton Rd and Carlisle Street Camden Park
(entrance on Carlton Road - rear of Camden Hall)
Enquiries—0414 887 465

Bargains galore:

clean quality men's, ladies and children's clothing, shoes, books, handbags, jewellery, small household items, crockery, records, bric-a-brac, linenand much more.

Clean quality donations are gratefully accepted

Monday / Wednesday / Friday
10:00am - 2:00pm
1st Saturday of the month
9:00am - 12noon



The Department
of Health



MONDAY

***COMMUNITY CONNECTIONS MONDAY EXPLORERS**

10:30am - 1:30pm Reed Room

A centre-based social program with occasional outings aimed at supporting people living with a disability to link in with their peers and the local community.

Morning tea & lunch provided

Limited transportation available within local area

Enquiries: 8376 0022

COMMUNITY CONNECTIONS

Is a social group for people aged 65 years and over or 50 years and over for Aboriginal & Torres Strait Islander people and who are Commonwealth Home Support Program (CHSP) - Social Support Group referred through My Aged Care .
(My Aged Care: 1800 200 422)

A funded program by the Australian Government



TUESDAY

***COMMUNITY CONNECTIONS TRAVEL CLUB**

September 3rd Strathalbyn
October 1st Mt Compass
November 12th Port River Cruise **
December 10th Mannum

COST: \$35.00
includes LUNCH
**cost may vary

Additional cost of **\$2.50** each way applies if you require transport to and from the Centre

Bookings Essential—Ph: 8376 0022



*All tours depart from and return to the Centre.
Outings are subject to change*



EXERCISE CLASSES

**CAMDEN HALL
18 CARLISLE ST CAMDEN PARK**

10.00am—11.00am

Cost: \$10.00

HEALTH BENEFIT REBATES AVAILABLE

REGISTRATION FORMS AVAILABLE FROM CAMDEN OP SHOP

Camden Community Centre is a not for profit organisation that is focused on services to the community.

We welcome donations and coordinate fundraising activities to support the Centre in providing meaningful activities to our local Community.

If you would like to support our Centre or have suggestions or activities that you would like to attend (that are not currently offered), please contact us on 8376 0022

WEDNESDAY

***COMMUNITY CONNECTIONS LADIES SOCIAL GROUP**

10:30am – 1:30pm Reed Room

A social program with a strong focus on wellness and reablement. Activities are designed to support independence and social connectedness.

Morning tea & two course lunch provided

Limited transportation available within the local area

Enquiries: 8376 0022



JUSTICE OF THE PEACE (JP)

Wednesdays **11:00am—3:00pm**

Enquiries: 8376 0022



ART CLASS
1:00pm - 3:00pm

If you are inexperienced, but are keen to learn about drawing, water colours and other art mediums, why not come along and join us.

Support & guidance offered at a low cost of **\$5.00**

THURSDAY

***COMMUNITY CONNECTIONS MIXED SOCIAL GROUP**

10:30am – 1:30pm Reed Room

A social program with a strong focus on wellness and reablement. Activities are designed to support independence and social connectedness.

Morning tea & two course lunch provided

Limited transportation available within the local area

Enquiries: 8376 0022



VOLUNTEERS

Volunteer programs include:



Op Shop
Men's Shed - woodwork
Social Programs
Kitchen Assistance
Grounds, Maintenance and Gardening
Community Garden

Benefits of Volunteering at Camden:

- ◆ Meet new friends
- ◆ Learn new skills
- ◆ Increase knowledge
- ◆ Have fun
- ◆ Contribute to your community

***Camden Community Centre
gratefully acknowledges the contribution
volunteers provide to the Centre***

FRIDAY

***COMMUNITY CONNECTIONS MEN'S SOCIAL GROUP**

10:30am – 1:30pm Reed Room

A social program tailored to the needs of the group and designed to connect men with their peers and local community. Opportunities to learn more about specific issues and discuss topics of interest.

Morning tea & two course lunch provided

Limited transportation available within the local area

Enquiries: 8376 0022



SATURDAY

'CLOSE TO MY HEART'

Scrapbooking, stamping and card making

Workshops held Monthly
Friday evenings **7:30pm - 11:30pm**
Saturday afternoons **12:00noon - 4:00pm**

Contact **Sarah** on **0417 840 450**
www.sarahshipton.ctmh.com.au

SUNDAY

YOGA

ARE YOU LOOKING FOR A FUN WAY TO FILL YOUR SUNDAY AFTERNOON? JOIN IN THE FUN AT CAMDEN HALL FROM 4:30PM FOR YOGA CLASSES, GAMES, COFFEE & CAKE.

**ENTRY IS \$10 PAYABLE AT THE DOOR
FOR FURTHER INFORMATION CALL
0406 975 035**



CAMDEN'S FOOD & WELLBEING OUTREACH PROGRAM

ARE YOU, OR DO YOU KNOW OF SOMEONE WHO IS EXPERIENCING FINANCIAL HARDSHIP, ILL HEALTH, LONLINESS &/OR SOCIAL ISOLATION?

CAMDEN'S FOOD & WELL BEING OUTREACH PROGRAM WAS ESTABLISHED IN 2017 & WILL BE EXPANDING IN 2024.

OUR LOVELY VOLUNTEERS ARE HERE TO HELP.

FOR FURTHER SUPPORT
PLEASE CONTACT **0414 887 465**



COMMUNITY GARDEN

Short of garden space at home?
Come along and have a garden bed to grow vegetables and herbs

Raised garden beds available

Cost **\$2.00** a week
includes soil and fertilizers

Join our friendly team of garden volunteers

Enquiries 8376 0022



* Although funding for the Community Connections CHSP Social Group programs has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.