



Neighbour Aid – Elderly and Disability Support Programs

- Mondays – Small Dementia Group (Approx. 4-8 people) who go on bus trips and have lunch out.
- 2nd and 4th Monday of every month – Friendship Luncheon at Christ Church Mortdale for Aged.
- Social Outings for Aged and Disability Clients – alternating Wednesdays and Fridays (once a week) to clubs or other interesting events for lunch.
- Thursdays – Mental Health Drop-In Group
- Thursdays – Shopping Bus to Riverwood 3 times a month and to Roselands on the last Thursday of each month.
- Individual shopping and accompanied transport and assistance.
- Home visiting

Community Groups and Courses:

- **Jubilee Community Services - Mental Health Arts Development** aims to achieve greater access to and participation in quality arts and cultural development initiatives for adults who have direct or indirect experience of living with mental illness. 2016 - Term 1 Pottery and Term 2 Mosaics.
- Adult Leisure Learning classes held for the community on Wednesdays and Thursdays – classes include Tai Chi, Painting, Handcrafts, card games like Canasta etc.
- Chinese Social Group – every Tuesday a drop-in group offering conversation, socialisation, mah jong, table tennis, cards etc.
- Language classes (ongoing) – 2 x English for Chinese Speakers and 1 x Spanish class each week.
- Stepping On Balance classes – in collaboration with South Eastern Sydney Local Health District. Held at Oatley RSL on a Thursday – doctor's referral is needed.
- From 19th April, delivering an English Course open to New Migrants residing in the Hurstville Local Government Area. They will be taught by a TAFE teacher and provide a pathway to TAFE classes, other training and hopefully employment. On completion, students will receive a Nationally Accredited Qualification.
- JP Service.
- Knitting Group