

What Else You Need To Know

GETTING HERE

Our vehicles are out and about in some areas of the following suburbs for pick up for arrival at the centre at 9:30 am and departure at 2:00 pm:

Ashmore	Carrara
Gaven	Highland Park
Nerang	Pacific Pines
Southport	Worongary

Phone us on 5578 1668 to see if we can pick you up. Please note there are no toilet facilities in our vehicles and the length of time you may be on the bus will vary but may be up to 45 minutes. Transport may incur an additional fee.

Our Centre is conveniently located in Nerang and if Liberty can't pick you up are other options are available :

Volunteering Gold Coast Transport*
Ph : 5526 5288

Transcord Community Transport*
Ph : 5539 3733

13cabs
Ph : 13 2227

*Subsidised transport available for eligible people.
Contact My Aged Care or your Package Provider/Plan Manager for details.

- Our programs cater for all abilities however some activities do have some ratio and other restrictions depending on the level of support people require. Please phone Karina to discuss your suitability and how we can meet your support needs.
- We care about your health and safety and follow directions of Queensland Health.
- We aim to offer you the advertised program however alterations may be necessary due to unforeseen events.

ELIGIBILITY / COSTS

To be eligible to attend Liberty's group social programs clients need to:

- hold, or request, a referral code for "Social Support Group" under the Commonwealth Home Support Programme. This can be obtained by phoning My Aged Care (Ph : 1800 200 422). A client contribution of \$17 is payable for the full day program plus any activity/entry fee.
- receive funding under a home care package - phone Liberty for cost.
- receive funding under the National Disability Insurance Scheme - phone Liberty for cost.
- if you do not receive government funding and would like to attend as a private client please phone to discuss the cost.

Your first visit is free so phone Karina to arrange a meet and greet!

If you have booked into one of our activities and unable to come please phone us 5578 1668 to let us know



liberty
community connect

Centre Activities

We recognise that people need people so every weekday Liberty offers an opportunity to connect with others and be part of the Liberty family. When you visit our Centre in Nerang you can make friendships over morning tea and lunch and be involved in activities that interest you.

Our Livin' Well programs are designed to help people feel vibrant and get the most out of every day. Our experienced staff and volunteers are bright and enthusiastic and aim to bring smiles to people's faces.

A variety of activities are available every day for you to do at your own pace, or with others - puzzles, colour therapy, board games, movies, reading, trivia, jigsaw puzzles, and much more. After lunch, we join together for one last activity before heading home.

Theme weeks and guest presenters are a favourite here at Liberty and give the chance for everyone to join together for fun, laughter, and learning. Venues, activities, theme weeks and presenters regularly change so keep an eye out for our monthly program and make sure you phone 5578 1668 to book your spot so you don't miss out.



Quality of life can be positively impacted by social participation. It can influence psychological and physical wellbeing, contribute to healthy ageing, and optimise cognitive and physical functioning. Social participation not only improves physical, mental and emotional health, but also provides an opportunity for people to make new friendships, and contribute to a community through sharing of experiences, skills and knowledge.

Our program starts at 9:30 am and finishes at 2:00 pm with transport available in some areas. Options are available if you would like a shorter day ~ just phone Karina on 5578 1668 to help us meet your individual needs.

Liberty provides services through funding from the Australia Government Department of Health and to individuals funded by the National Disability Insurance Scheme.

Liberty Community Connect

31 Martin Street, Nerang | Ph : 5578 1668 | www.libertycommunity.org.au

Our Program

Monday - 9, 16 & 30 May

PAMPER YOURSELF

It's time for some self care. Hand and Head Massages, Painting your nails and great conversation.

- OR -

INTERACTIVE GAMES

Try your hand at some indoor games such as Hole in One, Mini Golf, Plunk It!
Join us for fun and laughter as we play the game.

Tuesday - 3, 10, 17, 24 & 31 May

ARM CHAIR TRAVEL

Come travel the world with us from the comfort of our centre. We will be visiting a new destination each week - Egypt, Japan, Australia, The Queen's Palace and Morocco.

Bring along your travel photos and stories to share.

- OR -

MIND OVER MATTERS

Expand your mind with assorted quizzes, puzzles and games to keep your grey matter healthy.

Wednesday - 4, 11, 18, 25 May

HAND EYE COORDINATION GAMES

We have games on offer to assist with your coordination whilst having fun.

Balloon Table Tennis, Chair Soccer and Ball Games.

- OR -

CURRENT AFFAIRS

Talking the latest news and current affairs

Thursday - 5, 12, 19, 26 May

BACK IN TIME

Let's take a step back in time and discuss changes through the ages. Share your stories.

- OR -

MOVIE IN CENTER

Come and enjoy a movie morning with your friends

Friday - 6, 13, 20 & 27 May

STAY ACTIVE

Go for a walk along Hinze Dam or exercises in centre to keep your bones healthy and improve your balance.

- OR -

Wii GAMES

There are assorted games to play on the Wii- Golf, Ten Pin Bowling, Tennis and Boxing.

May/ June Highlights

- ➔ 1st Week of May- Celebrating Women & Mother's
Thank you to all the women in our lives who make this world a brighter place- We have a small gift for you.
- ➔ Helping Hands Art- Help us say thank you to our Volunteers for all the hard work and dedication
- ➔ Monday 23rd of May- Clive Hartnett bringing along guitar for a sing a long
- ➔ Thursday 26th of May- Birthday Party
Roxanne is turning 40. We invite you to join us for a party with games, food and prizes.
- ➔ Monday 13th of June- William Duncan School Choir will be performing in center at 11am



It is important to us that you have the freedom and support to make use of your abilities and if you are wanting to get a little bit more from your day at Liberty read on for some added value. Some activities have a small additional charge and others are included in our daily fee. We recognise that we are all individuals, enjoy celebrating our differences and are committed to providing diverse activities to allow you to explore possibilities that are important to you. If you have a specific interest or activity that you would like to try please phone Karina to see what the possibilities are.

BOOKINGS ESSENTIAL

Ph: 5578 1668