



liberty
community connect

New social group programs are starting shortly here at Liberty. Check out pages 2 & 3 for more information

Announcing Our New Programs

What's Happening

Liberty is very excited to announce the launch of our "New-Look" programs this month! We are offering a variety of new classes and programs including Liberty After Dark (Friday evenings), a Saturday Morning Club, and fitness and wellness classes.

Our group centre and community programs continue to run, with some fantastic new activities and exciting new locations around our beautiful city.

For more information please continue reading and check out pages 2 & 3.



Ladies' Day Out

Liberty is currently running our Ladies' Day Out program. These outings are held every six weeks, creating a time for our ladies to bond, get out and about on the Gold Coast, and to share in some exciting new experiences.

Get in quick and book .. spaces are limited and are filling up quickly! For more information, please contact our office on 5578 1668.

Man 2 Man

Liberty offers a Men's Day Out Program every six weeks for all our gentleman. This is an opportunity for men to connect with each other and have an old fashioned "blokes day out". We will be visiting some amazing locations around the Gold Coast and experiencing activities, such as museums, parks, and barbeques.

Spaces are limited, so get in quick!

For more information, please contact our office on 5578 1668.





Liberty Community Connect's

Friday After Dark

For the very first time, Liberty is launching its Friday after-dark activities! This program will run fortnightly and activities include going out for dinner, going to the movies or night markets, seeing a show, and much more. Liberty is offering transport to and from all locations.

Hurry, spaces are limited to eight for each outing!
Call the office to register.

Liberty Community Connect's

Saturday Club

We are pleased to announce Liberty's Saturday program. These activities will run on the last Saturday of each month. Activities include movies, morning markets, matinee shows, museums, art galleries, and much more.

If this sounds like something you would be interested in
please contact the office for further details on 5578 1668.

*Liberty services are funded through Commonwealth Home Support Programme, NDIS,
Home Care Packages or by private fee agreement*



Liberty Community Connect's

Hydrotherapy Program

Liberty is introducing our fortnightly swimming program on a Wednesday morning. The program will be held at the Nerang Swimming Pool at a cost of \$10.00 (\$5.00 pool entry and \$5.00 for a Liberty staff member to transport you to and from your home**).

Light refreshments will be provided after your swim.

If you are interested in this activity please contact the office for further details on 5578 1668.

Please note, a medical clearance is required to join in for the hydrotherapy program

Liberty Community Connect's

Liberty Classes

Liberty will be hosting a number of new classes here in the centre.

If you are interested in cooking, art, music, and gardening classes, or our new-look wellness class focusing on movement, mindfulness, and meditation, contact our office for more information.

Phone: 5578 1668

**** Phone Liberty on 5578 1668 to enquire about the costs of our programs and services based on your funding eligibility.**

Community Connections

Community Connections is a program based service - a home away from home.

We offer a variety of programs in a group setting here in the centre and out in the community.

It is a way to maintain social connections, increase physical and mental independence, and increase overall happiness.

If you would like to find out more information, please contact Rachelle on 5578 1668.

Support at Home

Individual support services are designed to assist people on the Gold Coast to live happily and independently in their homes for the fullness of their life.

The Support at Home team provide services including domestic assistance, in home respite, personal care, shopping assistance, and social support. Lawn and garden services are also available.

Check out our website at www.libertycommunity.org.au

Public Holidays

Community Connections and Support at Home will be unavailable on the following dates due to the upcoming public holidays

Friday, 7 April 2023 - Good Friday

Monday, 10 April 2023 - Easter Monday

Tuesday, 25 April 2023 - Anzac Day

Monday, 1 May 2023 - Labour Day

If you are going away or don't require a service over the Easter period, please phone our office on 5578 1668 to let us know.

If you are on a home care package and receive support in your home, our team will be in contact with you to discuss alternate arrangements.

Happy  EASTER

Liberty Community Connect provides aged and disability support services and social programs on the Gold Coast. Please contact us to enquire how we can support you, or your loved ones, to remain independent and socially connected for the fullness of your life.

Located at 31 Martin Street, Nerang Qld 4211

Ph : 07 5578 1668 | Email : info@libertycommunity.org.au



The
Department
of Health



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