



TO LEARN MORE ABOUT OUR
HARBOURSIDE SENIORS HUB

call our friendly team on
(02) 4984 1811
or visit www.harboursideportstephens.com.au



HARBOURSIDE SENIORS HUB

Have fun, stay connected and embrace your uniqueness at our Harbourside Seniors Hub.

HARBOURSIDE SENIORS HUB

is funded by the Commonwealth Home Support Programme (CHSP) or your Home Care Package.

We welcome seniors every Tuesday, Wednesday and Thursday from 10.00am-2.00pm. It's a cozy and welcoming environment designed to offer engaging programs, nourishing meals and the chance for meaningful connections.



Transportation is available to and from the Centre, depending on where you live.

We're dedicated to creating opportunities for you to interact with like-minded people in activities that are not only enjoyable but also promote skill-building, forge new friendships, and foster a strong sense of community. Whether you prefer participating in organised activities or pursuing personal interests with our supportive staff, our goal is to maximise your potential in a safe and secure setting.

A highlight of our day is the shared joy and camaraderie over delicious morning tea and lunch, fostering fun and friendships. We believe your unique background, interests, and experiences enrich our community. That's why we encourage you to be yourself and contribute to our diverse and vibrant environment.

OUR ACTIVITIES

Ranging from art and craft to cooking demonstrations and participation, BBQ lunches, exercise groups, word games, bingo, scenic drives, outdoor activities and more – are shaped by everyone's input, ensuring they are beneficial, meaningful, and enjoyable.

Our commitment extends to your health and well-being, assisting you in achieving personal goals and enhancing your quality of life.

Our dedicated team tailors activities to:

- support physical function and flexibility
- social engagement
- emotional well-being.

Additionally, we offer specialised, compassionate care for individuals living with dementia. Our trained and caring staff and volunteers are committed to meeting the needs of you or your loved one with kindness and respect.

Attendance at Harbourside Seniors Hub requires a contribution fee.

In addition to attendance at our Harbourside Seniors Hub, we organise group outings every second Monday and every Friday, expanding the opportunities for enjoyment and exploration.

Join us at the Harbourside Seniors Hub to experience a blend of fun, friendship, and personal growth in a supportive community setting.



Harbourside Seniors Hub is located at 44 Farm Street, Fingal Bay.

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