



SNOWY MONARO  
REGIONAL COUNCIL

# COMMUNITY CONNECTIONS NEWSLETTER

August, September, October 2022





# SNOWY MONARO REGIONAL COUNCIL

## August September October 2022 Newsletter

Our August, September and October program aims to have something for everyone!

With the weather still cool, we'll continue our exploration of indoor venues in Canberra with outings to Parliament House and The Australian War Memorial. Men's Group will visit the Queanbeyan Historical Museum and National Museum of Australia for the spectacular Connection: Songlines from Australia's First Peoples exhibition.

Say farewell to winter with a unique trip to Blue Cow, part of Perisher Snow Resort. We'll access the resort by catching Skitube, a Swiss designed rack-rail train from Bullocks Flat to Blue Cow, where we'll enjoy lunch with stunning views of the ski fields and surrounding mountain ranges.

With spring just around the corner, we have plenty of opportunities to enjoy the warmer weather. Join Jindabyne Seniors Club for an outing to Tulip Top Gardens in Sutton or attend a Terrarium or Scarecrow workshop at Werri-Nina or Bombala Community Centres. Don't miss the opportunity to witness humpback whales as they migrate along the pristine waters of the South Coast with a day trip to Bermagui in October!

Our crafters will be kept busy with various projects at our Wednesday craft groups and an opportunity to attend the annual Craft and Quilt Fair in Canberra for some extra inspiration.

For our music lovers, we return to the popular Music at Midday at Canberra Theatre or join us for an overnight outing to Canberra to enjoy the Italian Tenors dinner and show.

Lunch club and cards days will continue to provide an opportunity to catch up and enjoy good company and delicious food at various locations across our region.

We look forward to seeing you!

Community Support Services Team



*A Trusted Community Partner*

# SNOWY MONARO COMMUNITY CONNECTIONS August 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	4	5 COMBINED OUTING GAOL MUSEUM	6
7	8 LUNCH CLUB with JINDABYNE S ENIORS CLUB	9 COMBINED OUTING MUSIC AT MIDDAY	10 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	11	12 ARTS AND CRAFTS NIMMITABEL	13
14	15	16	17 ARTS AND CRAFTS WERRI NINA CENTRE TERRARIUM WORKSHOP BOMBALA COMMUNITY CENTRE	18	19 TERRARIUM WORKSHOP	20
21	22 LUNCH CLUB	23 COMBINED OUTING PARLIAMENT HOUSE	24 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	25 CARDS - WERRI NINA CENTRE	26	27
28	29	30 LUNCH CLUB	31 PLANNING DAY			



# SNOWY MONARO COMMUNITY CONNECTIONS September 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 O'NIGHT CANBERRA ITALIAN TENORS	2	3
4	5 MEN'S GROUP NATIONAL MUSEUM OF AUSTRALIA A NOVEL IDEA	6 COMBINED OUTING WAR MEMORIAL	7 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	8 ARTS AND CRAFTS NIMMITABEL	9 ARTS AND CRAFTS NIMMITABEL	10
11	12 CARDS with JINDABYNE SENIORS CLUB	13 SCARECROW WORKSHOP	14 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	15	16	17
18	19	20	21 COMBINED OUTING BLUE COW, PERISHER	22	23 COMBINED OUTING CRAFT EXPO, CANBERRA	24
25	26	27	28 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	29 CARDS - WERRI NINA CENTRE	30 LUNCH CLUB	



# SNOWY MONARO COMMUNITY CONNECTIONS October 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 LUNCH CLUB					1
2	3 PUBLIC HOLIDAY	4	5 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	6	7 LUNCH CLUB	8
9	10 MEN'S GROUP QUEANBEYAN HISTORICAL MUSEUM A NOVEL IDEA	11 COMBINED OUTING TULIP TOPS with JINDABYNE SENIORS CLUB	12 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	13	14 ARTS AND CRAFTS NIMMITABEL	15
16	17	18 COMBINED OUTING WHALE WATCHING, BERMAGUI	19 PLANNING	20	21	22
23	24	25	26 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	27 CARDS - WERRI NINA CENTRE	28 LUNCH CLUB	29



# Community Transport Scheduled Bus Trip Timetable | August 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 JINDY/BERRIDALE & COOMA TO TUGGERANONG SHOPPING BUS \$15.00	2	3	4 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	5 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	6
7	8 BOMBALA TO COOMA \$10.00	9	10	11 DELEGATE TO BOMBALA BUS \$8.00	12 BOMBALA TOWNSHIP BUS \$5.00	13
14	15 BOMBALA TO COOMA \$10.00	16	17	18 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00 BOMBALA TO CANBERRA \$15.00	19 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	20
21	22 BOMBALA TO COOMA \$10.00	23	24	25 DELEGATE TO BOMBALA BUS \$8.00	26 BOMBALA TOWNSHIP BUS \$5.00	27
28	29 BOMBALA TO BEGA \$10.00 BOMBALA TO COOMA \$10.00	30	31			

**PLEASE NOTE:** This calendar may change at late notice subject to advice from the Department of Health, and bus trip numbers will be limited to allow for social distancing.

Scheduled bus trips are designed to provide access to a variety of destinations including shopping and medical. Unscheduled travel is offered on all other weekdays. Please contact **Community Transport** on **02 6451 1054** (Cooma, Berridale or Bombala) for bookings and information on contributions.



# Community Transport Scheduled Bus Trip Timetable | September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	2 BOMBALA TOWNSHIP \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	3
4	5 JINDY/BERRIDALE/COOMA TO WODEN SHOPPING BUS \$15.00 BOMBALA TO COOMA \$10.00	6	7	8 DELEGATE TO BOMBALA BUS \$8.00	9 BOMBALA TOWNSHIP \$5.00	10
11	12 BOMBALA TO COOMA \$10.00	13	14	15 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00 BOMBALA TO CANBERRA BUS \$15.00	16 BOMBALA TOWNSHIP \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	17
18	19 BOMBALA TO COOMA \$10.00	20	21	22 DELEGATE TO BOMBALA BUS \$8.00	23 BOMBALA TOWNSHIP \$5.00	24
25	26 BOMBALA TO BEGA \$10.00 BOMBALA TO COOMA \$10.00	27	28	29 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	30 BOMBALA TOWNSHIP \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	

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# Community Transport Scheduled Bus Trip Timetable | October 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 BOMBALA TO BEGA \$10.00 BOMBALA TO COOMA \$10.00					1
2	3 PUBLIC HOLIDAY - CLOSED	4	5	6 DELEGATE TO BOMBALA BUS \$8.00	7 BOMBALA TOWNSHIP \$5.00	8
9	10 JINDY/BERRIDALE/COOMA TO WODEN SHOPPING BUS \$15.00 BOMBALA TO COOMA \$10.00	11	12	13 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	14 BOMBALA TOWNSHIP \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	15
16	17 BOMBALA TO COOMA \$10.00	18	19	20 DELEGATE TO BOMBALA BUS \$8.00 BOMBALA TO CANNING BUS \$15.00	21 BOMBALA TOWNSHIP \$5.00	22
23	24 BOMBALA TO COOMA \$10.00	25	26	27 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	28 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	29

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# CARDS

Cards day is an opportunity to catch up with friends at various locations around our region. If you enjoy trying your hand at various card games, come and join us for a few games followed by lunch and a social catch up.

## August

Thursday  
25 August

Cards

Venue: Werri-Nina Centre

Time: 10.00am - 1.30pm

RSVP: 11 August 2022

## JINDABYNE SENIORS CLUB

The Jindabyne Seniors group meet monthly at Jindabyne Bowling Club for a morning of card games and general social catch up over a cuppa. The morning follows on with lunch at the Bowling Club. A fantastic opportunity to meet up with fellow community members in our region.

## September

Thursday  
29 September

Cards

Venue: Werri-Nina Centre

Time: 10.00am - 1.30pm

RSVP: 15 September 2022

## September

Monday  
12 September

Jindabyne Seniors Club

Venue: Jindabyne Bowling Club

Time: 10.00am - 2.00pm

RSVP: 1 September 2022

## October

Thursday  
27 October

Cards

Venue: Werri-Nina Centre

Time: 10.00am - 1.30pm

RSVP: 13 October 2022

### Cost for Cards

Werri-Nina Centre Cooma Lunch at own cost

Community Transport: \$5.00 Per person

Activity: \$5.00 Per person

### Cost for Jindabyne Seniors Club

Lunch at own cost

Community Transport: \$5.00 Per person

Activity: \$5.00 Per person - **payable on the day**

Joining fee: \$5.00 – a one off fee to be paid on your first visit

### RSVP

Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing.

Please phone Community Support Services on **6451 1059** to RSVP.

Funded by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support Services

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# COMBINED GROUPS

Combined outings are an opportunity for groups from towns across our region to get together and enjoy a variety of activities.

## August

**Friday  
5 August**

**Venue:** Cooma Corrective Services Museum

**Time:** Werri Nina 10.45am

**Cost:** Community Transport \$5.00, Activity \$5.00

**Entry:** Gold coin donation

**Lunch:** At own cost

**RSVP:** ASAP

Starting out in one room in 1989, the museum moved into the decommissioned Cooma Correctional Centre in 1998. When the centre re-opened in 2002, two adjacent Corrective Services houses were converted into a new museum space and opened by the Commissioner of Corrective Services on 25th August 2005.

Highlights of the collection include an original portable cell, restraint devices (e.g. manacles and leg irons), security equipment (e.g. riot shields and batons), contraband, artefacts from the notorious Katingal gaol, photographs, oral histories, and film documentation. We will follow up with lunch at the Cooma Hotel.



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## August

**Tuesday  
9 August**

**Venue:** Canberra Theatre

**Time:** Leaving Werri Nina at 9.30am

**Cost:** Community Transport \$15.00, Activity \$5.00

**Entry:** Gold coin donation

**Lunch:** At own cost

**RSVP:** ASAP

Today we join Major Darren Cole and the Royal Military College Band at the Canberra Theatre for Music at Midday! This live concert features a mix of big band hits and musical surprises. The Royal Military College Band is one of Australia's premier military bands, playing at historic occasions including the Centenary of Federation celebration in London in 2000 and ceremonial duties at Gallipoli on ANZAC Day. Performance entry is by a gold coin donation with all the proceeds of this concert going to Palliative Care ACT. We will follow this performance with lunch at the Hellenic Club, Woden.



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## August

Tuesday  
23 August

**Venue:** Parliament House, Canberra

**Time:** Leaving Werri Nina at 9.00am

**Cost:** Community Transport \$15.00, Activity \$5.00

**Entry:** Free

**Lunch:** At own cost

**RSVP:** 9 August 2022

See the most significant features of Parliament House in the company of an expert guide. We will see the beauty of architect Romaldo Giurgola's design and the stories behind how this working building is used every day. We will visit both the chambers of Parliament and discuss their role in Australia's democracy. This brief introduction will begin our day. We will then conduct our own exploration of the building, public spaces and collections. After this experience, we will indulge in lunch at the Queen's Terrace Café, located at Parliament House.



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## September

**Tuesday  
6 September**

**Venue:** War Memorial, Canberra

**Time:** Leaving Werri-Nina at 9.30am

**Cost:** Community Transport \$15.00, Activity \$5.00

**Entry:** Free

**Lunch:** At own cost

**RSVP:** 23 August 2022

The Australian War Memorial was voted the number one landmark in Australia by travellers in the 2016 Trip Advisor awards. The Memorial's exhibitions include permanent gallery spaces covering Australia's involvement in each significant conflict and temporary exhibitions exploring other aspects of our military history. Interact with featured exhibits and examine items of interest using portable devices.

We will be purchasing the Gallery Access tickets. These tickets will include access to the Aircraft Hall, Hall of Valour, First World War Galleries, Second World War Galleries and the Commemorative Area, consisting of the Hall of Memory and Tomb of the Unknown Soldier, Roll of Honour and Pool of Reflection.

Lunch will be at Poppy's café located on the grounds at the War Memorial.



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## September

Wednesday  
21 September

**Venue:** Blue Cow, Perisher

**Time:** Leaving Werri-Nina at 9.00am

**Cost:** Community Transport \$10.00, Activity \$5.00

**Lunch:** At own cost

**RSVP:** 7 September 2022

Today, Perisher has offered its support by giving us the opportunity to ride the Skitube and travel to Blue Cow, part of Perisher Ski Resort. Initially, Skitube alpine railway was designed as a winter based access system to improve entry to the Perisher Range ski fields. Until then, these areas were served by a single road of limited capacity that was and still often is, adversely affected by snow and ice during winter. Skitube is the quickest and most convenient way to travel to, from and around Perisher. A Swiss designed rack-rail train, Skitube offers guests an alternate way to travel during their snow holiday.

Enjoy lunch at the Blue Cow Bistro and absorb the breathtaking views overlooking the ski fields.



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# COMBINED GROUPS

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## September

Friday  
23 September

**Venue:** Craft & Quilt Fair, EPIC, Canberra

**Time:** Leaving Werri Nina at 9.00am

**Cost:** Community Transport \$15.00, Activity \$5.00

**Entry:** \$16.00 Concession

**Lunch:** At own cost

**RSVP:** 9 September 2022

The Craft and Quilt Fair is back for another year, with a massive range of craft items to buy and various classes to take part in. Held at the EPIC (Exhibition Park in Canberra), this popular event is attended by thousands over the four days. With exhibitors showcasing all crafts such as scrapbooking, machine embroidery, beading, crochet, card making, knitting and spinning - there will be something for all craft-lovers at this huge event. This will be our second craft fair for the year and is a fantastic opportunity to explore a wide variety of crafts. Help us expand our crafty repertoire by letting us know which crafts you are most interested in trying. Enjoy lunch at your leisure at the onsite café.



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## October

**Tuesday  
11 October**

**Venue:** Tulip Top Gardens, Sutton

**Time:** Leaving Werri Nina at 9.00am

**Cost:** Community Transport \$15.00, Activity \$5.00

**Entry:** \$17.00 Concession - to be paid in cash on the day

**Lunch:** At own cost

**RSVP:** 26 September 2022

Today we have partnered with the Jindabyne Seniors Club and look forward to a fabulous day wandering through the beautifully landscaped Tulip Top Gardens. Our journey will include a stop in Bredbo for morning tea before continuing to our destination. Spread over four glorious hectares, Tulip Top Gardens is the creation of Pat and Bill Rhodin, which commenced in 1994. Today, this beautifully created landscape features 1000 blossom trees, including crab apples, peaches, plums and weeping cherries fringed by massed beds of annuals. There are half a million tulips and 100,000 annuals in the gardens.

For one month each spring, these magical gardens come alive. The easy-walk gravel paths edged with broad beds are creatively planted with a range of spring flowers, particularly tulips. All are in superb condition, labelled for those of us who would like to find some for our garden.



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# COMBINED GROUPS

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## October

**Tuesday**  
**18 October**

**Venue:** Whale Watching, Bermagui

**Time:** Leaving Werri Nina at 9.00am

**Cost:** Community Transport \$20.00, Activity \$5.00

**Entry:** \$70.00 Concession

**Lunch:** At own cost

**RSVP:** 27 September 2022

This adventure will be focusing on the highly requested activity of whale watching. We will enjoy a leisurely drive to Bermagui where we will head to our whale watching adventure on 'Bubbles' the vessel to hopefully lead us to have lots of tales to tell after our sea voyage.

From August through to early December large numbers of humpback whales travel past the Sapphire Coast, a wonderful place to view whales. Within minutes of departure, whales can be sighted, often finding mothers and calves. In the waters of the Sapphire Coast they can be seen lateral lunge feeding, one of the few places in the world where humpbacks can be observed doing this! A sight not to be missed! Mothers and their young calves also provide hours of entertainment as they journey.

We will follow up our tour with lunch at a café in the Fisherman's Wharf Complex.



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# MEN'S GROUP

Meet up with mates who are keen to explore all our fantastic region has to offer! Enjoy good company and good food at places of interest as chosen by the group.

## September

**Monday  
5 September**

**Venue:** National Museum of Australia - Connection: Songlines from Australia's First Peoples.

**Time:** Leaving Werri-Nina at 9.30am

**Entry:** \$22.50 Concession

**Activity:** \$5.00 Per person **Transport:** \$15.00 Per person **Lunch:** At own cost

**RSVP:** 22 August 2022

Songlines from Australia's First Peoples is a new art experience celebrating the spirit of Indigenous Australia. Using 360-degree large-scale projections and cutting-edge light and sound technology, artworks from over 70 Aboriginal and Torres Strait Islander artists are transformed into one powerfully rich story of culture and Country. It is a kaleidoscopic view of Australia's First Peoples' visual culture where the artwork of about 70 artists has been photographed in very high resolution and projected on surrounding walls and floors with cinematic surround sound of Indigenous musicians.



## October

**Monday  
10 October**

**Venue:** Queanbeyan Historical Museum

**Time:** Leaving Werri-Nina at 9.00am

**Entry:** Donation

**Activity:** \$5.00 Per person **Transport:** \$15.00 Per person **Lunch:** At own cost

**RSVP:** 31 September 2022

The Queanbeyan Historical Museum tells the history of Queanbeyan and the surrounding district. They have a broad collection of over 5,000 museum items which include furniture, textiles, photographs, maps, kitchen, household, and technological items. The museum is located in the historic "The Old Police Sergeant's Residence" which was built in 1876. The museum tells many varied stories of the gold rush, bush rangers, and early Indigenous history. Afterward, we will have lunch at the nearby Campbell & George Bowling Club which has a family and community atmosphere with an affordable menu.

## RSVP

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# ARTS & CRAFTS

Arts and crafts are held on Wednesdays at the Werri-Nina Centre Cooma and the Bombala Community Centre. Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## August

**Wednesday  
3 August**

**Activity:** String wrapped jars  
**Venue:** Werri-Nina Centre  
**RSVP:** ASAP

**Wednesday  
10 August**

**Activity:** String wrapped jars  
**Venue:** Bombala Community Centre  
**RSVP:** 3 August 2022

Today bring in a jar from home, and we will transform it into a simple rustic piece to add character to any area in the house, either as a flower vase or storage container or as a beautiful gift to giveaway. We will wrap the jar and decorate it with country flowers using string or twine.



**Wednesday  
3 August**

**Activity:** Macrame wall hanging  
**Venue:** Bombala Community Centre  
**RSVP:** ASAP

**Wednesday  
10 August**

**Activity:** Macrame wall hanging  
**Venue:** Werri-Nina Centre  
**RSVP:** 3 August 2022



Want to make your Macramé own wall hanging? Piece of cake! You only need to know a basic knot to create your very own Macramé masterpiece. This wall hanging will be a useful piece, providing a decorative photo display.

### Cost/Time

**Activity:** \$5.00 Per person

**Community Transport:** \$5.00 Per person

**Time:** 10.00am to 12.00pm *or* 2.00pm to 4.00pm (Werri-Nina Centre)

10.00am to 12.00pm (Bombala Community Centre & Nimmitabel Community Centre)

### RSVP

Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing.

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## August

**Friday  
12 August**

**Activity:** Macrame wall hanging  
**Venue:** Nimmitabel Community Centre  
**RSVP:** 5 August 2022

Want to make your Macramé own wall hanging? Piece of cake! You only need to know a basic knot to create your very own Macramé masterpiece.

This wall hanging will be a useful piece, providing a decorative photo display.

**Wednesday  
17 August**

**Activity:** Re-use, recycle, recreate  
**Venue:** Werri-Nina Centre  
**RSVP:** 10 August 2022

Today the humble doily will continue to be repurposed to make lighting decorations. A work in progress towards our entry for the Lake Light Sculpture event in the upcoming year.



**Wednesday  
24 August**

**Activity:** Paper wisteria  
**Venue:** Werri-Nina Centre  
**RSVP:** 17 August 2022

It's time to decorate for spring! Come along and try your hand at these stunning hanging paper flowers. At the end of the day, you can take your project home or leave it with us to hang so spring can blossom in our Community Centres.

**Wednesday  
24 August**

**Activity:** Button Bowl  
**Venue:** Bombala Community Centre  
**RSVP:** 17 August 2022

Today we will create a colourful and uniquely individual bowl made from buttons of all shapes and sizes. Make it the centrepiece in your dining or lounge room or place in the entrance to hold all your keys and nick-knacks, wherever it will be the talking point of the room.



### Cost/Time

**Activity:** \$5.00 Per person

**Community Transport:** \$5.00 Per person

**Time:** 10.00am to 12.00pm *or* 2.00pm to 4.00pm (Werri-Nina Centre)

10.00am to 12.00pm (Bombala Community Centre & Nimmitabel Community Centre)

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## September

**Wednesday  
7 September**

**Activity:** Button Bowl  
**Venue:** Werri-Nina Centre  
**RSVP:** 31 August 2022

**Friday  
9 September**

**Activity:** Decoupage pots  
**Venue:** Nimmitabel  
Community Centre  
**RSVP:** 2 September 2022

Today we will create a colourful and uniquely individual bowl made from buttons of all shapes and sizes. Make it the centrepiece in your dining or lounge room or place in the entrance to hold all your keys and nick-knacks, wherever it will be the talking point of the room.

Create these beautiful and unique pots using decorative and colourful paper to brighten your home and garden. They will look stunning with a plant of your choice planted in them or placed in your home to bring a cheerful pop of colour. A great gift idea for someone special.

**Wednesday  
7 September**

**Activity:** Paper Wisteria  
**Venue:** Bombala Community  
Centre  
**RSVP:** 31 August 2022

It's time to decorate for spring! Come along and try your hand at these stunning hanging paper flowers. At the end of the day, you can take your project home or leave it with us to hang so spring can blossom in our Community Centres.



### Cost/Time

**Activity:** \$5.00 Per person

**Community Transport:** \$5.00 Per person

**Time:** 10.00am to 12.00pm or 2.00pm to 4.00pm (Werri-Nina Centre)  
10.00am to 12.00pm (Bombala Community Centre & Nimmitabel Community Centre)

### RSVP

Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. Please phone Community Support Services on **6451 1059** to RSVP.

*Funded by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support Services*

*A Trusted Community Partner*



# ARTS & CRAFTS

Arts and crafts are held on Wednesdays at the Werri-Nina Centre Cooma and the Bombala Community Centre. Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## September

**Wednesday  
14 September**

**Activity:** Decoupage Pots  
**Venue:** Werri-Nina Centre  
**RSVP:** 7 September 2022

**Wednesday  
28 September**

**Activity:** Decoupage Pots  
**Venue:** Bombala Community Centre  
**RSVP:** 14 September 2022

Create these beautiful and unique pots using decorative and colourful paper to brighten your home and garden. They will look stunning with a plant of your choice planted in them or placed in your home to bring a cheerful pop of colour. A great gift idea for someone special.



**Wednesday  
14 September**

**Activity:** Beeswax Wraps Plus  
**Venue:** Bombala Community Centre  
**RSVP:** 7 September 2022

**Wednesday  
28 September**

**Activity:** Beeswax Wraps Plus  
**Venue:** Werri-Nina Centre  
**RSVP:** 14 September 2022

A little something to add to our Christmas gift selection. Another round of soap making ready to be decorated as an addition to the Beeswax wraps that are such useful items as they can be used instead of gladwrap and make lovely wrapping for gifts.

### Cost/Time

**Activity:** \$5.00 Per person

**Community Transport:** \$5.00 Per person

**Time:** 10.00am to 12.00pm *or* 2.00pm to 4.00pm (Werri-Nina Centre)

10.00am to 12.00pm (Bombala Community Centre & Nimmitabel Community Centre)

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## October

**Wednesday  
5 October**

**Activity:** Spring gardening  
**Venue:** Werri-Nina Centre  
**RSVP:** 28 September 2022

**Wednesday  
12 October**

**Activity:** Spring gardening  
**Venue:** Bombala Community Centre  
**RSVP:** 5 October 2022

Spring has sprung so it is time to tidy up the Garden Beds! Today we give our gardens some TLC - weeding and planting out beds ready for the summer veggies to grow.



**Wednesday  
5 October**

**Activity:** Pounded flower art  
**Venue:** Bombala Community Centre  
**RSVP:** 28 September 2022

**Wednesday  
12 October**

**Activity:** Pounded flower art  
**Venue:** Werri-Nina Centre  
**RSVP:** 5 October 2022

Flowers are a classic and thoughtful gift, but they don't last very long. However, this gorgeous art print made from fresh blooms will last for years. This fun and simple pounding technique transfer fresh flowers onto watercolour paper. Once you make the pounded flower art, just pop it in a frame and hang it for all to see!

### Cost/Time

**Activity:** \$5.00 Per person

**Community Transport:** \$5.00 Per person

**Time:** 10.00am to 12.00pm or 2.00pm to 4.00pm (Werri-Nina Centre)

10.00am to 12.00pm (Bombala Community Centre & Nimmitabel Community Centre)

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## October

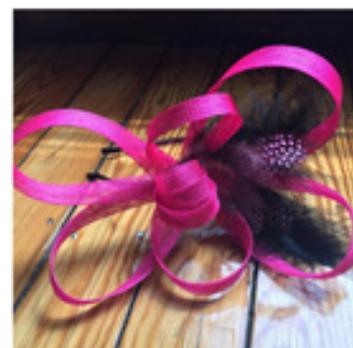
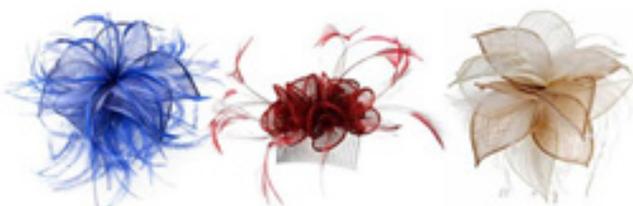
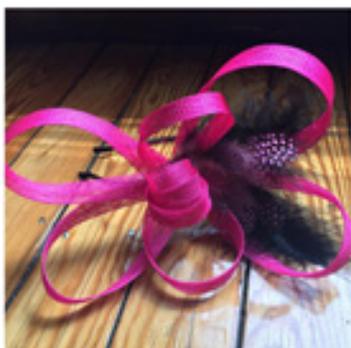
**Friday  
14 October**

**Activity:** Fascinators  
**Venue:** Nimmitabel Community Centre  
**RSVP:** 7 October 2022

**Wednesday  
26 October**

**Activity:** Fascinators  
**Venue:** Werri Nina Centre  
**Venue:** Bombala Community Centre  
**RSVP:** 19 October 2022

The Melbourne Cup is the most famous and prestigious horse race in Australia, so it's no surprise the crowds that flock to Flemington on the first Tuesday of November are always dressed to impress, with many ladies sporting intricate Melbourne Cup fascinators. Today we will be creating our own Melbourne Cup masterpieces to wear on Cup day!



### Cost/Time

**Activity:** \$5.00 Per person

**Community Transport:** \$5.00 Per person

**Time:** 10.00am to 12.00pm or 2.00pm to 4.00pm (Werri-Nina Centre)  
10.00am to 12.00pm (Bombala Community Centre & Nimmitabel Community Centre)

### RSVP

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# WORKSHOPS

With spring just around the corner, we would like to offer the opportunity to participate in some gardening themed workshops being held in Cooma and Bombala. Enjoy morning tea with other like-minded participants and gain new skills.

## Wednesday 17 August 2022

**Location:** Bombala Community Centre

**Cost:** \$15

**Time:** 10.00am - 12.00pm

**RSVP:** 10 August 2022

### Terrarium Workshop

Add a little green to your indoor space with an eye catching, easy to care for enclosed terrarium. We will also take this opportunity to get a headstart with our Centre's outdoor garden by preparing seed trays for germination in our green house.

## Friday 19 August 2022

**Location:** Werri Nina Centre

**Cost:** \$15

**Time:** 10.00am - 12.00pm

**RSVP:** 10 August 2022

## Tuesday 13 September 2022

### Scarecrow Workshop

Learn how to make a mini scarecrow for your garden. While this miniature version may not keep the birds away, it will be an eye-catching feature. We will also take this opportunity to build lifesize scarecrows for the Centre's garden.

**Location:** Bombala Community Centre

**Cost:** \$15

**Time:** 10.00am - 12.00pm

**RSVP:** 31 August 2022

**Bookings essential - places are limited!**

Please phone

**6451 1059**





# LUNCH CLUBS

Meet with others in your community at our popular Lunch Club! Enjoy good food and good company at various towns around our region.

## August

**Monday  
8 August**

**Venue:** Ex-Services Club, Cooma  
We will be joining the Jindabyne Seniors Club  
**Time:** 12.00pm - 2.00pm  
**Community Transport:** \$5.00  
**RSVP:** 3 August 2022

**Monday  
22 August**

**Venue:** Bredbo Inn, Bredbo  
**Time:** 12.00pm - 2.00pm  
**Community Transport:** \$5.00  
**RSVP:** 14 August 2022

**Tuesday  
30 August**

**Venue:** Grand Court Chinese  
**Time:** 12.00pm - 2.00pm  
**Community Transport:** \$5.00  
**RSVP:** 23 August 2022

## September

**Friday  
30 Sept**

**Venue:** Buckleys Crossing, Dalgety  
**Time:** 12.00pm - 2.00pm  
**Community Transport:** \$5.00  
**RSVP:** 16 September 2022

## October

**Friday  
7 October**

**Venue:** Pha's Thai  
**Time:** 12.00pm - 2.00pm  
**Community Transport:** \$5.00  
**RSVP:** 30 September 2022

**Friday  
28 October**

**Venue:** Wild Brumby, Crackenback  
**Time:** 12.00pm - 2.00pm  
**Community Transport:** \$10.00  
**RSVP:** 20 October 2022

**Monday  
31 October**

**Venue:** Roses, Cooma  
**Time:** 12.00pm - 2.00pm  
**Community Transport:** \$5.00  
**RSVP:** 24 October 2022



### Cost

**Lunch:** At own cost  
**Activity:** \$5.00 Per person

### RSVP

Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. Please phone Community Support Services on **6451 1059** to RSVP.

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*A Trusted Community Partner*

# EDUCATION AND WELLNESS



Staying mentally and physically healthy will lead to a longer, stronger life. To support you in living an active life, Snowy Monaro Regional Council is offering education and wellness sessions. If you receive funding through the Commonwealth Home Support Program (CHSP), you may be eligible for a subsidy to attend some sessions.

## A NOVEL IDEA

You might think that reading groups are simply an arena for book worms to indulge in their favourite passion, or for you to have an enjoyable argument about your favourite story or characters with like-minded individuals. But book clubs may offer more lifelong benefits than you realise, reading group discussions do wonders for your communication skills. They are a wonderful breeding ground for ideas and motivate you to pen your own literary masterpiece and offer the opportunity to meet and befriend new people from all walks of life.

- Date:** Monday 5 September 2022  
**Book:** Watermelon  
Marian Keyes
- Date:** Monday 10 October 2022  
**Book:** Wild Swans - Three Daughters of China  
Jung Chang

**Note:** All novel idea sessions are held at 2.00pm via conference call - unless otherwise stated.



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# LOCATIONS

**Werri-Nina Centre**

227 Sharp St, Cooma

**Bombala Community Centre**

163 Maybe St, Bombala

**Nimmitabel Community Centre**

Clarke St, Nimmitabel

**Grand Court Chinese, Cooma**

38 Sharp Street, Cooma

**Cooma Library**

61 Vale St, Cooma

**Club Bombala**

Maybe St, Bombala

**Wild Brumby Distillery**

Wollondibby Rd, crackenback

**Bredbo Inn, Bredbo**

1 Monaro Hwy, Bredbo

**Cooma Hotel, Cooma**

79 Massie St, Cooma

**Ex-Services Club, Cooma**

106 Vale St, Cooma

**Roses Restaurant, Cooma**

69 Massie St, Cooma

**Sapphire Coastal Adventures**

Bermagui Wharf, Bermagui

**Tulip Top Gardens**

20 Old Federal Highway, Sutton ACT

**Canberra Theatre Centre**

Civic Square, London Cct, Canberra

**The Corrective Services NSW Museum**

1 Vagg Street, Cooma

**Parliament House**

Parliament Drive, Canberra

**Southern Cross Club**

92-96 Corinna Street, Phillip ACT

**The Australian War Memorial**

Treloar Crescent, Campbell ACT

**Exhibition Park in Canberra (EPIC)**

Flemington Road, Mitchell ACT

**Hellenic Club of Canberra**

Matilda St, Phillip, Canberra

**Blue Cow**

Perisher Valley NSW



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# MEALS ON WHEELS



**Meals on Wheels are offering other meal options to support you at home while also supporting local businesses.**

## **Hot Meal Delivery Options in Cooma**

Bundy's Royal Hotel Cooma offers a great selection of restaurant favourites and traditional pub food at very affordable prices. They offer a selection of meals from small servings perfect for a quick lunch, to mountain size for those with a hearty appetite.

**Wednesday:** Choice of two traditional pub meals. The menu and your choices will vary weekly.

**Fridays:** Fish and chip Friday

## **Frozen Meals Delivery Options**

Frozen meals, desserts and soups are available in all towns across our region.

## **Sandwich Packs**

We are currently providing sandwich packs in Cooma. The packs consist of fresh assorted sandwiches with a sweet treat and a piece of fruit. Up North Café provide our delicious tasty sandwich packs that are delivered each Monday.



Funding eligibility criteria applies.

Please phone Community Support Services on **6451 1059** for more information.

*A Trusted Community Partner*

# COVID-19 GROUP GUIDELINES



To ensure we comply with COVID-19 regulations around gatherings, there will be changes to the way our groups operate. These guidelines have been compiled under the advice of NSW Department of Health and are designed to keep us all safe. Please familiarise yourself with these guidelines prior to attending group activities.

- To ensure we comply with rules around capacity and social distancing, you must RSVP to attend group activities. If the number of people wishing to attend exceeds our capacity we may arrange additional groups to meet demand.
- You must wear a fitted face mask when you are in an indoor area of a non-residential premises in NSW. Please ensure to wear a mask when attending group activities. You are not required to wear a mask if you have a physical or mental health illness, or condition, or disability which makes wearing a mask unsuitable. If this applies to you please call to discuss with staff prior to attending group activities.
- Please do not attend if you have any of the following symptoms, even if they are only mild:
  - o Fever
  - o Shortness of breath
  - o Sore/scratchy throat
  - o Cough

NSW Department of Health advises that anybody displaying the above symptoms should be tested for COVID-19. You will be asked to declare that you are not displaying any of the above symptoms upon entering the Centre.

- Please sign in and out at reception when entering and leaving the Centre. Both Centres have Service NSW QR codes which can be used to check in using a smartphone. If you do not have a smartphone, reception staff will check you in using the Service NSW website. Please note that your details are stored securely with Service NSW and will only be used for contact tracing in the event of a confirmed case of COVID-19 at either venue.
- Please use hand sanitiser provided when entering and leaving the Centre.
- The Centres will only be open for group activities during the specified timeframes. Access will not be available to the centres outside of these times. This allows staff time for essential tasks such as sanitising surfaces before and after use by group participants.
- Please ensure you maintain a physical distance of at least 1.5 metres from others. To make this easier we ask that, unless using the bathroom, you remain seated whilst attending centres. Please do not enter the kitchen or access items from the cupboards. Our tables will be set up at appropriate distance and craft supplies, tissues and hand sanitiser will be provided at each table.
- Practice good hand hygiene by washing your hands thoroughly for at least 20 seconds with soap and water, or an alcohol based hand rub. Cover your nose and mouth when coughing or sneezing with a tissue or flexed elbow.
- To minimise cash handling we will be invoicing you for groups attendance and Community Transport on a monthly basis. For further information please phone Community Support Services on **6451 1059**.

*A Trusted Community Partner*

# OVERNIGHT STAY THE ITALIAN TENORS



## DINNER AND A SHOW

**THURSDAY 1 SEPTEMBER 2022 - FRIDAY 2 SEPTEMBER 2022**

Direct from Italy and returning in 2022 for their fourth Australian tour, performing at the Canberra Southern Cross Club - Woden, the Italian Tenors are three of Europe's most successful operatic tenors who have become a worldwide pop-opera phenomenon.

Evans Tonon, Sabino Gaita and Luca Sala toured Australia in 2016 on their inaugural tour which saw the group play to sell out performances Australia wide. Audiences will see them once again combine their classical roots with Neapolitan songs and their own blend of Italian pop classics.

The Canberra Southern Cross Club is a fabulous venue and we plan to make a night of it, enjoying a two course meal in a private dining area before the show with the 'Dinner and Show' ticket offer. After checking out of our accommodation we plan a leisurely breakfast before heading home.

*Please note numbers are strictly limited for this outing.*

**RSVP: Please see booking form attached to this newsletter**

*A Trusted Community Partner*

# OVERNIGHT STAY THE ITALIAN TENORS



THURSDAY 1 SEPTEMBER 2022 - FRIDAY 2 SEPTEMBER 2022

## ITINERARY:

### THURSDAY 1 SEPTEMBER 2022

2.00pm Depart Werri-Nina Centre  
4.00pm Check into accommodation  
5.30pm Depart for dinner & show

### FRIDAY 2 SEPTEMBER 2022

8.30am Breakfast  
10.00am Check out of accommodation  
10.30am Depart  
12.30pm Arrive Werri Nina

**RSVP: Including accommodation payment in full by Friday 12 August 2022.**

## COST:

### ACCOMMODATION:

\$200.00 per person for a single occupancy room  
\$110.00 per person for a twin share room  
Including hot buffet breakfast  
Accommodation at Pavilion on Northbourne, Canberra

### TRANSPORT: \$30.00 per person

Includes return transport from Cooma to Canberra and transport to/from organised activities.

**SHOW TICKETS: \$90.00 - Dinner and Show**

**ACTIVITY FEE: \$10.00**



*A Trusted Community Partner*

# OVERNIGHT STAY THE ITALIAN TENORS



## BOOKING FORM - OVERNIGHT STAY - DINNER AND A SHOW THURSDAY 1 SEPTEMBER 2022 - FRIDAY 2 SEPTEMBER 2022

This form must be completed and handed in at Werri-Nina, Cooma - accompanied by payment for accommodation by **FRIDAY 12 AUGUST 2022**. Final payment for remaining costs should be provided by **WEDNESDAY 24 AUGUST 2022**.

### CONTACT DETAILS:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Pick up required from home    YES            NO

Meeting at Werri Nina            YES            NO

### ACCOMMODATION:

Single room                    YES            NO                    Cost: \$200.00 per person

Twin share room            YES            NO                    Cost: \$110.00 per person

**Please Note:** This outing will proceed subject to minimum numbers being met. In the event you are unable to attend, we will endeavour to secure a refund from the venue or transfer your ticket/accommodation to another participant but if this is not possible, please be advised that a refund will not be issued.

**Dinner and Show cost:**    \$90.00

**Transport cost:**            \$30.00

**Activity cost:**                \$10.00

**RSVP including accommodation payment in full by FRIDAY 12 AUGUST 2022.**

*A Trusted Community Partner*