



SNOWY MONARO
REGIONAL COUNCIL

COMMUNITY CONNECTIONS NEWSLETTER

June, July 2022





SNOWY MONARO REGIONAL COUNCIL

June - July 2022 Newsletter

Hello and welcome to our June/July Community Connections Newsletter.

It's certainly starting to feel a lot like winter! We made the most of the autumn weather over the last couple of months, enjoying outings to Cockington Green and the Eden Whale Museum on beautiful sunny days.

As the weather turns cooler, we'll be exploring some of the indoor activities on offer in Canberra. We have outings planned to Questacon, National Portrait Gallery, Ten Pin Bowling and the always popular 'Music at Midday' at the Canberra Theatre.

We have some great activities organised for our regular Art & Craft sessions at Bombala and Cooma to keep us busy over the colder months. Men's Group will keep it local by visiting the Jindabyne Men's Shed and Cooma Car Club. Our Lunch Clubs are an excellent opportunity to enjoy a delicious meal and good company at one of the many great eateries across our region.

A highlight of this program will be our annual Christmas in July luncheon. This year we'll gather at Adaminaby and be treated to a delicious Christmas lunch prepared by the talented team from Adaminaby CWA.

We are always looking forward to seeing new faces at our group activities, so if anything in our program interests you, please don't hesitate to call our office on 6451 1059 for more information.

Stay warm, and we look forward to seeing you!

Community Support Services Team



A Trusted Community Partner

SNOWY MONARO COMMUNITY CONNECTIONS June 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 PLANNING DAY	2	3	4
5	6 MEN'S GROUP JINDABYNE MEN'S SHED A NOVEL IDEA	7 COMBINED OUTING MUSIC AT MIDDAY	8 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	9	10 ARTS AND CRAFTS NIMMITABEL	11
12	13 PUBLIC HOLIDAY	14	15 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	16	17 LUNCH CLUB	18
19	20	21 COMBINED OUTING TEN PIN BOWLING	22 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	23	24 LUNCH CLUB	25
26	27 LUNCH CLUB	28	29 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	30 CARDS - WERRI NINA CENTRE		



SNOWY MONARO COMMUNITY CONNECTIONS July 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 MEN'S GROUP COOMA CAR CLUB	5	6 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	7	8 ARTS AND CRAFTS NIMMITABEL	9
10	11 LUNCH CLUB A NOVEL IDEA	12 ARTS AND CRAFTS DELEGATE	13 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	14	15 COMBINED OUTING PORTRAIT GALLERY	16
17	18	19 COMBINED OUTING QUESTACON	20 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	21	22 LUNCH CLUB	23
24	25 LUNCH CLUB	26	27 XMAS IN JULY	28 CARDS - WERRI NINA CENTRE	29 LUNCH CLUB	30



Community Transport Scheduled Bus Trip Timetable | June 2022



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

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 | July 2022

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

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CARDS & MUSIC

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.

June

**Thursday
30 June**

Venue: Werri-Nina Centre

Time: 10.00am - 1.30pm

RSVP: 22 June 2022



July

**Thursday
28 July**

Venue: Werri-Nina Centre

Time: 10.00am - 1.30pm

RSVP: 20 July 2022

Cost for Cards

Werri-Nina Centre Cooma Lunch at own cost

Community Transport: \$5.00 Per person

Activity: \$5.00 Per person



MAGGIE'S MUSIC

July

**Friday
1 July**

Venue: Werri-Nina Centre

Time: 1.30pm - 3.30pm

RSVP: 17 June 2022

Cost for Maggie's Music

Community Transport: \$8.00 Per person **Activity:** \$8.00 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.

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

A Trusted Community Partner



COMBINED GROUPS

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

June

**Tuesday
7 June**

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

The Canberra Theatre proudly hosts the Royal Military College Band, one of Australia's premier military bands, performing 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 raised going to a local charity. We will follow this performance with lunch at the Hellenic Club, Woden.



RSVP

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June

**Tuesday
21 June**

Venue: Zone Bowling Tuggeranong
Time: Leaving Werri Nina at 9.00am
Cost: Community Transport \$15.00, Activity \$5.00
Entry: \$15.90 Concession
Lunch: At own cost
RSVP: 9 June 2022

A striking fun day out at Tuggeranong Zone Ten Pin Bowling.

Put on your shimmy shoes and get ready to bowl away. Bring your competitive game and see who can knock down the most pins; with the side assist rails, everyone is guaranteed to chalk up some points on the scoreboard.

After we have finished our bowling session, we will be having lunch at Zone Bowling Café with a great menu selection available, then back on the bus to head home after a great day of fun.



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July

**Friday
15 July**

Venue: The National Portrait Gallery of Australia, Canberra

Time: Leaving Werri-Nina at 9.00am

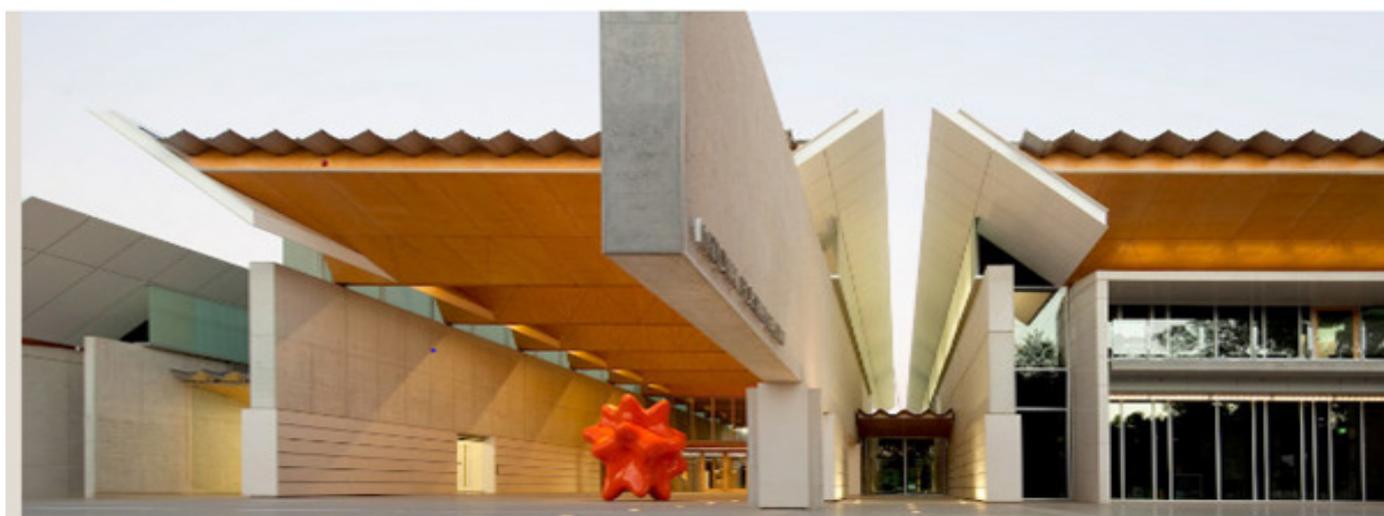
Cost: Community Transport \$15.00, Activity \$5.00

Lunch: At own cost

RSVP: 1 July 2022

The National Portrait Gallery is the youngest of our national cultural institutions, the idea of an Australian national portrait gallery is over a century old. In 1997, early on in his term as prime minister and again at the instigation of Gordon and Marilyn Darling, John Howard visited the National Portrait Gallery in Washington DC, encountering there an Australian tourist who expressed to him the opinion that there should be 'one of these at home'. Subsequently, the Howard government announced that the Gallery was to become an institution in its own right. Today we plan to join a 'Collection Highlights Tour' before enjoying lunch at the Portrait Café.

NATIONAL PORTRAIT GALLERY



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July

**Tuesday
19 July**

Venue: Questacon, Canberra

Time: Leaving Werri Nina at 9.00am

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

Entry: \$17.50 concession

Lunch: At own cost

RSVP: 10 July 2022

Let our thirst for knowledge and curiosity about the unknown guide us through Questacon – the National Science and Technology Centre. Questacon is an interactive science communication facility in Canberra, Australia. It is a museum with more than 200 interactive exhibits relating to science and technology. Enjoy photographic displays, art-science sculptures and hands-on exhibits. Feel the force of an earthquake, let lightning spark your imagination and wonder at the grandeur of the universe.

Explore the galleries where you can engage with science in extraordinary ways and enjoy lunch at your leisure in the Questacon Café.



RSVP

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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.

June

**Monday
6 June**

Venue: Jindabyne Men's Shed

Time: Leaving Werri-Nina at 9.30am

Entry: \$5.00 per person - To be paid on the day

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

RSVP: ASAP

Today we're going to the Jindabyne slot car Scalectrix racing set. It is situated at the local Jindabyne Men's Shed (off the Barry Way), where the local men have met to chat and work on some timber and metal projects for the past 12 years. On location is a 6-track slot car racing on a large routed timber table. Afterwards, we'll enjoy lunch at Dudley's Café (Nugget's Crossing).



July

**Monday
4 July**

Venue: Cooma Car Club

Time: Leaving Werri-Nina at 9.30am

Activity: \$5.00 Per person

Transport: \$5.00 Per person

Lunch: At own cost

RSVP: 20 June 2022



Today we're going to the Cooma Car Club where Rogan and other members will show us around the main clubhouse of their historical and vintage cars and motorbikes from the Cooma Monaro region. The club was incorporated in 2002 as the Cooma Monaro Historic Automobile Club Inc. Afterwards, we'll have a hearty lunch at the Cooma Hotel.

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.

June

**Wednesday
8 June**

Activity: Rose Painting
Venue: Werri-Nina Centre
RSVP: 3 June 2022

It's cold and drab outside, winter is definitely upon us. Let's get creative and enjoy the colour and anticipation of spring. This gorgeous rose painting is made using acrylic paints and Q-tips and is sure to expand our painting skills and brighten any room.

**Wednesday
8 June**

Activity: Button Cards
Venue: Bombala Community Centre
RSVP: 3 June 2022

Create beautiful and colourful cards for all occasions using buttons of all different shapes and sizes. Simply glue or attach buttons with coloured thread or ribbon to create your own personalised cards.

**Friday
10 June**

Activity: Rose Painting
Venue: Nimmitabel Community Centre
RSVP: 6 June 2022

It's cold and drab outside, winter is definitely upon us. Let's get creative and enjoy the colour and anticipation of spring. This gorgeous rose painting is made using acrylic paints and Q-tips and is sure to expand our painting skills and brighten any 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)

Time: 11.00am to 1.00pm (Delegate Tennis Club)

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June

Wednesday 15 June

Activity: Button Cards
Venue: Werri-Nina Centre
RSVP: 6 June 2022

Create beautiful and colourful cards for all occasions using buttons of all different shapes and sizes. Simply glue or attach buttons with coloured thread or ribbon to create your own personalised cards.

Wednesday 22 June

Activity: Memory Frame
Venue: Werri-Nina Centre
RSVP: 15 June 2022

As requested by you, we will revisit this craft. Do you like to make mementoes for yourself or loved ones? Today we will create a unique piece using scrabble tiles in the form of a crossword, with the names of family, friends or another topic dear to you.

Wednesday 15 June

Activity: Rose Painting
Venue: Bombala Community Centre
RSVP: 6 June 2022

It's cold and drab outside, winter is definitely upon us. Let's get creative and enjoy the colour and anticipation of spring. This gorgeous rose painting is made using acrylic paints and Q-tips and is sure to expand our painting skills and brighten any room.

Wednesday 22 June

Activity: Cracked Gem Pendants
Venue: Bombala Community Centre
RSVP: 15 June 2022

We have all loved making jewellery with glass cabochon and bezel settings, so let's take it up a notch! These, glass cracked gems, are certainly eye catching and take only a few extra steps to make. Each piece will be unique and would be a beautiful gift or ideal to keep and show off.

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)

Time: 11.00am to 1.00pm (Delegat Tennis Club)

RSVP

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June

**Wednesday
29 June** **Activity:** Cracked Gem Pendants
Venue: Werri-Nina Centre
RSVP: 22 June 2022

We have all loved making jewellery with glass cabochon and bezel settings, so let's take it up a notch! These, glass cracked gems, are certainly eye catching and take only a few extra steps to make. Each piece will be unique and would be a beautiful gift or ideal to keep and show off.



**Wednesday
29 June** **Activity:** Memory Frame
Venue: Bombala Community Centre
RSVP: 22 June 2022

As requested by you, we will revisit this craft. Do you like to make mementoes for yourself or loved ones? Today we will create a unique piece using scrabble tiles in the form of a crossword, with the names of family, friends or another topic dear to you.



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)

Time: 11.00am to 1.00pm (Delegate Tennis Club)

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July Wednesday 6 July

Activity: Peg Pot
Venue: Werri-Nina Centre
Venue: Bombala Community Centre
RSVP: 29 June 2022

A definite candidate for our aim to re-purpose everyday items is this easy to make peg pot. This will give you a stylish looking receptacle to disguise/camouflage a plastic pot until your plant is ready to be transplanted into its new home.

Friday 8 July

Activity: Air Dry Clay Workshop
Venue: Nimmitabel Community Centre
RSVP: 1 July 2022

Let's get creative using air dry clay to make beautiful clay tags that may be embossed with a variety of items including doilies or leaves. These tags will make a lovely addition to any gift.

Tuesday 12 July

Delegate Group
Activity: Air Dry Clay Workshop
Venue: Bombala Community Centre

Let's get creative using air dry clay to make beautiful clay tags that may be embossed with a variety of items including doilies or leaves. These tags will make a lovely addition to any gift.

Wednesday 13 July

Activity: No-Sew Snowman
Venue: Werri-Nina Centre
Venue: Bombala Community Centre
RSVP: 6 July 2022

Winter is here and it's time to bundle up and enjoy the snow. This sweet little snowman is a great DIY gift and a fun way to celebrate the season. We will make these as decorations for the tables for our upcoming Christmas in July luncheon.

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)

Time: 11.00am to 1.00pm (Delegate Tennis Club)

RSVP

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July

**Wednesday
20 July**

Activity: Simple Seed Bombs
Venue: Werri-Nina Centre
Venue: Bombala Community Centre
RSVP: 13 July 2022

**Wednesday
27 July**

Activity: Christmas in July
Venue: CWA Hall Adaminaby
Lunch Cost: \$22.00
Transport Cost: \$8.00
RSVP: 13 July 2022

What better way to get our gardens ready for a pop of cheerful spring colour after a drab winter. Plant alone for a single clump of colour or plant several "bombs" together to get a mass flowering. Today we will be getting our green fingers and thumbs working creating these beautiful flower seed bombs of various mix's Bring on spring!



July is generally the coldest month of winter, so celebrations emulate the atmosphere of the northern hemisphere winter; that means hearty food like roasts, and warm drinks in front of fireplaces and bonfires.

Christmas in July is a great excuse for us to get together for a party with a Christmas style luncheon, friends, music and all that comes with seasonal festivity.



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)

Time: 11.00am to 1.00pm (Delegate Tennis Club)

RSVP

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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.

June

**Friday
17 June**

Venue: Bacco Italian Restaurant
Time: 12.00pm - 2.00pm
Community Transport: \$5.00
RSVP: 7 June 2022

**Friday
24 June**

Venue: Maru, Bredbo
Time: 12.00pm - 2.00pm
Community Transport: \$5.00
RSVP: 10 June 2022

**Monday
27 June**

Venue: Cooma Hotel, Cooma
Time: 12.00pm - 2.00pm
Community Transport: \$5.00
RSVP: 14 June 2022

July

**Monday
11 July**

Venue: Ex-Services Club, Cooma
Time: 12.00pm - 2.00pm
Community Transport: \$5.00
RSVP: 30 June 2022

**Friday
22 July**

Venue: Roses, Cooma
Time: 12.00pm - 2.00pm
Community Transport: \$5.00
RSVP: 6 July 2022

**Monday
25 July**

Venue: Berties, Nimmitabel
Time: 12.00pm - 2.00pm
Community Transport: \$5.00
RSVP: 13 July 2022

**Friday
29 July**

Venue: Club Bombala, Bombala
Bingo
Community Transport: \$5.00
Time: 11.00am - 2.30pm
RSVP: 13 July 2022

Cost

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

RSVP

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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 6 June 2022

Book: Perfume
Patrick Suskind

Date: Monday 11 July 2022

Book: Wild Swans - Three Daughters of China
Jung chan

Lunch : The Lott, Cooma - at own cost

Time: 12.00pm to 2.00pm

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

The Lott Cafe

Cnr Soho & Sharp St, Cooma

Delegate Tennis Club

Victoria Pde, Delegate

Cooma Library

61 Vale St, Cooma

Club Bombala

Maybe St, Bombala

Bacco Italian Restaurant

Nuggets Crossing Shopping Centre, Jindabyne

Maru, Bredbo

17 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

Berties Cafe, Nimmitabel

43 Bombala St, Nimmitabel

Canberra Theatre Centre

Civic Square, London Cct, Canberra

Zone Bowling, Tuggeranong

76 Cowlshaw St, Greenway, Canberra

National Portrait Gallery

King Edward Terrace, Parkes, Canberra

Questacon

King Edward Terrace, Parkes, Canberra

Jindabyne Men's Shed

Nettin Cct, Jindabyne

Cooma Car Club

11 Bolaro St, Cooma

Hellenic Club of Canberra

Matilda St, Phillip, Canberra

Adaminaby CWA Hall

19 Denison Street, Adaminaby



A Trusted Community Partner

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 Sore/scratchy throat
 - o Shortness of breath
 - 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**.

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