



SNOWY MONARO
REGIONAL COUNCIL

COMMUNITY CONNECTIONS NEWSLETTER

April, May 2022





SNOWY MONARO REGIONAL COUNCIL

April - May 2022 Newsletter

Hello and welcome to the April/May Community Connections Newsletter!

Once again, it's been a challenging start to our year, as COVID-19 and the wet weather continue to impact staffing levels and affect the delivery of services across our region.

However, we are looking forward to resuming many of our regular activities for April and May! We have a variety of activities planned with several outings to Canberra, a day trip to beautiful Eden on the NSW Far South Coast, lunch clubs at various eateries and Art & Craft sessions at both Bombala Community Centre and Werri-Nina Centre.

In more good news, it's a pleasure to welcome our three new Activities Officers! Allison, Eric and Suzanne have hit the ground running, joining Maria in planning an exciting program for the upcoming year. They are looking forward to meeting you all.

Please be aware that with health advice changing regularly, group activities may be cancelled at short notice. There may also be changes to the guidelines for group attendance, we will ensure that you are kept informed of these requirements. Please be aware that the health and safety of you and our staff is our highest priority. All decisions regarding the cancellation of groups are made with this in mind.

If you have any ideas for activities or a special place you would like to visit, don't hesitate to contact our office and we will do our best to accommodate your wishes in upcoming programs.

Community Support Services Team



A Trusted Community Partner

SNOWY MONARO COMMUNITY CONNECTIONS April 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 A NOVEL IDEA	5	6 ARTS AND CRAFTS BOMBALA COMMUNITY CENTRE	7	8 ARTS AND CRAFTS NIMMITABEL	9
10	11	12 COMBINED OUTING MUSIC AT MIDDAY	13 ARTS AND CRAFTS WERRI NINA CENTRE	14	15 GOOD FRIDAY EASTER	16 EASTER
17 EASTER	18 PUBLIC HOLIDAY EASTER	19 COMBINED OUTING LAST POST CEREMONY	20 PLANNING	21	22 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	23
24	25 PUBLIC HOLIDAY	26	27 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	28	29 LUNCH CLUB	30



SNOWY MONARO COMMUNITY CONNECTIONS May 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 MEN'S GROUP A NOVEL IDEA	3 CARDS - WERRI NINA CENTRE	4 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	5	6 MAGGIE'S MUSIC WERRI NINA	7
8	9 LUNCH CLUB	10 ARTS AND CRAFTS DELEGATE	11 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	12	13 ARTS AND CRAFTS NIMMITABEL	14
15	16 LUNCH CLUB	17 COMBINED OUTING EDEN	18 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE COMBINED OUTING O'NIGHT	19	20 LUNCH CLUB	21
22	23	24 COMBINED OUTING COCKINGTON GREEN	25 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	26 CARDS - WERRI NINA CENTRE	27	28
29	30 LUNCH CLUB	31 LUNCH CLUB				



Community Transport Scheduled Bus Trip Timetable | April 2022



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

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 | May 2022



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



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.

May

**Tuesday
3 May**

Venue: Werri-Nina Centre

Time: 10.00am - 1.30pm

RSVP: 21 April 2022

**Thursday
26 May**

Venue: Werri-Nina Centre

Time: 10.00am - 1.30pm

RSVP: 16 May 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

May

**Friday
6 May**

Venue: Werri-Nina Centre

Time: 1.30pm - 3.30pm

RSVP: 22 April 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.

April

**Tuesday
12 April**

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: 6 April 2022

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 Snapper by the Lake overlooking Lake Burley Griffin.



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.

April

**Tuesday
19 April**

Venue: Australian War Memorial, Canberra

Time: Leaving Werri-Nina at 12.30pm

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

Entry: Donation at Australian War Memorial

Lunch: At own cost

RSVP: 11 April 2022

As ANZAC day approaches we felt it an appropriate time to attend a Last Post Ceremony at the Australian War Memorial. Today we will enjoy a late lunch or early afternoon tea at Kitchen Garden at Rodney's in Pialligo before going to the Australian War Memorial for the Last Post Ceremony. Commencing at approximately 4.45 pm in the Commemorative Courtyard, the ceremony shares the story behind one of the names on the Roll of honour. The ceremony begins with the Australian National Anthem followed by the Piper's Lament. An individual's story is told, and the Ode is recited by Australian Defence Force personnel. The ceremony ends with the sounding of The Last Post.



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.

May

**Tuesday
17 May**

Venue: Eden Killer Whale Museum

Time: Leaving Werri Nina at 9.00am

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

Entry: \$12.00 **must be prepaid by the RSVP date below**

Lunch: At own cost

RSVP: 20 April 2022

The Eden Killer Whale Museum has been in operation for over 85 years and is a publicly owned facility. The building is situated overlooking the Pacific Ocean where, in the season, whales may be seen from the various vantage points. Exhibitions about the shore-based whaling operations from Twofold Bay during the 1800s and early 1900s include a full skeleton of 'Tom' the Killer Whale. We will join a personalised tour, run by a member of the 'Friends of the Museum' group or one of the Committee members.

Following our tour and weather permitting we will enjoy fish and chips by the water.



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.

May

**Tuesday
24 May**

Venue: Cockington Green Gardens

Time: Leaving Werri Nina at 9.00am

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

Entry: \$15.50 **must be prepaid by the RSVP date below**

Lunch: At own cost

RSVP: 1 May 2022

The idea for the multi award-winning Cockington Green was born in 1972. Upon visiting miniature villages while on an extended family holiday in the UK, founders Doug and Brenda Sarah returned to Australia inspired and undertook a feasibility study into developing a village of their own. Eighteen months later, they invited other family members to participate in the project, and the rest is history!

Join us as we wander the grounds and take pleasure in the beautiful setting that is Cockington Green Gardens.



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



MEN'S GROUP

May

**Monday
2 May**

Venue: CSIRO Discovery Centre

Time: Leaving Werri-Nina at 9.00am

Activity: \$5.00 Per person

Transport: \$15.00 Per person

Lunch: At Own Cost

RSVP: 15 April 2022

"At CSIRO, we solve the greatest challenges through innovative science and technology." The CSIRO Discovery Centre offers an interactive journey through CSIRO and Australian science history, showcasing innovative science and technology across areas such as energy, the environment, water, agriculture and food, space, oceans and many more. We will enjoy lunch at our leisure at the Discovery Cafe.



RSVP

Confirmation of your attendance and transport is required by the RSVP date provide 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.

April

**Wednesday
6 April**

Activity: DIY Rock Photo Holders
Venue: Bombala Community Centre
RSVP: 5 April 2022

**Wednesday
13 April**

Activity: DIY Rock Photo Holders
Venue: Werri-Nina Centre
RSVP: 5 April 2022

In this world of smartphones and digital cameras, we still love printed photographs. A way to display photos is clipped on rocks, allowing the opportunity to occasionally change the photos. Undecorated rocks may be used as your base or take the opportunity to paint a quirky design on your rock foundation.

**Friday
8 April**

Activity: Jewellery Making
Venue: Nimmitabel Community Centre
RSVP: 6 April 2022

Today, as per your request, we will be making beautiful pendants with glass cabuchon and a bezel setting. Each piece will be unique and ideal to keep or give as a personal gift.



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

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.

April

Friday 22 April

Activity: Autumn Centre Piece
Venue: Werri-Nina Centre
Venue: Bombala Community Centre
Workshop Cost: \$10.00
RSVP: 8 April 2022

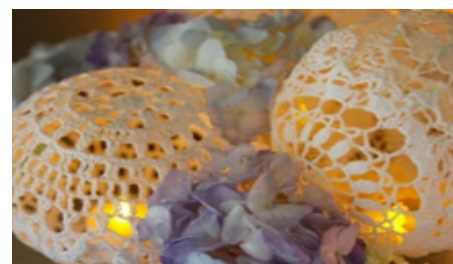
Welcome Hiske back as she joins us once again to share her expertise in making a stylish centrepiece for your table using locally sourced foliage. Hiske is a support worker and is regularly seen in the community, however today she will take on the creative director's role as she guides us in making a beautiful centre piece to brighten our homes.



Wednesday 27 April

Activity: Re-use, recycle, 'RECREATE'
Venue: Werri-Nina Centre
Venue: Bombala Community Centre
RSVP: 20 April 2022

After searching through cupboards and boxes of items we tend to put away for another day – today we will breathe new life into doilies. Doilies, those handmade, intricate works of art that are not so often seen on display these days. Today the humble doily will be repurposed as a pattern for some clay work and for a lighting decoration. It would be lovely to decorate our craft room with more strings of beautiful 'doily' lights.



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

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.

May
Wednesday
4 May

Activity: DIY Hanging Shelf
Venue: Werri-Nina Centre
Venue: Bombala Community Centre
RSVP: 20 April 2022

You can always use another shelf for functionality and this DIY small hanging shelf has many uses around the house inside or out. Using some basic macrame work to decorate and attach to the support ring this will create a stylish piece.

Wednesday
11 May

Activity: Vase Flower Holder
Venue: Werri-Nina Centre
Venue: Bombala Community Centre
RSVP: 27 April 2022

This is easy flower arranging. Using air dry clay we will make an embossed disc with suitable holes to use as a glass or vase topper. This clever little clay top will instantly provide a guide for your floral pieces and give you an instant flower arrangement.

Tuesday
10 May

Activity: Air Dry Clay Workshop
Venue: Delegate Tennis Club
Activity: \$5.00 Per person
RSVP: 1 May 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.

Friday
13 May

Activity: Mini Photo Album
Venue: Nimmitabel Community Centre
Activity: \$5.00 Per person
RSVP: 1 May 2022

Today we ask that you bring along some photos you might like to be included in this project. This mini photo album is an ideal gift for a loved one or the perfect 'brag' album that will easily fit into a handbag.

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

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.

May

**Wednesday
18 May**

Activity: Plaster of Paris Flowers

Venue: Werri-Nina Centre

Venue: Bombala Community Centre

RSVP: 4 May 2022

**Wednesday
25 May**

Activity: Yarn Wrapped Frame

Venue: Werri-Nina Centre

Venue: Bombala Community Centre

RSVP: 11 May 2022

Put your creative hat on and be ready to get messy. Today we will use artificial flowers and plaster of Paris to create a decorative wall art piece or unique decoration to be attached to a canvas, gift, box, jar or even pot. We will need to work fast as the plaster sets quickly. A uniquely stylish decoration.



Many of us have extra balls of yarn that we have had left over from past project. Here's an idea to use yarn in a decorative way, by wrapping it around some homemade frames and creating some original wall mirrors for a blank wall space. With this project, we can manipulate the final product to either add a mirror, use the unique frame as a purely decorative piece or attach a photo and use as originally intended.



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

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



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.

April

**Friday
29 April**

Venue: Parc Cafe, Snowy Region
Visitors Centre, Jindabyne
Time: 11.30am - 2.30pm
Community Transport: \$5.00
RSVP: 19 April 2022

May

**Monday
9 May**

Venue: Lott Cafe, Cooma
Community Transport: \$5.00
Time: 12.00pm - 2.00pm
RSVP: 29 April 2022

**Monday
16 May**

Venue: H Hardware, Cooma
Community Transport: \$5.00
Time: 12.00pm - 2.00pm
RSVP: 5 May 2022

**Friday
20 May**

Venue: Club Bombala
Time: 11.00am - 2.30pm
Community Transport: \$5.00
RSVP: 10 May 2022

**Monday
30 May**

Venue: Cosmo Cafe, Bombala
Community Transport: \$5.00
Time: 12.00pm - 2.00pm
RSVP: 16 May 2022

**Tuesday
31 May**

Venue: Snowy Hydro
Discovery Centre and Cafe
Time: 11.30am - 2.30pm
Community Transport: \$5.00
RSVP: 16 May 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.

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

A Trusted Community Partner



OVERNIGHT STAY OH WHAT A NIGHT



DINNER AND A SHOW

WEDNESDAY 18 MAY - THURSDAY 19 MAY 2022

Oh What A Night! Is a musical revue featuring 'Sherry', 'Big Girls Don't Cry', 'Walk Like A Man', 'Can't Take My Eyes Off You' and 'Who Loves You'. These are just some of the many hits you'll enjoy from the dynamic song-book of those boys from Jersey, Frankie Valli and The Four Seasons. A concert and tribute which features all the original hits as well as many of the top 10 releases, with informative and often hilarious banter between the high-spirited cast.

We plan to make a night of it and enjoy 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 to visit the Canberra Glassworks and hope to see some glass making in action before a leisurely stroll to the Kingston Foreshore for a light lunch or brunch before making our way 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 OH WHAT A NIGHT



WEDNESDAY 18 MAY - THURSDAY 19 MAY 2022

ITINERARY:

WEDNESDAY 18 MAY 2022

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

THURSDAY 19 MAY 2022

10.00am Check out of accommodation
10.30am Canberra Glassworks
11.30am Brunch/lunch Kingston Foreshore
2.00pm Depart
4.00pm Arrive Werri Nina

RSVP: Including accommodation payment in full by 20 April 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.

BRUNCH: At Own Cost

SHOW TICKETS: \$97.00 - Dinner and Show

ACTIVITY FEE: \$10.00

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 4 April 2022
Book: The Law of Innocence
Michael Connelly

Date: Monday 2 May 2022
Book: The Beekeeper's Secret
Josephine Moon

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



A Trusted Community Partner



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

Cooma H Hardware

58/62 Polo Flat Rd, Cooma

Snowy Hydro Discovery Centre

1 Monaro Hwy, Cooma

Australian War Memorial

Treloar Cres, Campbell ACT

CSIRO Discovery Centre

N Science Rd, Acton Canberra

Canberra Theatre Centre

Civic Square, London Cct, Canberra

Eden Killer Whale Museum

184 Imlay St, Eden

Cosmo Cafe

133 Maybe St, Bombala

Snowy Region Visitor Centre

49 Kosciuszko Rd, Jindabyne

Cockington Green Gardens

11 Gold Creek Rd, Nicholls ACT

Canberra Southern Cross Club Woden

92-96 Corinna St, Phillip ACT

Pavilion on Northbourne Hotel

242 Northbourne Ave, Dickson ACT

Canberra Glassworks

11 Wentworth Ave, Kingston ACT



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.

Current Hot Meal Delivery Options:

Cooma

Wednesday: Choice of two different bistro meals. The menu and your choices will vary weekly.

Friday: Fish and Chips.

Bombala

Hot meal delivery available 5 days per week.

Frozen Meal Delivery Options:

Frozen meals are available for delivery in all towns across our region.

Sandwich Packs

We are currently providing sandwich packs in Cooma and Bombala. The packs consist of fresh assorted sandwiches with a piece of cake and fruit.



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 DINNER AND A SHOW



BOOKING FORM - OVERNIGHT STAY - DINNER AND A SHOW WEDNESDAY 18 MAY - THURSDAY 19 MAY 2022

This form must be completed and handed in at Werri Nina, Cooma - accompanied by payment for accommodation by **WEDNESDAY 20 APRIL 2022**. Final payment for remaining costs should be provided by **WEDNESDAY 4 MAY 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: \$97.00

Transport cost: \$30.00

Activity cost: \$10.00

RSVP including accommodation payment in full by WEDNESDAY 20 APRIL 2022.

A Trusted Community Partner