

# Community Connections Newsletter

What's on Calendar

# August September October 2023



# August | September | October

## Community Connections Newsletter 2023

With winter well and truly upon us, we have been focused on staying warm and cosy, enjoying a variety of indoor activities. In this newsletter, we hope you enjoy the opportunity to look at some of the Spring outings we have been busy planning!

By popular demand we will be heading to the coastal town of Bermagui to enjoy a whale watching tour with Sapphire Coast Adventures. This will be an amazing opportunity to see mother humpback whales bring their new season calves down the coast.

Join us on an overnight trip to Cowra and bask in the beauty of spring! We'll start off by visiting the Four Winds Winery at Murrumbateman to enjoy some delicious wine tasting and pizza before heading to Cowra to visit the Japanese War Cemetery. On the second day a highlight will be our visit to the Japanese Garden and Cultural Centre, where you can soak up the peace and tranquility before relaxing on the scenic drive home.

Snowy Monaro Community Connections group activities are funded by Australian Government Department of Health under the Commonwealth Home Support Program (CHSP). To access group activities and other service types provided under the CHSP you need to register with My Aged Care which is the starting point for accessing Australian Government funded aged care services.

My Aged Care can be contacted on 1800 200 422 between 8am and 8pm Monday to Friday or 10am to 2pm on Saturdays. More information can be found at [www.myagedcare.gov.au](http://www.myagedcare.gov.au). Snowy Monaro Community Connections staff are also able to provide further information and support in registering with My Aged Care, please do not hesitate to contact our office if you have any questions.

National Volunteer Week was celebrated 15 - 21 May and was an opportunity to thank the many volunteers who generously give their time to support our Group Activities, Meals on Wheels and Community Transport programs



# Community Connections

## August | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	<b>1</b>	<b>2</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> Novel Idea  Chair Yoga Werri-Nina Centre	<b>8</b> Combined Outing Music at Midday Canberra	<b>9</b> Arts and Crafts Werri-Nina Centre  Lunch Club Bombala  Chair Yoga Werri-Nina Centre	<b>10</b>	<b>11</b> Arts and Crafts Nimmitabel  Combined Outing Bingo Bombala	<b>12</b>	<b>13</b>
<b>14</b> Chair Yoga Werri-Nina Centre	<b>15</b> Combined Outing Ten Pin Bowling Canberra	<b>16</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> Cards Berridale	<b>22</b>	<b>23</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>24</b>	<b>25</b> Lunch Club Parc Cafe Jindabyne	<b>26</b>	<b>27</b>
<b>28</b> Chair Yoga Werri-Nina Centre	<b>29</b>	<b>30</b> PLANNING				

# Community Connections

# September | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b> Novel Idea  Chair Yoga Werri-Nina Centre	<b>5</b> Overnight Outing Cowra	<b>6</b> Overnight Outing Cowra	<b>7</b>	<b>8</b> Arts and Crafts Nimmitabel	<b>9</b>	<b>20</b>
<b>11</b> Chair Yoga Werri-Nina Centre	<b>12</b>	<b>13</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri Nina Centre	<b>14</b>	<b>15</b> Combined Outing Christmas Barn Bredbo	<b>16</b>	<b>17</b>
<b>18</b> Cards Berridale	<b>19</b> Combined Outing Whale Watching Bermagui	<b>20</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre  Lunch Club Bombala	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> Chair Yoga Werri-Nina Centre	<b>26</b>	<b>27</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>28</b>	<b>29</b> Lunch Club Roses Cooma	<b>30</b>	

# Community Connections

## October | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>30</b> Chair Yoga Werri-Nina Centre	<b>31</b>					<b>1</b>
<b>2</b> PUBLIC HOLIDAY	<b>3</b>	<b>4</b> PLANNING	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> Novel Idea  Chair Yoga Werri-Nina Centre	<b>10</b> Combined Outing Bargain Hunt Canberra	<b>11</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>12</b>	<b>13</b> Arts and Crafts Nimmitabel	<b>14</b>	<b>15</b>
<b>16</b> Cards Berridale	<b>17</b>	<b>18</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Coffee with a Cop Werri-Nina Centre	<b>19</b>	<b>20</b> Combined Outing Lanyon Homestead Tharwa	<b>21</b>	<b>22</b>
<b>23</b> Chair Yoga Werri-Nina Centre	<b>24</b> Lunch Club Ex-Services Club Cooma	<b>25</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre  Bombala Lunch Club	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

# Community Transport

## August | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	<b>1</b>	<b>2</b>	<b>3</b> Jindabyne & Berridale to Cooma Bus \$10  Nimmitabel to Cooma Bus \$10	<b>4</b> Bombala Township bus \$7  Adaminaby to Cooma bus \$10	<b>5</b>	<b>6</b>
<b>7</b> Canberra Shopping Bus \$20 (Tuggeranong)  Delegate/Bombala to Cooma Bus \$10.00	<b>8</b>	<b>9</b>	<b>10</b> Delegate to Bombala Bus \$10	<b>11</b> Bombala Township bus \$7	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> Delegate/Bombala to Canberra Bus \$20  Jindabyne & Berridale to Cooma Bus \$10  Nimmitabel to Cooma Bus \$10	<b>18</b> Bombala Township bus \$7  Adaminaby to Cooma bus \$10	<b>19</b>	<b>20</b>
<b>21</b> Delegate/Bombala to Cooma Bus \$10.00	<b>22</b>	<b>23</b>	<b>24</b> Delegate to Bombala Bus \$10	<b>25</b> Bombala Township bus \$7	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Delegate/Bombala to Bega Bus \$20.00  Jindabyne & Berridale to Cooma Bus \$10 Nimmitabel to Cooma Bus \$10			

PLEASE NOTE: This calendar may change at late notice subject to advice from the Department of Health, driver resources 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

# September | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				<b>1</b> Bombala Township bus \$7  Adaminaby to Cooma bus \$10	<b>2</b>	<b>3</b>
<b>4</b> Canberra Shopping Bus \$20 (Woden)  Delegate/Bombala to Cooma Bus \$10	<b>5</b>	<b>6</b>	<b>7</b> Delegate to Bombala Bus \$10	<b>8</b> Bombala Township bus \$7	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Jindabyne & Berridale to Cooma Bus \$10  Nimmitabel to Cooma Bus \$10	<b>15</b> Bombala Township bus \$7  Adaminaby to Cooma bus \$10	<b>16</b>	<b>17</b>
<b>18</b> Delegate/Bombala to Cooma Bus \$10	<b>19</b>	<b>20</b>	<b>21</b> Delegate to Bombala Bus \$10  Delegate/Bombala to Canberra Bus \$20	<b>22</b> Bombala Township bus \$7	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Delegate/Bombala to Bega Bus \$10.00  Jindabyne & Berridale to Cooma Bus \$10  Nimmitabel to Cooma Bus \$10	<b>29</b> Bombala Township bus \$7  Adaminaby to Cooma Bus \$10	<b>30</b>	

PLEASE NOTE: This calendar may change at late notice subject to advice from the Department of Health, driver resources 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

## October | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>2</b>	<b>3</b> Canberra Shopping Bus \$20 (Tuggeranong)  Bombala to Cooma Bus \$10	<b>4</b>	<b>5</b> Delegate to Bombala Bus \$10	<b>6</b> Bombala Township Bus \$7	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Jindabyne & Berridale to Cooma Bus \$10  Nimmitabel to Cooma Bus \$10	<b>13</b> Bombala Township Bus \$7  Adaminaby to Cooma bus \$10	<b>14</b>	<b>15</b>
<b>16</b> Delegate/Bombala to Cooma Bus \$10.00	<b>17</b>	<b>18</b>	<b>19</b> Delegate to Bombala Bus \$10  Delegate/Bombala to Canberra Bus \$20	<b>20</b> Bombala Township Bus \$7	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Delegate/Bombala to Bega Bus \$20.00 Jindabyne & Berridale to Cooma Bus \$10  Nimmitabel to Cooma Bus \$10	<b>27</b> Bombala Township Bus \$7  Adaminaby to Cooma Bus \$10	<b>28</b>	<b>29</b>
<b>30</b> Delegate/Bombala to Cooma Bus \$10.00	<b>31</b>					<b>1</b>

PLEASE NOTE: This calendar may change at late notice subject to advice from the Department of Health, driver resources 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

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.

## Monday 21 August

**Activity:** Cards

**Where:** Berridale

**Time:** 11am to 2pm

**Cost:** \$10pp  
Lunch at own cost

**RSVP:** 7 August 2023



## Monday 18 September

**Activity:** Cards

**Where:** Berridale

**Time:** 11am to 2pm

**Cost:** \$10pp  
Lunch at own cost

**RSVP:** 4 September 2023



## Monday 16 October

**Activity:** Cards

**Where:** Berridale

**Time:** 11am to 2pm

**Cost:** \$10pp  
Lunch at own cost

**RSVP:** 2 October 2023

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

9 Snowy Monaro Regional Council | Community Connections Newsletter

# | Combined Groups

Combined groups are an opportunity for everyone to get together and enjoy a variety of outings and activities.



## Tuesdays 8 August

**Activity:** Music at Middy, Canberra Theatre

**Where:** Canberra Theatre, Canberra  
Southern Cross Club, Woden

**Time:** 11am to 2.30pm

**Cost:** \$25pp  
Lunch at own cost

**Entry:** Gold coin donation

**RSVP:** 25 July 2023

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 a gold coin donation with all the proceeds raised going to a local charity.

We will follow this performance with lunch at the Southern Cross Club in Woden.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

10 Snowy Monaro Regional Council | Community Connections Newsletter

# | Combined Groups

Combined groups are an opportunity for everyone to get together and enjoy a variety of outings and activities.



## Friday 11 August

**Activity:** Bingo, Club Bombala

**Where:** Club Bombala, Bombala

**Time:** 11am to 2.30pm

**Cost:** \$10pp  
Lunch and games at own cost

**RSVP:** 28 July 2023

With winter in full force it's the perfect time to delight in the warmth and camaraderie of friends whilst snuggled up indoors. Join us as we play a couple of rounds of bingo and enjoy a relaxing lunch at Club Bombala.

With great prizes and fun to be had by all, it will be a very social day out.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

11 Snowy Monaro Regional Council | Community Connections Newsletter

# | Combined Groups

Combined groups are an opportunity for everyone to get together and enjoy a variety of outings and activities.



## Tuesday 15 August

**Activity:** Ten Pin Bowling

**Where:** Zone Bowling, Tuggeranong

**Time:** 10am to 2pm

**Cost:** \$25pp

Bowling: 1 game \$16.90 concession

Lunch Star Buffet: \$20.80 concession

**RSVP:** 1 August 2023

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 heading to nearby Kambah to have lunch at the Star Buffet located inside the Burns Club. The gourmet buffet offers a wide range from Australian, Asian and European cuisine as well as roasts and seafood, not to mention the tempting selection of desserts to follow!

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

# Combined Groups

Combined groups are an opportunity for everyone to get together and enjoy a variety of outings and activities.



## Friday 15 September

<b>Activity:</b>	Christmas Barn
<b>Where:</b>	Christmas Barn, Bredbo
<b>Time:</b>	11am to 2pm
<b>Cost:</b>	\$15pp Lunch at own cost
<b>RSVP:</b>	25 August 2023

This year we are getting into the Christmas spirit early with a visit to the Christmas Barn in Bredbo. There will be lots of impressive Christmas decorating ideas to inspire you and plenty to browse without the festive season crowds. We will follow up with lunch at the Bredbo Inn, enjoying good food and fabulous company.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

# | Combined Groups

Combined groups are an opportunity for everyone to get together and enjoy a variety of outings and activities.



## Tuesday 19 September

**Activity:** Whale Watching

**Where:** Bermagui

**Time:** 11am to 2.30pm

**Cost:** \$25pp

Lunch at own cost

Cruise \$70pp concession - payment is required in advance

**RSVP:** 5 September 2023

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

From August through to early December large numbers of humpback whales travel past the Sapphire Coast, a wonderful place to view whales. Often within minutes of departure whales can be sighted, including mothers with their 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!

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

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

# Combined Groups

Combined groups are an opportunity for everyone to get together and enjoy a variety of outings and activities.



## Tuesday 10 October

**Activity:** Bargain Hunt, Canberra

**Where:** Canberra

**Time:** 10.30am to 2.30pm

**Cost:** \$25pp  
Lunch at own cost

**RSVP:** 26 September 2023

Back by popular demand today we are embarking on a Quest! We will traverse Canberra on our treasure hunt and visit the Fyshwick Salvation Army Store and The Green Shed in Woden, both rumoured to be bargain filled venues!

The Green Shed was founded in 1988 by Annie Kavanagh to conserve resources and create jobs for unemployed people. It now employs over 72 people and has thus far donated over \$1.25 million to Australian charities. So bring your shopping bags, plenty of coins and your most comfortable walking shoes as we scour the shelves to grab ourselves a bargain.

We will stop for lunch at Theo's Cafe and Buffet in Fyshwick.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

# | Combined Groups

Combined groups are an opportunity for everyone to get together and enjoy a variety of outings and activities.



## Friday 20 October

**Activity:** Lanyon Homestead

**Where:** Lanyon Homestead, Canberra

**Time:** 11am to 2pm

**Cost:** \$25pp

Tour \$8pp concession

Lunch at own cost

**RSVP:** 6 October 2023

Join us as we step back in time to discover the story of Lanyon Homestead and learn the fascinating stories of the families that lived and worked there.

On our guided tour we will experience the restored 1850's homestead, discover the convict-era outbuildings, and explore the stunning gardens that make Lanyon Homestead a gem in Canberra's history.

After we have filled our thirst for history, we will enjoy lunch at The Barracks, the café located within the grounds of the homestead, where the contemporary rustic menu celebrates the best seasonal produce, including freshly picked ingredients from the Lanyon Homestead kitchen garden.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

# | Cowra Overnight Stay



## Cowra Overnight Stay

Tuesday 5 September - Wednesday 6 September

We will begin our adventure by visiting Murrumbateman, a town in the Southern Tablelands, approximately 30km northwest of Canberra and part of the Yass Valley Shire.

Four Winds Vineyard started as one couple's dream to grow and sell grapes and has turned into an inter-generational family business. Four Winds Vineyard now grow grapes, make wine and have a cellar door on site. A stop here for lunch will allow us to sit amongst the vines enjoying delicious wood-fired pizzas and perhaps a glass of wine.

On arrival in Cowra, we will visit the Japanese War Cemetery before checking in to our accommodation at the Cowra Services Motel.

On Wednesday morning we will spend the morning enjoying the stunning Cowra Japanese Garden and Cultural Centre. The gardens and cultural centre are a registered cultural organisation and classified by the National Trust as 'A place of significant cultural, architectural and historic significance'. The Centre was established to recognise and develop the relationship between the people of Cowra Shire and the people of Japan, a relationship that has its origins in the Prisoner of War Camp that housed the Japanese P.O.W's during World War II.

---

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

---

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

# | Cowra Overnight Stay

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.

## Itinerary

### Tuesday 5 September

9.30am	Depart Werri-Nina
11.45am	Arrive Four Winds Vineyard
1.45pm	Depart Four Winds Vineyard
3.45pm	Arrive Japanese War Cemetery
4.15pm	Depart Japanese War Cemetery
4.30pm	Arrive Cowra Services Motel
6pm	Dinner Cowra Services Club Bistro

### Wednesday 6 September

8.30am	Breakfast – Cowra Services Club Bistro
10am	Checkout/Depart Cowra Services Motel
10.15am	Arrive Japanese Garden and Cultural Centre
1pm	Depart Japanese Garden and Cultural Centre
2.30pm	Arrive McDonald's Yass
2.45pm	Depart McDonald's Yass
5.15pm	Arrive at Werri-Nina

## Costs

### Accommodation

<b>Location:</b>	Cowra Services Motel
<b>\$190pp*:</b>	Single occupancy room
<b>\$110pp*:</b>	Twin share room
* Includes hot buffet breakfast	

### Other

<b>\$25pp:</b>	Lunch at Four Winds Vineyard
<b>\$15pp:</b>	Entry Cowra Japanese Gardens and Cultural Centre (concession)
<b>\$10pp:</b>	Activity fee
<b>\$40pp:</b>	Transport

**\* Please note morning tea, dinner and wine tasting at own cost.**



**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

# Arts & Crafts - Werri-Nina

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Wednesday 2 August

**Activity:** Fabric Covered Pots

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** ASAP

A fabulous opportunity to re-vamp those old plastic pots we all have floating around in our gardens. We will cover pots with fabric and turn them into stylish accessories inside or outside our homes.



## Wednesday 16 August

**Activity:** Gum Nuts

**Where:** Werri-Nina Centre Cooma

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 2 August 2023

It's that time of the year again as we begin preparations for our next Lake Light Sculpture Festival entry. Today we will be creating these cute little gum nuts that perfectly capture our local Snowy Mountains flora and will look great in our sculpture garden.

## Wednesday 23 August

**Activity:** Decoupage Bell Part 1

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 9 August 2023

Today, our hands will get a work out as we mould clay to form a bell shape to be decorated in another session. A venture into using air dry clay to make a bell/wind chime that we will decoupage in the next session to make a bright addition to any outdoor space.

## Wednesday 9 August

**Activity:** Pebble Craft

**Where:** Werri-Nina Centre Cooma

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 26 July 2023

Today we will be creating a fun little piece of textured art. Using pebbles and twigs of different sizes and shapes you will create an individual masterpiece to display either inside on your wall or outdoors in your garden area.



**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

# Arts & Crafts - Werri Nina

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Wednesday 13 September

**Activity:** Decoupage Bell Part 2

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 30 August 2023

Today, the now dry bell shape will be our focus in decorating with a decoupage technique. A venture into using air dry clay to make a bell/wind chime with a decoupage finish - to make a bright addition to any outdoor space.



## Wednesday 20 September

**Activity:** Flowers

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 6 September 2023

Today we will try various methods to making bright colourful floral displays. This may include pipecleaners, wire and buttons.



## Wednesday 27 September

**Activity:** Gum Leaves

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 13 September 2023

Inspired by our very own backyard today we will create our own gum leaves using recycled materials. These leaves will then be hung and displayed in our Lake Light Sculpture Festival garden.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

20 Snowy Monaro Regional Council | Community Connections Newsletter

# Arts & Crafts - Werri-Nina

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Wednesday 11 October

**Activity:** Fibre Wall Art

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 20 September 2023

Wanting to encourage those creative juices, we will be using vibrantly coloured yarn in an eye catching pattern endeavouring to create a texturally inspired art piece.



## Wednesday 25 October

**Activity:** Poppies

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 11 October 2023

As Remembrance Day approaches we will take the time to brighten our 'Lest We Forget' sign by making more poppies that to enhance this eye catching display..

## Wednesday 18 October

**Activity:** Concrete Pots

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 4 October 2023

As we are in the throes of spring, let's make some more concrete garden pots to give us extra options for the plants we will nurture and encourage through to the warmer months.



**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

21 Snowy Monaro Regional Council | Community Connections Newsletter

# Arts & Crafts - Bombala

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Wednesday 2 August

**Activity:** Fabric Covered Pots

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** ASAP

A fabulous opportunity to re-vamp those old plastic pots we all have floating around in our gardens. We will cover pots with fabric and turn them into stylish accessories inside or outside our homes.



## Wednesday 16 August

**Activity:** Gum Nuts

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

**Cost:** \$10pp. Community Transport: \$5pp.

**RSVP:** 2 August 2023

It's that time of the year again as we begin preparations for our next Lake Light Sculpture Festival entry. Today we will be creating cute little gum nuts that perfectly capture our local Snowy Mountains flora and will look great in our sculpture garden.



## Wednesday 23 August

**Activity:** Decopage Bell Part 1

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 9 August 2023

Today, the now dry bell shape will be our focus in decorating with a decopage technique. A venture into using air dry clay to make a bell/wind chime with a decopage finish to make a bright addition to any outdoor space.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

22 Snowy Monaro Regional Council | Community Connections Newsletter

# Arts & Crafts - Bombala

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Wednesday 13 September

**Activity:** Decopage Bell Part 2

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 30 August 2023

Today, the now dry bell shape will be our focus in decorating with a decoupage technique. A venture into using air dry clay to make a bell/wind chime with a decoupage finish to make a bright addition to any outdoor space.



## Wednesday 20 September

**Activity:** Glass Crackled Gems

**Where:** Bombala Community Centre and Club  
Bombala

**Time:** 11am to 2pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 31 May 2023

Today we will indulge in a quick and easy craft venture with card making and a crackled gem bezel pendant. For those that are keen, we will follow with lunch at Club Bombala.

## Wednesday 27 September

**Activity:** Gum Leaves

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 13 September

Inspired by our very own backyard today we will create our own gum leaves using recycled materials. These leaves will then be hung and displayed in our Lake Light Sculpture Festival garden.



**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

23 Snowy Monaro Regional Council | Community Connections Newsletter

# Arts & Crafts - Bombala

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Wednesday 11 October

**Activity:** Fibre Wall Art

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 20 September 2023

Wanting to encourage those creative juices, we will be using vibrantly coloured yarn in an eye catching pattern endeavouring to create a texturally inspired art piece.



## Wednesday 18 October

**Activity:** Concrete Pots

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 4 October 2023

As we are in the throes of Spring, let's make some more concrete garden pots to give us extra options for the plants we will nurture and encourage through to the warmer months.

## Wednesday 25 October

**Activity:** Poppies

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 11 October 2023

As Remembrance Day approaches we will take the time to brighten our 'Lest We Forget' sign by making more poppies that will enhance this eye catching display.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

24 Snowy Monaro Regional Council | Community Connections Newsletter

# Arts & Crafts - Nimmitabel

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Friday 11 August

**Activity:** Flowers

**Where:** Nimmitabel

**Time:** 10am to 12pm

**Cost:** \$5pp. Community Transport: \$5pp

**RSVP:** 28 July 2023

Today we will try various methods to making bright colourful floral displays. This may include pipecleaners, wire and buttons.



## Friday 13 October

**Activity:** Poppies

**Where:** Nimmitabel

**Time:** 10am to 12pm

**Cost:** \$5pp. Community Transport: \$5pp

**RSVP:** 29 September 2023

As Remembrance Day approaches we will take the time to brighten our 'Lest We Forget' sign by making more poppies that will enhance this eye catching display.



## Friday 8 September

**Activity:** Fabric Covered Pots

**Where:** Nimmitabel

**Time:** 10am to 12pm

**Cost:** \$5pp. Community Transport: \$5pp.

**RSVP:** 25 August 2023

A fabulous opportunity to re-vamp those old plastic pots we all have floating around in our gardens. We will cover pots with fabric and turn them into stylish accessories inside or outside our homes.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

25 Snowy Monaro Regional Council | Community Connections Newsletter

# Lunch Club

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

## Wednesday 9 August

**Where:** Cosmo Café, Bombala

**Time:** 11.30am to 1.30pm

**Cost:** \$5pp. Community Transport: \$5pp.  
Lunch at own cost

**RSVP:** 26 July 2023

## Friday 25 August

**Where:** Shopping at Mitre 10 followed by lunch at Parc Cafe, Jindabyne

**Time:** 11am to 2pm

**Cost:** \$5pp. Community Transport: \$5pp.  
Lunch at own cost

**RSVP:** 26 July 2023



## Wednesday 20 September

**Where:** Club Bombala, Bombala

**Time:** 12.30am to 2pm

**Cost:** \$5pp. Community Transport: \$5pp.  
Lunch at own cost

**RSVP:** 6 September 2023

## Tuesday 24 October

**Where:** Ex-Services Club Cooma

**Time:** 12pm to 2pm

**Cost:** \$5pp. Community Transport: \$5pp.  
Lunch at own cost

**RSVP:** 10 October 2023

## Friday 29 September

**Where:** Roses, Cooma

**Time:** 12pm to 2pm

**Cost:** \$5pp. Community Transport: \$5pp.  
Lunch at own cost

**RSVP:** 15 September 2023

## Wednesday 25 October

**Where:** Freddy's Bakery Bombala

**Time:** 12pm to 2pm

**Cost:** \$5pp. Community Transport: \$5pp.  
Lunch at own cost

**RSVP:** 10 October 2023

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

26 Snowy Monaro Regional Council | Community Connections Newsletter

# | Education & 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 are offering education and wellness sessions. If you receive funding through the Commonwealth Home Support Programme (CHSP), you may be eligible for a subsidy to attend some sessions.

## Chair Yoga Program

### Starting Monday 7 August 2023

<b>Activity:</b>	Yoga
<b>Where:</b>	Werri-Nina Centre
<b>Time:</b>	Monday 11am to 12pm Wednesday 2pm to 3pm
<b>Cost:</b>	\$10pp per class Community Transport: \$5pp.
<b>RSVP:</b>	ASAP

Teagan Symons is a qualified yoga instructor and passionate about fitness, mobility and strength training for every kind of body. Teagan will be continuing to offer regular chair yoga classes at Werri Nina. Chair Yoga involves gentle stretches that move all parts of the body while seated in a chair. We also do simple flow movements and breathing practises.

Teagan will be also offering Chair Dance classes. Chair Dance will be simple dance routines and gentle movements along to music. Come along and boogie to your favourite tunes. We will do some dances you might remember doing on your feet but we will adjust and do most movements in our chair.

Both classes are great for building strength, coordination and mobility, suitable for any body type. Regardless of injuries or limitations, we can always modify! So wear some comfy clothes and come along for some fun in your chair!

## Chair Yoga Program Dates

Monday 7 August	Wednesday 2 August
Monday 14 August	Wednesday 9 August
Monday 28 August	Wednesday 16 August
Monday 4 September	Wednesday 23 August
Monday 11 September	Wednesday 13 September
Monday 25 September	Wednesday 20 September
Monday 9 October	Wednesday 27 September
Monday 23 October	Wednesday 11 October
Monday 30 October	Wednesday 25 October



**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

# | Education & 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 are offering education and wellness sessions. If you receive funding through the Commonwealth Home Support Programme (CHSP), you may be eligible for a subsidy to attend some sessions.

## Coffee with a Cop Wednesday 18 October 2023

<b>Activity:</b>	Coffee with a Cop
<b>Where:</b>	Werri-Nina Centre
<b>Time:</b>	2pm to 4pm
<b>Cost:</b>	Community Transport: \$5pp.
<b>RSVP:</b>	4 October 2023

Coffee with a Cop aims to provide an opportunity for the community to interact and connect with their local police on community safety issues. Our previous sessions saw a very positive turn out and this is a wonderful interactive get together where community members can ask any and all questions on community safety, understanding police and connect with their local police. Join us for afternoon tea and a get to know our local law enforcement officers.



**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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

# | Meals on Wheels

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

## COOMA

**Frozen Meal 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 Cafe provide our delicious tasty sandwich packs that are delivered each Monday.

**Wednesdays:** Light lunch provided by Up North Cafe

**Fridays:** Fish and chip Friday

## BOMBALA

**Frozen Meal Delivery Options:** Frozen meals, desserts and soups are available in all towns across our region.

**Hot meals:** Hot meals are available Monday to Friday, provided by Health Share. Meals are delivered within the Bombala Township by our Meals on Wheels team.

**Currently, we are taking expressions of interest for the re-introduction of Fish 'n' Chips and Sandwich packs in Bombala.**



Funding eligibility criteria applies.

Please phone Community Support Programs on 6451 1059 for more information.

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

# Locations

**Werri-Nina Centre**

227 Sharp St, Cooma

**Bombala Community Centre**

163 Maybe St, Bombala

**Nimmitabel Community Centre**

Clarke St, Nimmitabel

**Cooma Library**

61 Vale St, Cooma

**Club Bombala**

Maybe St, Bombala

**Canberra Theatre**

Civic Square, London Cct, Canberra

**Southern Cross Club**

92 - 96 corinna St, Phillip ACT

**Roses Restaurant**

69 Massie St, Cooma

**Parc Cafe**

49 Kosciusko Rd Jindabyne

**SOCIAL @862**

Jindabyne Rd Berridale

**Burns Club**

28 Kett St Kambah ACT

**The Christmas Barn**

23 Monaro Hwy Bredbo

**Bermagui Fisherman's Wharf**

73/79 Lamont St Bermagui

**The Green Shed**

Mugga Ln Hume ACT

**Salvos Store**

5/15 Mildura St Fyshwick ACT

**Lanyon Homestead**

Tharwa Dr Tharwa ACT

**Club Bombala**

Maybe St, Bombala

**Cosmo Cafe**

Maybe St, Bombala

**Cooma Ex-Services Club**

Vale St, Cooma

**Four Winds Vineyard**

9 Patemans Ln Murrumbateman

**Japanese War Cemetary**

Lot 7034 Doncaster Dr Cowra

**Cowra Services Motel**

105-111 Brisbane St Cowra

**Cowra Services Club**

101 Brisbane St Cowra

**Cowra Japanese Gardens and Cultural Centre**

Ken Nakajima Pl Cowra

**McDonald's**

Yass Service Centre Hume Hwy Yass

**Freddy's Bakery**

111 Maybe St Bombala

**Zone Bowling Tuggeranong**

76 Cowlshaw St Greenway

# | Cowra Overnight Stay

## BOOKING FORM

### Overnight Stay - Cowra

### Tuesday 5 September - Wednesday 6 September

This form must be completed and handed in at Werri-Nina, Cooma - accompanied by payment for accommodation by **Thursday 3 August 2023**. Final payment for remaining costs should be provided by **Friday 25 August 2023**.

**Name:**

**Phone:**

**Address:**

Pick up required from home YES NO

Meeting at Werri-Nina YES NO

**ACCOMMODATION: Cowra Services Motel**

Single room YES NO Cost: \$190pp

Twin share room YES NO Cost: \$110pp

**Transport:** \$40pp Including transport from Cooma to Cowra and to and from organised activities

**Meals:** Lunch \$25pp - Four Winds Vineyard

Morning Tea, dinner, snacks and wine tasting at own cost.

**Cowra Japanese Garden and Cultural Centre entry:** \$15pp - concession \$18pp - adult

**Activity fee:** \$10pp

**RSVP including accommodation payment in full by Thursday 3 August 2023**

**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.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. **Departure times will be advised with confirmation of RSVP.** Please phone Community Support Programs on 6451 1059 to RSVP.

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