

# Community Connections Newsletter

What's on Calendar

May  
June  
July 2023



## May | June | July

### Community Connections Newsletter 2023

Our Community Connections groups have certainly had a busy start to the year!

We've travelled far and wide, exploring the picturesque towns of Bungendore and Pambula, visiting Canberra Zoo and Aquarium, attending a moving last post ceremony at the Australian War Memorial and taking in the stunning scenery and wildlife on our trip to Yarrangobilly Caves.

Closer to home our crafters were kept busy finalising our entry for the annual Lake Light Sculpture event in Jindabyne, "What is True Vintage?". Inspired by the quotation of Anthony T Hincks "The thing about vintage is that it never goes out of fashion", our design aimed to showcase old-time crafts in a new light.

Our crafters from Werri-Nina and Bombala Community Centres and Activities Officers Maria, Suzanne and Allison put a massive amount of effort into the design and creation of our installation so we were thrilled to win the Snowy Hydro Community Award! The prizemoney of \$1,500 will be used toward future Lake Light Sculpture entries. This is not Community Connections first win at this event, having been awarded the encouragement award in 2021, so we look forward to seeing what our creative team of crafters can produce in the future. A huge congratulations to all involved!

Our 'Lest We Forget' poppy banner was displayed once again for the Berridale Anzac Day service, an eye-catching backdrop for this special ceremony. We will be working on a revamp to the banner in future craft activities so this stunning piece can be displayed on Anzac Day for many years to come.

As the weather cools down, we have a variety of outings and centre based activities to keep you connected. We welcome eligible participants from towns across our region to join us. Please read on for more details and phone our Community Connections team if you need more information or have any suggestions for future activities.

We hope you enjoy this newsletter and look forward to seeing you soon!

#### Community Support Program Team



# Community Connections

## May | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>1</b>	<b>2</b>	<b>3</b> PLANNING	<b>4</b>	<b>5</b> Combined Outing Bombala Bingo	<b>6</b>	<b>7</b>
<b>8</b> Novel Idea  Chair Yoga Werri Nina Centre	<b>9</b> Combined Outing Arboretum	<b>10</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre  Chair Yoga/Dance Werri Nina Centre	<b>11</b>	<b>12</b> Arts and Crafts Nimmitabel	<b>13</b>	<b>14</b>
<b>15</b> Cards Berridale	<b>16</b>	<b>17</b> Arts and Crafts Werri Nina Centre  Bombala Lunch  Chair Yoga/Dance Werri Nina Centre	<b>18</b>	<b>19</b> Combined Outing Pambula	<b>20</b>	<b>21</b>
<b>22</b> Chair Yoga Werri Nina Centre	<b>23</b> Lunch Club Queen B Bredbo	<b>24</b> Biggest Morning Tea Werri Nina Centre  Chair Yoga/Dance Werri Nina Centre	<b>25</b> Combined Outing Music @ Midday	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> Chair Yoga Werri Nina Centre	<b>30</b> Combined Outing National Film & Sound Archive	<b>31</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre  Chair Yoga/Dance Werri Nina Centre				

# Community Connections

## June | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> Novel Idea  Chair Yoga Werri Nina Centre	<b>6</b>	<b>7</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre  Chair Yoga/Dance Werri Nina Centre	<b>8</b>	<b>9</b> Arts and Crafts Nimmitabel	<b>10</b>	<b>11</b>
<b>12</b> PUBLIC HOLIDAY	<b>13</b>	<b>14</b> Arts and Crafts Werri Nina Centre  Bombala Lunch  Chair Yoga/Dance Werri Nina Centre	<b>15</b>	<b>16</b> Lunch Club The Lott + Charles Davis Gallery	<b>17</b>	<b>18</b>
<b>19</b> Cards Berridale	<b>20</b> Combined Outing Glassworks Canberra	<b>21</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre  Chair Yoga/Dance Werri Nina Centre	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b> Chair Yoga Werri Nina Centre	<b>27</b>	<b>28</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre  Chair Yoga/Dance Werri Nina Centre	<b>29</b>	<b>30</b> Combined Outing Spotlight/Kmart		

# Community Connections

## July | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>31</b> Chair Yoga Werri Nina Centre					<b>1</b>	<b>2</b>
<b>3</b> Novel Idea  Chair Yoga Werri Nina Centre	<b>4</b> Combined Outing Museum of Australian Democracy	<b>5</b> PLANNING	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b> Chair Yoga Werri Nina Centre	<b>11</b>	<b>12</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre  Chair Yoga/Dance Werri Nina Centre	<b>13</b>	<b>14</b> Arts and Crafts Nimmitabel	<b>15</b>	<b>16</b>
<b>17</b> Cards Berridale Inn	<b>18</b>	<b>19</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre  Coffee with a Cop	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> Chair Yoga Werri Nina Centre	<b>25</b>	<b>26</b> Christmas in July Club Bombala	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

# Community Transport

## May | 2023

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

## June | 2023

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

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# Community Transport

## July | 2023

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

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# | Lake Light Sculpture



## Lake Light Sculpture

### Winner Snowy Hydro Community Award - What is True Vintage?

What was once new, slowly aged and was forgotten. Is now revitalised and given new purpose. Showcasing old-time crafts in a new light.

**“The thing about vintage is that it never goes out of fashion”.** Anthony T Hicks.

**Judges Comments:** Heirloom found objects, activating the outdoor space with indoor objects.



# |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 15 May

**Activity:** Cards

**Where:** Berridale

**Time:** 11am to 2pm

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

**RSVP:** 1 May 2023



## Monday 19 June

**Activity:** Cards

**Where:** Berridale

**Time:** 11am to 2pm

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

**RSVP:** 5 June 2023



## Monday 17 July

**Activity:** Cards

**Where:** Berridale

**Time:** 11am to 2pm

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

**RSVP:** 3 July 2023

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# | Combined Groups

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



## Friday 5 May

**Activity:** Bingo

**Where:** Club Bombala

**Time:** 11am to 2.30pm

**Cost:** \$5pp. Community Transport: \$10pp.  
Lunch at own cost

**RSVP:** 3 May 2023

Today we are getting our Bingo game face on. Enjoy the drive as we travel to Bombala, with seasonal changes becoming more apparent as it gets cooler. Once at Club Bombala get ready for a couple of rounds of bingo and a relaxing lunch.

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

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## Tuesday 9 May

**Activity:** National Arboretum

**Where:** Canberra

**Time:** 11am to 2pm

**Cost:** \$5pp. Community Transport: \$15pp.  
Lunch at own cost

**RSVP:** 3 May 2023

Surround yourself with some of Canberra's best panoramic views, over 94 forests, stunning architecture and themed, landscaped gardens. Explore the Village Centre and learn about conservation and the environment.

The Arboretum is so much more than trees! The Welcome Walks will introduce you to the Arboretum, its forests, gardens and even some hidden treasures.

Let's immerse ourselves in this beautiful environment, taking in the breathtaking views and enjoy lunch in the Village Centre.

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## Friday 19 May

**Activity:** Pambula

**Where:** Sapphire Coast

**Time:** 11am to 2pm

**Cost:** \$5pp. Community Transport: \$20pp.  
Lunch at own cost

**RSVP:** 10 May 2023

Pambula a picturesque coastal town is a historic village between Merimbula and Eden on the Sapphire Coast of NSW. The intimate main street with its colonial buildings at its heart, some dating back to the mid-1800s with the discovery of gold in the local rivers.

A bustling town with the refreshing absence of chain stores. Instead, discover a delightful array of specialty shops including cafes, galleries, local art and craft, vintage collectables and eco-friendly retail with a strong focus on local. Enjoy the day as we discover the hidden gems of this town.

'Pambula' is derived from the Yuin Aboriginal word meaning "Two Waters".

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## Thursday 25 May

<b>Activity:</b>	Music at Middyay
<b>Where:</b>	Canberra Theatre, Canberra
<b>Time:</b>	11am to 2.30pm
<b>Entry:</b>	Gold coin donation
<b>Cost:</b>	\$5pp. Community Transport: \$20pp. Lunch at own cost
<b>RSVP:</b>	14 May 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 a delicious lunch at the Hellenic Club in Woden.

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## Tuesday 30 May

**Activity:** National film and sound Archive

**Where:** Canberra

**Time:** 11am to 2.30pm

**Cost:** \$5pp. Community Transport: \$15pp.  
Lunch at own cost

**RSVP:** 15 May 2023

The National Film and Sound Archive of Australia is the national audio-visual cultural institution. Originally known as the National Historical Film and Speaking Record Library

The collection includes more than 4 million items, not only video and audio recordings but also contextual materials such as costumes, scripts, props, photographs and promotional materials and dates back to 1935, making it one of the first audio-visual archives in the world. We will enjoy a light lunch at the Curators Café on the premises.

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## Tuesday 20 June

**Activity:** Canberra Glassworks

**Where:** Kingston ACT

**Time:** 11am to 2.30pm

**Cost:** Entry \$20pp Concession. Activity \$5pp.  
Community Transport: \$20pp.  
Lunch at own cost

**Optional:** Tile making class \$30

**RSVP:** 6 June 2023

Take a behind-the-scenes tour of Canberra Glassworks. The first public building in Canberra, the Kingston Powerhouse was instrumental in providing electricity for the building of the new capital. The tour tells the story of the building where visitors can discover the remaining features of its previous industrial use and gain an understanding of the different equipment and workshops in their current form.

Today we also have the option to try a Tile Making Class for those that are keen. We will conclude with lunch on the Kingston foreshore.

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## Friday 30 June

**Activity:** Retail Therapy

**Where:** Queanbeyan

**Time:** 11am to 2.30pm

**Cost:** Activity \$5pp. Community Transport:  
\$20pp.  
Lunch at own cost

**RSVP:** 16 June 2023

Nothing like a little retail therapy for some of us to get excited – especially when it involves a keen crafter's supply centre and a bargain hunter's shop of choice. We will start with a stop at Spotlight in Queanbeyan. Those not keen on this stop are welcome to have a snack or morning tea next door at K.T. Bees Kitchen. From there we will head to Kmart and you may take the opportunity to find a bargain, browse or enjoy a visit to the Riverside Plaza and lunch in the Food Court.

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## Tuesday 4 July

**Activity:** Museum of Australian Democracy

**Where:** Parkes, Canberra

**Time:** 11am - 2.30pm

**Cost:** Activity \$5pp.

Community Transport: \$20pp.

Lunch at own cost

**RSVP:** 20 June 2023

The Museum of Australian Democracy (MOAD) at Old Parliament House is a living museum of social and political history, located in a nationally listed heritage building in Parkes, Canberra. MOAD helps people to understand Australia's social and political history by interpreting the past and present and exploring the future. Let's take a 'Highlights Tour' with a knowledgeable and passionate volunteer guide and learn about the history and heritage of Old Parliament House. Hear stories of people and events that shaped Australian democracy in the very place it happened. Enjoy lunch at your leisure in the Courtyard Café.

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## Christmas in



### Wednesday 26 July

**Activity:** Christmas in July Luncheon

**Where:** Club Bombala, Bombala

**Time:** 11.30am to 2pm

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

**RSVP:** 12 July 2023

'Christmas in July', which is also known as Yulefest or Yuletide in Australia. 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. An opportunity to reflect and be grateful while enjoying a delicious lunch!

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# 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 10 May

**Activity:** Wet Felting

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** ASAP

What is Hand Felted Soap? Felt Soap is literally soap that is enclosed in felted wool. Basically, the wool is placed on a bar of soap and as you work it with water, the fibres felt together. As you use the soap, the bar shrinks and the felt shrinks with it. A beautifully finished piece to keep or give as a gift.

## Wednesday 17 May

**Activity:** Card Making

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 10 May 2023

Taking inspiration from Mother Nature's Autumnal display, this week we will be printing with leaves to create decorative patterns and works of art that capture the beauty of nature. Taking the time to make a card personally tells the receiver just how special they are to you and ensures your card delivers just the right message.



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## Wednesday 24 May

**Activity:** Biggest Morning Tea

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 10 May 2023

Australia's Biggest Morning Tea is a community event that raises vital funds to make a big difference for those impacted by cancer. Every day the Cancer Council supports people impacted by cancer when they need it most, empowers people to reduce their cancer risk and find new ways to better detect and treat cancer.

## Wednesday 31 May

**Activity:** Painting

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 17 May 2023

Get your creative groove on and experiment using different tools to create a painting you would be proud to have on display. Chains, string, sponges or balloons all are useful items in this creative stage with your imagination being your only limit.

# 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 7 June

**Activity:** Decorative Notebook

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 24 May 2023

Using fabric and other tools, we will be making a decorative 'false' book cover for a notebook. This easy technique will provide you with a lovely cover for an everyday item. Something pretty to give as a gift or keep for yourself.



## Wednesday 14 June

**Activity:** Wet Felting

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 31 May 2023

Wet felting is the process of continually rubbing wool fibres together with mild soap and warm water to form a firm, felted object. Today we aim to create a felted vessel/bowl using the rich colours provided or you may decide to choose natural colours for your piece.



## Wednesday 21 June

**Activity:** Wind Chimes

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 7 June 2023

These simple yet eye-catching windchimes are the perfect way to brighten up any spot in your garden. We will create them using small terracotta pots, twine, and beads. You can then add some cheerful colour or simply leave them undecorated for a natural look, either way, it will be a beautiful talking piece in your garden.

## Wednesday 28 June

**Activity:** Wind Chimes Part 2

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 14 June 2023

Let's put the finishing touches on our pots and prepare them for hanging

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# Arts & Crafts - Werri-Nina

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## Wednesday 12 July

**Activity:** Recycled Baskets

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 28 June 2023

Using paper straws we had previously made from old magazines we will attempt a basic weaving exercise to create a small basket. This is a basic pattern that may be enlarged or decreased to suit your needs.



## Wednesday 19 July

**Activity:** Table decorations

**Where:** Werri-Nina

**Time:** 11am to 1pm

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

**RSVP:** 5 July 2023

Our Christmas in July celebrations are creeping up very quickly and today we will take the opportunity to make some eye-catching, penguin creations to decorate our tables for the up-coming luncheon next week.

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# Arts & Crafts - Bombala

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.

## Wednesday 10 May

**Activity:** Wet Felting

**Where:** Bombala community Centre

**Time:** 11am to 1pm

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

**RSVP:** ASAP

What is Hand Felted Soap? Felt Soap is literally soap that is enclosed in felted wool. Basically, the wool is placed on a bar of soap and as you work it with water, the fibres felt together. As you use the soap, the bar shrinks and the felt shrinks with it. A beautifully finished piece to keep or give as a gift.

## Wednesday 24 May

**Activity:** Biggest Morning Tea

**Where:** Werri-Nina Centre Cooma

**Time:** 11am to 1pm

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

**RSVP:** 10 May 2023

Australia's Biggest Morning Tea is a community event that raises vital funds to make a big difference for those impacted by cancer. Every day the Cancer Council supports people impacted by cancer when they need it most, empowers people to reduce their cancer risk and find new ways to better detect and treat cancer.



## Wednesday 31 May

**Activity:** Painting

**Where:** Bombala community Centre

**Time:** 11am to 1pm

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

**RSVP:** 17 May 2023

Get your creative groove on and experiment using different tools to create a painting you would be proud to have on display. Chains, string, sponges or balloons all are useful items in this creative stage with your imagination being your only limit. After we have completed our craft join us for a BYO lunch at the centre.

**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

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# 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 7 June

**Activity:** Decorative Notebook

**Where:** Bombala community Centre

**Time:** 11am to 1pm

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

**RSVP:** 24 May 2023

Using fabric and other tools, we will be making a decorative 'false' book cover for a notebook. This easy technique will provide you with a lovely cover for an everyday item. Something pretty to give as a gift or keep for yourself.



## Wednesday 21 June

**Activity:** Wind Chimes

**Where:** Bombala community Centre

**Time:** 11am to 1pm

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

**RSVP:** 7 June 2023

These simple yet eye-catching wind chimes are the perfect way to brighten up any spot in your garden. We will create them using small terracotta pots, twine, and beads. You can then add some cheerful colour or simply leave them undecorated for a natural look, either way, it will be a beautiful talking piece in your garden.

## Wednesday 28 June

**Activity:** Wind Chimes Part 2

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

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

**RSVP:** 14 June 2023

Let's put the finishing touches on our pots and prepare them for hanging. After we have completed our craft join us for a BYO lunch at the centre.



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## Wednesday 12 July

**Activity:** Recycled Baskets

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

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

**RSVP:** 28 June 2023

Using paper straws made from old magazines we will attempt a basic weaving exercise to create a small basket. This is a basic pattern that may be enlarged or decreased to suit your needs. After we have completed our craft join us for a BYO lunch at the centre.



## Wednesday 19 July

**Activity:** Table Decorations

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

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

**RSVP:** 28 June 2023

Our Christmas in July celebrations are creeping up very quickly and today we will take the opportunity to make some eye-catching, penguin creations to decorate our tables for the up-coming luncheon next week.

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# 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 12 May

**Activity:** Wet Felting

**Where:** Bombala community Centre

**Time:** 10am to 12pm

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

**RSVP:** ASAP

What is Hand Felted Soap? Felt Soap is literally soap that is enclosed in felted wool. Basically, the wool is placed on a bar of soap and as you work it with water, the fibres felt together. As you use the soap, the bar shrinks and the felt shrinks with it. A beautifully finished piece to keep or give as a gift.



## Friday 14 July

**Activity:** Wet Felting

**Where:** Nimmitabel community Centre

**Time:** 10am to 12pm

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

**RSVP:** 30 June 2023

Wet felting is the process of continually rubbing wool fibres together with mild soap and warm water to form a firm, felted object. Today we aim to create a felted vessel/bowl using the rich colours provided or you may decide to choose natural colours for your piece.



## Friday 9 June

**Activity:** Decorative notebook

**Where:** Nimmitabel community Centre

**Time:** 10am to 12pm

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

**RSVP:** 24 May 2023

Using fabric and other tools, we will be making a decorative 'false' book cover for a notebook. This easy technique will provide you with a lovely cover for an everyday item. Something pretty to give as a gift or keep for yourself.

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# Lunch Club

Meet with others in your community at our popular lunch clubs! Enjoy good food and good company at various locations across our region.

## Tuesday 23 May

**Where:** Queen B, Bredbo

**Time:** 12pm to 2pm

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

**RSVP:** 10 May 2023



## Friday 16 June

**Where:** The Lott, Cooma - Charles Davis Gallery

**Time:** 11.30am to 2pm

**Cost:** \$5pp. Community Transport: \$10pp.  
Lunch at own cost

**RSVP:** 1 June 2023

## Tuesday 18 July

**Where:** Ex-Services Club Cooma

**Time:** 12pm to 2pm

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

**RSVP:** 5 July 2023



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# | 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 8 May 2023

<b>Activity:</b>	Yoga
<b>Where:</b>	Werri-Nina Centre
<b>Time:</b>	11am - class duration approximately 1 hour
<b>Cost:</b>	\$10pp per class weekly 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.

Starting in May 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 8 May	Wednesday 10 May
Monday 22 May	Wednesday 17 May
Monday 29 May	Wednesday 24 May
Monday 5 June	Wednesday 31 May
Monday 26 June	Wednesday 7 June
Monday 3 July	Wednesday 14 June
Monday 10 July	Wednesday 21 June
Monday 24 July	Wednesday 28 June
Monday 31 July	Wednesday 12 July



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## Coffee with a Cop Wednesday 19 July 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>	5 July 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.

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# | Meals on Wheels

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

**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



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

**National Arboretum Canberra**

Forest Dr, Molonglo Valley ACT

**Grand Court Chinese Restaurant**

38 Sharp St, Cooma

**Canberra Glassworks**

Wentworth Ave, Kingston ACT

**K-mart**

Morriset St, Queanbeyan NSW

**Spotlight**

Bungendore Rd, Queanbeyan NSW

**Pambula**

Quondola St, Pambula, NSW

**Hellenic Club of Canberra**

Matilda St, Phillip, Canberra

**The Lott**

24 Soho St, Cooma

**Walt & Burley**

70/17 Eastlake Parade, Kingston

**Old Bus Depot Markets**

Wentworth Ave, Kingston

**Club Bombala**

Maybe St, Bombala

**Cosmo Cafe**

Maybe St, Bombala

**Cooma Ex-Services Club**

Vale St, Cooma

**Museum of Australian Democracy**

King George Terrace, Parkes ACT

**National Film and Sound Archive**

McCoy Cct, Acton ACT

# | Expression of interest

It has become apparent that while we attempt to offer a wide range of activities, many things such as shows - including theatrical events and live music come up at short notice.

We would like to compile a register of people who are happy to be contacted at short notice regarding any events or shows they have expressed an interest in attending.

If you would like to be included on this register, please complete this form and return it to Werri Nina, Cooma or Bombala Community Centre, as soon as is convenient. We welcome any suggestions you may have for upcoming events.

**Name:**

.....

**Phone:**

.....

**Address:**

.....

Please indicate if you would like to be contacted about the following type of events:

Live Music	YES	NO
Theatre	YES	NO
Sporting Events	YES	NO
Sporting Preference:		

**Suggestions:**

.....

**Please Note:** This expression of interest will allow us to notify you and offer outings that may come up at short notice and give you the opportunity to participate in a wider range of activities.