

Community Connections Newsletter

What's on Calendar

November December January 2023



November | December | January

Community Connections Newsletter 2022-2023

As we head towards the end of another year, it's hard to believe that Christmas is just around the corner. In the meantime, we have plenty of activities to keep you busy as we count down to the New Year.

Make a start on your Christmas shopping or enjoy lunch by the seaside on our combined outing to the South Coast. Join us in Bombala for a Melbourne Cup luncheon or take a trip down memory lane with a night out in Canberra enjoying ABBA tribute band, Bjorn Again.

Head into the festive season with improved strength, flexibility and balance by participating in our 4-week chair yoga program. Susie McPhie from Snow Gum Yoga and Meditation will facilitate these classes, which are designed specifically for older adults and can be adapted to all participants. Classes commence on Wednesday, 26 October. You have the option of paying as you go or pre-paying for all the classes, which provides a significant discount.

Crafters will be kept busy making various Christmas themed decorations that will make a lovely addition to your Christmas tree or a gift for somebody special. If you're after even more crafty ideas and inspiration, don't miss our outing to the popular Canberra Craft and Quilt Fair.

Our groups start to wind down in December, culminating in our end-of-year celebration lunch at Cooma Bowling Club on Wednesday 14 December. We'll get into the swing of things by enjoying a festive lunch, Christmas carols and reflecting on the year gone by. Don't forget to bring a wrapped gift to the value of \$10, marked male or female, to go under the tree.

We will welcome the New Year with a sightseeing cruise aboard the M.V. Southern Cross on Lake Burley Griffin in Canberra. Please feel free to bring along a family member or friend to experience Canberra from this unique perspective and enjoy lunch at Snapper by the Lake when we disembark.

Please note our offices will be closed from 12pm (noon) Friday 23 December 2022. Re-opening at 9am Monday 9 January 2023

We would like to wish you all a happy, safe and healthy Christmas and New Year!

Community Support Programs Team

Community Connections

November | 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|---|--|---|-----------|---|-----------|-----------|
| | 1 Melbourne Cup Club Bombala | 2 Arts and Crafts Werri Nina Centre Bombala Community Centre Yoga Werri Nina Centre | 3 | 4 Overnight Bjorn Again - ABBA | 5 | 6 |
| 7 Trivia Werri Nina Centre | 8 Combined Outing Merimbula/Bega/ Tathra | 9 Arts and Crafts Werri Nina Centre Bombala Community Centre | 10 | 11 | 12 | 13 |
| 14 Cards and Lunch with Jindabyne Seniors Club | 15 Lunch Club Cooma Hotel | 16 Arts and Crafts Werri Nina Centre Bombala Community Centre Yoga Werri Nina Centre | 17 | 18 Combined Outing Craft Fair - EPIC | 19 | 20 |
| 21 Novel Idea Luncheon | 22 | 23 Arts and Crafts Werri Nina Centre Bombala Community Centre Yoga Werri Nina Centre | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 Planning Day | | | | |

Community Connections December | 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|-----------------------------|-----------------------------|--|-----------|--|-----------|-----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 Arts and Crafts Werri Nina Centre and Bombala Community Centre | 8 | 9 Christmas Lunch Arts and Crafts Nimmitabel | 10 | 11 |
| 12 | 13 | 14 Christmas Lunch | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 Public Holiday | 27 Public Holiday | 28 | 29 | 30 | 31 | 1 |

Community Connections

January | 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|--|---|--|-----------------------------|----------------------------------|-----------|-----------|
| 2 Public Holiday | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 Combined Outing Lake Burley Griffin Cruise | 12 | 13 | 14 | 15 |
| 16 Lunch Club Cosmo - Bombala | 17 | 18 Arts And Crafts Werri Nina Centre Bombala Community Centre | 19 | 20 Cards Werri Nina | 21 | 22 |
| 23 | 24 Lunch Club Rose Cottage Canberra | 25 Arts And Crafts Werri Nina Centre Bombala Community Centre | 26 Public Holiday | 27 | 28 | 29 |
| 30 | 31 Trivia Werri Nina Centre | | | | | |

Community Transport

November | 2022

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

****BOOKINGS FOR UP TO 9 JANUARY 2022 - CALL OFFICE BEFORE FRIDAY 16 DECEMBER 2022****

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

December | 2022

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

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Community Transport

January | 2023

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

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Cards & Trivia

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 7 November

Activity: Trivia
Where: Werri-Nina Centre
Time: 10am to 1.30pm
Cost: \$5pp. Community Transport: \$5pp.
 Lunch at own cost
RSVP: 2 November 2022

Friday 20 January

Activity: Cards
Where: Werri-Nina Centre
Time: 10am to 1.30pm
Cost: \$5pp. Community Transport: \$5pp.
 Lunch at own cost
RSVP: 11 January 2023

Tuesday 31 January

Activity: Trivia
Where: Werri-Nina Centre
Time: 10am to 1.30pm
Cost: \$5pp. Community Transport: \$5pp.
 Lunch at own cost
RSVP: 25 January 2023

JINDABYNE SENIORS

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

Monday 14 November

Activity: Cards
Where: Jindabyne Seniors Club
Time: 10am - 2pm
Cost: \$5pp. Community Transport: \$5pp.
 (plus a one off \$5 joining fee to be paid on the first visit). Lunch at own cost
RSVP: 2 November 2022

RSVP Confirmation of your attendance and transport is required by the RSVP date provide for each activity or outing. 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 25 October

| | |
|------------------|--|
| Activity: | Music at Middyay |
| Where: | Canberra Theatre, Canberra |
| Time: | Leave Werri Nina 9am |
| Entry: | Gold coin donation |
| Cost: | \$5pp. Community Transport: \$15pp. Lunch at own cost |
| RSVP: | 20 October 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 a gold coin donation with all the proceeds raised going to a local charity. We will follow this performance with lunch at the Hellenic Club in Woden.

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Tuesday 1 November

Activity: Melbourne Cup lunch

Where: Club Bombala

Time: Leave Werri Nina 12pm

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

RSVP: 26 October 2022

The Melbourne Cup is Australia's most famous horse race held over a distance of 3200 metres at Flemington Racecourse in Melbourne. Our take on the Melbourne Cup this year includes an enjoyable afternoon at Club Bombala spent with friends having lunch, racking our brains to answer Cup trivia questions and possibly partaking in a flutter on the race. Will you win in the sweeps, be deemed best dressed or wear an eye catching hat?

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Tuesday 8 November

Activity: Coastal retail therapy and lunch

Where: Merimbula/Tathra/Bega

Time: Werri Nina 9am

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

RSVP: 31 October 2022

Today we offer the opportunity to travel to the coast with an opportunity to partake in some retail therapy, enjoy a coffee by the water or lunch overlooking the beach in Tathra. We will initially spend some time in Merimbula before backtracking to Bega for those that wish to continue shopping. Those who would like to join us but are more interested in enjoying a leisurely lunch will instead head to Tathra Hotel for lunch before we collect our shoppers and head for home.

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Friday 18 November

| | |
|------------------|--|
| Activity: | Craft & Quilt Fair |
| Where: | Canberra |
| Time: | 9am from Werri Nina |
| Entry: | \$16pp Concession |
| Cost: | \$5pp. Community Transport: \$15pp. Lunch at own cost |
| RSVP: | 2 November 2022 |

The popular Craft and Quilt Fair is attended by thousands of people over four days. With exhibitors showcasing all crafts such as scrapbooking, machine embroidery, beading, crochet, card making, knitting and spinning. This will be our second craft fair for the year and is a fantastic opportunity to explore a wide variety of crafts. Help us expand our crafty repertoire by letting us know which crafts you are most interested in trying. Enjoy lunch at your leisure at the onsite café.

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Wednesday 14 December

Activity: Christmas Luncheon

Where: Cooma Bowling Club

Time: 12pm - 2pm

Cost: \$5pp. Community Transport: \$5pp.
Lunch: \$35pp.

RSVP: 30 November 2022

Christmas is almost upon us and the year is nearing its end. Today we will reflect on the past 12 months and share a meal infused with Christmas cheer in the company of friends. Join us to enjoy some Christmas carols and reminisce about times gone by. Please bring a wrapped gift to the value of \$10 – marked if suitable for a male or female person.

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Wednesday 11 January

Activity: Sightseeing Cruise

Where: Lake Burley Griffin Canberra

Time: 9am from Werri Nina

Cost: Cruise \$36pp. Activity \$5pp.
Community Transport: \$15pp.
Lunch at own cost

RSVP: 21 December 2022

Welcome to 2023! Today we will be taking a sightseeing cruise on the M.V Southern Cross. An opportunity to view Canberra and her monuments, museums and political battlegrounds from a different perspective. With an informative commentary and experienced crew, this is a great way to see the sights. Bring a friend or family member with whom you might like to experience the opportunity of cruising Lake Burley Griffin and afterwards enjoy lunch on the shore at Snapper by the Lake.

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Arts & Crafts Werri-Nina

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 2 November

Activity: Christmas Gnomes

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 26 October 2022

These very unique and individual Christmas ornaments will be a whimsical addition to your Christmas tree. Their folklore traces back to the late 18th and 19th centuries, when gnomes were believed to be symbols of good luck.



Wednesday 16 November

Activity: Christmas Crackers

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 9 November 2022

Our activity continues with the assembly and final touches to be added to our Christmas Crackers. Filled with corny jokes, the traditional crown – indeed to be work with pride and a small gift, these will be an integral part of this year's Christmas Luncheon.

Wednesday 9 November

Activity: Christmas Crackers

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 2 November 2022

Tradition tells how Tom Smith of London invented Christmas crackers in 1947. He created the crackers as a development of his bon-bon sweets, which he sold in a twist of paper. As sales of bon-bons slumped, Smith began to come up with new promotional ideas. Today we will focus on preparing contents for our personalised Christmas crackers.

Wednesday 23 November

Activity: Christmas Tea Cups

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 16 November 2022

A lovely china cup filled with a simple Christmas scene will make a beautiful addition to any Christmas tree. Take your time creating this miniature Christmas landscape that will embellish any tree with its simplicity and beauty.

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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 7 December

Activity: Christmas Ornaments

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 30 November 2022

Let's add a Christmas twist on an old favourite! Today we will be designing our own personalised ornaments using scrabble letters. Create a unique reindeer stylised gift for a special someone, or celebrate the season with holiday words and hang them from your tree.



Wednesday 18 January

Activity: Welcome Back

Where: Werri-Nina

Time: 11am to 1pm

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

RSVP: 11 January 2023

Welcome back to our Wednesday Craft Group! Let's indulge in a scrumptious morning tea and catch up on everyone's news from the past month. Share stories and recent events, discuss upcoming suggestions for craft projects or outings and spend time enjoying each other's company.

Wednesday 14 December

Activity: Christmas Lunch

Where: Cooma Bowling Club

Time: 12pm to 2pm

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

RSVP: 1 December 2022

Full details in Combined outings pages.



Wednesday 25 January

Activity: Doilies, doilies, doilies

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 18 January 2023

Let's continue work on our submission for this year's Lake Light Sculpture event. Repurposing beautiful doilies into illuminated masterpieces acknowledging that many old things can be made new, useful and beautiful once more.

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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 2 November

Activity: Christmas Gnomes

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 26 October 2022

These very unique and individual Christmas ornaments will truly take on a whimsical addition to your Christmas tree. The folklore traces back to the late 18th and 19th centuries, when gnomes were believed to be household spirits responsible for the care and prosperity of a farm or family and are known as symbols of good luck.



Wednesday 16 November

Activity: Christmas Crackers

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 9 November 2022

Our activity continues with the assembly and final touches to be added to our Christmas Crackers. Filled with corny jokes, the traditional crown – indeed to be work with pride and a small gift, these will be an integral part of this year's Christmas Luncheon.

Wednesday 9 November

Activity: Christmas Crackers

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 2 November 2022

Tradition tells how Tom Smith of London invented Christmas crackers in 1947. He created the crackers as a development of his bon-bon sweets, which he sold in a twist of paper. As sales of bon-bons slumped, Smith began to come up with new promotional ideas. Today we will focus on preparing contents for our personalised Christmas crackers.

Wednesday 23 November

Activity: Christmas Tea Cups

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 16 November 2022

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Wednesday 14 December

Activity: Christmas Lunch

Where: Cooma Bowling Club

Time: 12pm to 2pm

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

RSVP: 1 December 2022

Full details in Combined outings pages.

Wednesday 25 January

Activity: Doilies, doilies, doilies

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 18 January 2023

Let's continue work on our submission for this year's Lake Light Sculpture event. Repurposing beautiful doilies into illuminated masterpieces acknowledging that many old things can be made new, useful and beautiful once more.



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Arts & Crafts Nimmitabel

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Tuesday 8 November

Activity: Coastal retail therapy and lunch

Where: Merimbula/Bega/Tathra

Time: Leaving Werri Nina 9am

Cost: \$5pp. Community Transport: \$15pp.

RSVP: 31 October 2022

Full details in Combined outings pages

Today as requested by the Nimmitabel craft group, a retail therapy trip to Merimbula and Bega with the bonus of lunch at Tathra Hotel for those who may wish to forgo the Bega shopping portion of the day.



Friday 9 December

Activity: Christmas Lunch

Where: Bertie's Cafe

Time: 12pm to 2pm

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

RSVP: 1 December 2022

Let's gather at Bertie's Café for an end of year Christmas Celebration. A lovely opportunity to chat, reminisce about the year's activities and share plans you may have for upcoming Christmas Festivities.

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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 15 November

Where: Cooma Hotel, Cooma

Time: 12pm - 2pm

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

RSVP: 7 November 2022



Monday 16 January

Where: Cosmo Cafe, Bombala

Time: 12pm - 2pm

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

RSVP: 9 January 2023

Tuesday 24 January

Where: Rose Cottage, Canberra

Time: 12pm - 2pm

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

RSVP: 17 January 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

Wednesday 26 October, Wednesday 2 November

Wednesday 16 November, Wednesday 23 November

| | |
|------------------|--|
| Activity: | Yoga |
| Where: | Werri-Nina Centre |
| Time: | 2pm - class duration approximately 1 hour |
| Cost: | \$15pp per class or prepay the four classes \$40pp. Community Transport: \$5pp. |
| RSVP: | 24 October 2022 |

Susie McPhie is owner of Snow Gum Yoga and Meditation in Cooma. Susie worked as a Registered Nurse and Midwife at Cooma Hospital and Community Health for many years before starting her Yoga and Meditation business.

Susie is going to be offering a four week series of Chair exercises at Werri Nina during October and November, based on the extremely successful program called Rewind Gold – Successful Aging which was developed in the USA and evaluated by Arizona State University. Results show that the program of seated and standing stretches and balancing exercises resulted in marked improvements in balance, strength and function of joints and muscles. These results in turn led to a greatly reduced risk of falls in the participants. The program is designed specifically for older adults and can be adapted to all people who wish to take part. Ideas will be given to use at home to help maintain your new-found strength and balance.

The other thing participants found was that the whole program was fun and connected the participants in an engaging way, creating new social networks. So, come along, have a few laughs, improve your strength and balance and learn some relaxation strategies.



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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

Overnight Stay



Friday 4 November

Activity: BJORN Again - Mamma Mia

Where: Southern Cross Club, Woden

Time: 2pm departure

Cost: Full Cost & Itinerary over the page

RSVP: 20 October 2022

Bjorn Again is back playing all of ABBA's biggest hits in an action-packed, highly-entertaining concert. Let's enjoy the fashion, sparkle and lingo of the 70s as the band performs all our favourite ABBA hits. Tonight they perform at the Canberra Southern Cross Club, Woden and we will indulge in the dinner and show package. The next day, after checking out of our accommodation at Pavilion on Northbourne, we plan a leisurely breakfast before heading home.

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

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

Friday 4 November

2pm: Depart Werri-Nina Centre

4pm: Check into accommodation

5.30pm: Depart for dinner & show

Saturday 5 November

8.30am: Breakfast

10am: Check out of accommodation

10.30am: Depart

12.30pm: Arrive at Werri Nina



Cost

Accommodation:

\$220pp: Single occupancy room

\$120pp: Twin share room

*Includes hot buffet breakfast

Location: Pavilion on Northbourne, Canberra

Tickets: \$115pp Dinner and Show

Activity fee: \$10pp.

Transport: \$30pp

*Includes transport from Cooma to Canberra and to/from organised activities

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Locations

Werri-Nina Centre

227 Sharp St, Cooma

Bombala Community Centre

163 Maybe St, Bombala

Nimmitabel Community Centre

Clarke St, Nimmitabel

Jindabyne Bowling Club

2 Bay St, Jindabyne

Cooma Library

61 Vale St, Cooma

Club Bombala

Maybe St, Bombala

Tathra Hotel

8 - 12 Bega St, Tathra

Exhibition Park in Canberra (EPIC)

Flemington Road, Mitchell ACT

Cooma Bowling Club

6 Mawson St, Cooma

Snapper by the Lake

Marine Pl, Yarralumla

Cooma Hotel

79 Massie St, Cooma

Cosmo Cafe

133 Maybe St, Bombala

Rose Cottage

1 Isabella Dr, Gilmore

Southern Cross Club

92-96 Corinna Street, Phillip ACT

Pavilion on Northbourne

242 Northbourne Ave, Dickson

Hellenic Club of Canberra

Matilda St, Phillip, Canberra

Overnight Stay

BOOKING FORM

Overnight Stay - dinner and a show

Friday 4 November - Saturday 5 November

This form must be completed and handed in at Werri-Nina, Cooma - accompanied by payment for accommodation by **Wednesday 26 October 2022**. Final payment for remaining costs should be provided by **Wednesday 2 November 2022**.

Name:

Phone:

Address:

Pick up required from home YES NO

Meeting at Werri-Nina YES NO

ACCOMMODATION: Pavilion on Northbourne, Canberra

Single room YES NO Cost: \$220pp

Twin share room YES NO Cost: \$120pp

Transport: \$30pp Including transport from Cooma to Canberra and to and from organised activities

Tickets: \$115pp Dinner and Show

Activity fee: \$10pp

RSVP including accommodation payment in full by Wednesday 26 October 2022.

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