

Community Connections Newsletter

What's on calendar

May
June
July
2025



May June July 2025

Community Connections Newsletter

As the cooler weather begins to roll in, it's the perfect time to embrace the change of season with warm company and a calendar full of exciting things to do. We've got a fantastic mix of outings and centre-based activities to keep you connected and inspired through the winter months.

Upcoming outings include a lovely day at Rodney's at Pialligo—a cosy café and garden centre that's perfect for a relaxed browse among beautiful plants. We'll also enjoy a scenic day in Pambula, with lunch and shopping at Oaklands Barn, followed by a peaceful stroll through the Pamboola Wetlands. We'll enjoy uplifting performances at Cooma Little Theatre and Music at Midday and browse creativity and crafts at the Craft Alive Fair. Shopping lovers will enjoy a trip to Costco, history enthusiasts will be intrigued by the NSW State Correctional Museum in Cooma, and those who enjoy a charming day out won't want to miss Gold Creek Village. As a special highlight, we're heading off for an overnight trip to Cowra, filled with sightseeing, good food, and great company.

We're excited to take part in a unique outing to Hamilton Equine Services, where we'll meet the team, groom horses, and enjoy a special demonstration by junior instructors. Afterward, we'll head to The Werri-Nina for a lovely Biggest Morning Tea and light lunch in support of the Cancer Council. A second Biggest Morning Tea will also be held at the Bombala Library offering more chances to connect, share a cuppa, and support a great cause.

Back at the centres, our regular activities continue to offer something for everyone. Get creative with Art and Craft, stay flexible with Chair Yoga, or dig into the season with the Garden Club. Join the fun at Cards, feel the beat in our Drumming Group, or enjoy good conversation and cozy stitching with Knitters and Knatters.

The new *Aged Care Act 2024* is on its way, and will come into effect on 1 July 2025. This new legislation has been shaped by feedback from older people, their families and carers, aged care providers, aged care workers and other experts. The Act aims to put older people who need aged care at the centre of the system.

A key feature of the new Aged Care Act is the introduction of a new *Statement of Rights*. This important document outlines your rights when accessing aged care services. It includes your right to:

- make your own decisions about your life and have those decisions accepted and respected
- receive information and support to help you make choices
- communicate your wishes, needs and preferences
- feel safe and respected
- have your culture and identity respected
- stay connected with your community

In addition, the Aged Care Quality Standards are being strengthened. The *Strengthened Aged Care Quality Standards* are designed to deliver a better aged care experience. They explain what safe quality care should look like. They also help providers deliver the care that older Australians need and expect.

To help you stay informed, we'll be sharing updates on the new Aged Care Act, Statement of Rights and Strengthened Aged Care Quality Standards as they become available. We'll also be holding more Aged Care Information Sessions, where you can find out about the Council's CHSP Support Services, how to register with My Aged Care, and get the latest updates on the New Aged Care Act.

Keep reading to discover more about our exciting outings, engaging activities, and sessions designed to keep you informed and connected. If you'd like more details about anything in this newsletter, please contact our office on 02 6451 1059.

Community Connections

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			1 Knitters & Natters Werri-Nina Centre Dinner Club Cooma Hotel	2 Combined Outing Rodney's Plants Plus- Pialligo	3	4
5 Chair Yoga Werri-Nina Centre	6 Lunch Club Lake Jindabyne Hotel	7 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre	8 Knitters & Natters Werri-Nina Centre Garden Club Werri-Nina Centre Aged Care Information Session - Jindabyne	9 Arts and Crafts Nimmitabel Community Centre	10	11
12 Chair Yoga Werri-Nina Centre Novel Idea	13	14 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts Bombala Community Centre	15 Knitters & Natters Werri-Nina Centre	16 Combined Outing Dinner & Show Cooma Little Theatre	17	18
19 Chair Yoga Werri-Nina Centre Cards Werri-Nina Centre	20	21 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts Bombala Community Centre	22 Cowra Overnight Outing Biggest Morning Tea Bombala	23 Cowra Overnight Outing	24	25
26 Chair Yoga Werri-Nina Centre	27	28 Combined Outing Biggest Morning Tea with and Equine Twist! Cooma Arts and Crafts Bombala Community Centre Chair Yoga Werri-Nina Centre	29 Knitters & Natters Werri-Nina Centre	30 Combined Outing Oaklands & Panboola Wetlands, Pambula	31	

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June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
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2 Chair Yoga Werri-Nina Centre	3 Combined Outing Music @ Midday, Canberra	4 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre	5 Knitters & Natters Werri-Nina Centre Dinner Club Ex-Services Club Cooma	6	7	8
9 PUBLIC HOLIDAY	10 Lunch Club Coffey's Hotel Cooma	11 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts Bombala Community Centre	12 Knitters & Natters Werri-Nina Centre Garden Club Werri-Nina Centre Aged Care Information Session - Bombala	13 Arts and Crafts Nimmitabel Community Centre	14	15
16 Cards Werri-Nina Centre Chair Yoga Werri-Nina Centre	17	18 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts Bombala Community Centre	19 Knitters & Natters Werri-Nina Centre	20 Combined Outing Craft Alive Epic, Canberra	21	22
23 PLANNING	24 PLANNING	25 PLANNING	26 PLANNING	27 PLANNING	28	29
30 Chair Yoga Werri-Nina Centre						

Community Connections

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	1 Combined Outing Gold Creek Village Canberra	2 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre	3 Knitters & Natters Werri-Nina Centre Dinner Club Grand Court Chinese Restaurant Cooma	4	5	6
7 Chair Yoga Werri-Nina Centre Drumming Werri-Nina Centre	8 Lunch club Cosmo Cafe Bombala	9 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Bombala Community Centre	10 Knitters & Natters Werri-Nina Centre Garden Club Werri-Nina Centre	11 Arts and Crafts Nimmitabel Community Centre	12	13
14 Chair Yoga Werri-Nina Centre Drumming Werri-Nina Centre Novel Idea	15 Combined Outing Costco Canberra	16 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Bombala Community Centre	17 Knitters & Natters Werri-Nina Centre	18	19	20
21 Chair Yoga Werri-Nina Centre Drumming Werri-Nina Centre Cards Ex-Services Club Cooma	22	23 Combined Outing Christmas In July Nimmitabel	24 Knitters & Natters Werri-Nina Centre	25	26	27
28 Chair Yoga Werri-Nina Centre Drumming Werri-Nina Centre	29 Combined Outing NSW State Correctional Museum, Cooma	30 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Bombala Community Centre	31 Knitters & Natters Werri-Nina Centre			

Community Transport

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			1 Delegate to Bombala Bus \$12.00	2 Bombala Township Bus \$9.00	3	4
5 Canberra Shopping Bus (Tuggeranong) \$25.00	6	7	8 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00	9 Bombala Township Bus \$9.00 Adaminaby to Cooma bus \$12.00	10	11
12 Bombala to Cooma Bus \$12.00	13	14	15 Delegate to Bombala Bus \$12.00 Delegate/Bombala to Canberra Bus \$25.00	16 Bombala Township Bus \$9.00	17	18
19	20	21	22 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00	23 Bombala Township Bus \$9.00 Adaminaby to Cooma bus \$12.00	24	25
26 Bombala to Cooma Bus \$12.00	27	28	29 Delegate to Bombala Bus \$12.00 Delegate/Bombala to Bega Bus \$25.00	30 Bombala Township Bus \$9.00	31	

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9 PUBLIC HOLIDAY	10	11	12 Delegate to Bombala Bus \$12.00	13 Bombala Township Bus \$9.00	14	15
16	17	18	19 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00 Delegate/Bombala to Canberra Bus \$25.00	20 Bombala Township Bus \$9.00 Adaminaby to Cooma Bus \$12.00	21	22
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30						

Community Transport

July 2025

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7 Canberra Shopping Bus (Woden) \$25.00 Bombala to Cooma Bus \$12.00	8	9	10 Delegate to Bombala Bus \$12.00	11 Bombala Township Bus \$9.00	12	13
14	15	16	17 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00 Delegate/Bombala to Canberra Bus \$25	18 Bombala Township Bus \$9.00 Adaminaby to Cooma Bus \$12.00	19	20
21 Bombala to Cooma Bus \$12.00	22	23	24 Delegate to Bombala Bus \$12.00	25 Bombala Township Bus \$9.00	26	27
28	29	30	31 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00 Delegate/Bombala to Bega Bus \$25			

Combined Groups

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



Friday 2 May

Activity: Gardening Talk

Where: Rodney's Plants Plus, Pialligo

Time: 11am - 2.30pm

Cost: \$30pp

*Lunch at own cost

* Additional cost of transport from home to departure point will be provided on application

RSVP: ASAP

Visiting Rodney's at Pialligo today promises an enriching day centred around gardening enthusiasts.

The nursery's inviting ambience sets the stage for an insightful gardening talk focusing on winter preparation and vegetables. Keen gardeners can glean valuable tips and knowledge from experts, fostering a deeper understanding of horticulture.

Following the talk, enjoy lunch at the Kitchen Garden Cafe complemented by the serene surrounds of the nursery. Afterwards, indulge in some retail therapy amidst a wide selection of gardening tools, plants and accessories, offering the chance to find unique items that inspire creativity and a passion for gardening.

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Friday 16 May

Activity: Dinner and Show

Where: Cooma Ex Services Club, Cooma
Cooma Little Theatre, Cooma

Time: 5.30pm to 9.30pm

Cost: \$27.50pp (Adult)
\$22pp (Concession)

* Dinner at own cost

* Additional cost of transport from home to departure point will be provided on application

RSVP: Friday 2 May 2025

Join us for a fantastic evening out with a visit to the Cooma Little Theatre to enjoy the charming play Paul Simon's Barefoot in the Park. This classic comedy will have you laughing and reminiscing, as you follow the misadventures of a newlywed couple settling into their first apartment.

Cooma Little Theatre, founded in 1955, is a non-profit community theatre that has been bringing arts and culture to the region for decades. As the only live theatre in the area, it hosts a variety of performances, including live drama, comedy, dance, and musicals, as well as touring productions.

We'll kick off the night with a delicious dinner at the Cooma Ex-Services Club before heading to the theatre to enjoy the show. It's a perfect way to support local talent and enjoy an evening of great food, company, and entertainment!

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Wednesday 28 May

Activity: Biggest Morning Tea - with an Equine Twist!

Where: Hamilton Equine Services, Cooma
 Werri-Nina Centre, Cooma

Time: 10am - 11am (Hamilton Equine Services)
 11.30am - 1pm (Werri-Nina Centre)

Cost: Donation to Cancer Council

RSVP: Wednesday 14 May 2025



Hamilton Equine Services have kindly invited us to take part in a unique Equine Learning Program. This hands-on adventure will allow you to meet the amazing team – both two-legged and four-legged!

During the visit, we'll have the chance to try your hand at grooming the horses, learn about training techniques and gain insight into how the team works with the horses in a safe and enjoyable environment. The experience will be topped off by a special demonstration from the talented junior instructors, where they will showcase their skills and training methods.

After our time at Hamilton Equine Services, we'll head over to The Werri-Nina for a lovely Biggest Morning Tea and light lunch to raise funds for Cancer Council. This event will be a wonderful opportunity to connect with friends, enjoy some delicious treats, and support a great cause.

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Friday 30 May

Activity: Pambula

Where: Oaklands Barn & Panboola Wetlands

Time: 11am - 2pm

Cost: \$30pp

* Lunch at own cost

* Additional cost of transport from home to departure point will be provided on application

RSVP: Friday 16 May 2025

Our journey today will begin with a scenic drive from the mountains to the coast, offering breathtaking views of the surrounding countryside.

Once at Oaklands, you can take time to explore the unique shops and local offerings on-site. Enjoy the beautiful country-style architecture and relaxed atmosphere of the property, which is home to a variety of local businesses, including a lovely café, gift shop, art gallery, and garden centre.

You can also take a leisurely walk along the nearby Panboola Wetlands track, meandering through a unique natural landscape of freshwater billabongs, salt marshes, and grassy areas brimming with wildlife—either before or after enjoying a delicious lunch at the Oaklands Café. With something for everyone, this outing promises a perfect blend of nature, history, and local charm!

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Tuesday 3 June

Activity: Music at Midday

Where: Canberra Theatre, Canberra
Snapper by the Lake, Yarralumla

Time: 11am - 3pm

Cost: \$30pp
* Lunch at own cost
* Additional cost of transport from home to departure point will be provided on application

Entry: Gold coin donation

RSVP: Tuesday 20 May 2025

Join our visit to Music at Midday at the Canberra Theatre, where we'll be treated to a spectacular performance by the Royal Military College Band, one of Australia's premier military bands. With a rich history of performing at significant national and international events, including ceremonial duties at Gallipoli on ANZAC Day, the band brings its impressive skills to the stage. While its primary role within the Australian Army and Defence Force is ceremonial, the band also showcases its versatility as a concert band, featuring various smaller ensembles.

This is an opportunity to experience their exceptional talent in a relaxed midday setting. Entry is by a gold coin donation, with all proceeds going to a local charity.

After the performance, we'll enjoy lunch at Snapper by the Lake in Yarralumla, making for a perfect day out.

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Friday 20 June

Activity: Craft Alive

Where: Epic Canberra

Time: 11am - 2.30pm

Cost: \$30pp

*Lunch at own cost

* Additional cost of transport from home to departure point will be provided on application

RSVP: Friday 6 June 2025

Join us for a fun and creative outing to the Craft Alive craft fair at EPIC in Canberra! This popular event brings together talented artisans and craft enthusiasts, offering a wide range of handmade goods, including jewelry, textiles, home décor, pottery, and much more.

Whether you're looking for unique gifts or simply enjoy browsing beautiful creations, Craft Alive is the perfect place to find inspiration and discover new craft ideas. With live demonstrations and an array of craftspeople showcasing their work, it's a wonderful opportunity to enjoy a day filled with creativity and artistry.

Lunch will be enjoyed at the onsite cafe.

Don't miss this wonderful opportunity to support skilled crafters and immerse yourself in the enchanting world of handmade creations!

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Tuesday 1 July

Activity: Gold Creek Village

Where: Canberra

Time: 11am - 2.30pm

Cost: \$30pp

* Lunch at own cost

* Additional cost of transport from home to departure point will be provided on application

Entry: \$14pp Dinosaur Museum (concession)
\$18.50 Cockington Green (senior)

RSVP: Tuesday 17 June 2025

Gold Creek Village is a delightful destination for a relaxing day out, with the option to visit either Cockington Green Gardens or the Canberra Dinosaur Museum – or even both! At Cockington Green, you can explore beautifully crafted miniature buildings and international landmarks set in peaceful gardens, perfect for a leisurely stroll. The café provides a nice spot to relax after your walk.

Alternatively, you can visit the Canberra Dinosaur Museum, where you'll find fascinating dinosaur fossils, skeletons, and interactive exhibits. It's a great choice for those interested in learning about prehistoric life in a fun and engaging way.

Afterwards, you can enjoy a relaxing lunch at the George Harcourt Inn, a cozy local pub offering a variety of delicious meals in a welcoming atmosphere.

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Tuesday 15 July

Activity: Costco Wholesale

Where: Canberra

Time: 1pm - 3.30pm

Cost: \$30pp

*Lunch is at own cost

* Additional cost of transport from home to departure point will be provided on application

Entry: Gold coin donation

RSVP: Tuesday 1 July 2025

Join us for a fun and exciting outing to Costco Wholesale Canberra! This popular warehouse offers a wide range of products—from groceries and household items to electronics, clothing, and much more.

Whether you're stocking up on essentials, discovering something new, or simply enjoying a leisurely browse, Costco has something for everyone. With its spacious layout and bulk-buying options, it's the perfect spot to score great deals.

No Costco membership is required to join us on this outing, making it a wonderful opportunity to spend time with friends, explore the store, and find some great bargains!

We'll also have time to visit nearby locations, including Majura Park Shopping Centre for lunch and Bunnings Warehouse, so you can make the most of your day out!

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Wednesday 23 July

Activity: Christmas in July

Where: Nimmitabel

Time: 12pm to 2pm

Cost: \$42pp

* Additional cost of transport from home to departure point will be provided on application

RSVP: Wednesday 9 July 2025

Celebrate the magic of Christmas in July with a whimsical and festive luncheon held at the Pioneers Memorial Hall in Nimmitabel. This delightful event brings the joy of yuletide traditions to the heart of winter, with friends gathering to indulge in delicious seasonal fare.

The Nimmitabel CWA ladies have worked hard to prepare a tasty lunch to enjoy in a warm Christmas atmosphere, complete with carols to sing, bonbons to pull, and plenty of silly jokes to share.

It's a time to embrace the holiday spirit, filling the air with warmth, laughter, and a sense of togetherness reminiscent of the December festivities.

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Tuesday 29 July

Activity: NSW State Correctional Museum

Where: Cooma

Time: 10.30am - 2pm

Cost: \$15pp

*Lunch is at own cost

* Additional cost of transport from home to departure point will be provided on application

Entry: Donation

RSVP: Tuesday 15 July 2025

The NSW State Correctional Museum, located in Cooma, offers a fascinating glimpse into the history of Australia's correctional system. Housed in the historic Cooma Gaol, which was built in the 1800s and is still a working prison, the museum showcases a wide range of exhibits related to the evolution of crime, punishment, and the lives of both prisoners and guards.

Visitors can explore the original cells and a variety of artefacts that highlight the often harsh conditions of early Australian penal history. The museum also features displays on the social history of the region, including stories of famous inmates, the role of the prison in the local community, and the development of the modern correctional system in New South Wales.

After the tour, we'll head to the charming Lott Cafe for a delicious lunch, offering a perfect chance to relax, enjoy great company, and reflect on the day's experience.

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| Cowra Overnight Stay

Our overnight stays offer a chance to venture beyond our local area and discover towns in different regions. Unwind and savour an evening away, experiencing new sights and enjoying good company.



Cowra Overnight Stay Thursday 22 May - Friday 23 May

Experience a peaceful autumn journey through the scenic landscapes of Central Western New South Wales as we make our way to the historic town of Cowra.

Our trip begins with a lovely stop at Jones Park in Murrumbateman, where we'll enjoy morning tea surrounded by wide open spaces and the vibrant colours of autumn. Next, we'll continue to the charming town of Boorowa, giving you the chance to enjoy a delicious lunch while soaking in the atmosphere of this quaint country town, known for its heritage buildings, merino wool and the colourful superb parrot. In the afternoon, we'll arrive in Cowra, where our first stop will be the Bellevue Hill Reserve Lookout. Take in the sweeping views over the Lachlan Valley and Cowra township, with the stunning backdrop of autumn leaves adding to the beauty. After checking in to the Cowra Services Motel, we'll gather in the evening for dinner at the Cowra Services Club Bistro, where you can enjoy a hearty meal and good conversation in a relaxed setting.

After a good night's sleep, we begin our morning with a visit to the POW Campsite, the location of the 1944 Cowra Breakout. The memorial and museum offer a moving and educational experience, shedding light on this important piece of Australian history. We'll then head to the Cowra Japanese Garden, a peaceful oasis designed to honour the bond between Australia and Japan. In autumn, the gardens are especially stunning, with vibrant red and gold foliage creating a truly tranquil atmosphere—an unforgettable highlight of the trip.

With beautiful memories and a deeper appreciation for the region's history and charm, we'll make our way back to Cooma, feeling refreshed and inspired by our autumn escape.

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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

Thursday 22 May

9.00am	Depart Werri-Nina
11.30am	Jones Park, Murrumbateman
12.15pm	Depart Jones Park
1.15pm	Arrive Boorowa
2.15pm	Depart Boorowa
3.15pm	Arrive Bellevue Hill Reserve Lookout, Cowra
3.45pm	Depart Lookout
4pm	Arrive Cowra Services Motel
6pm	Dinner Cowra Services Club Bistro

Friday 23 May

8.30am	Checkout/Depart Cowra Services Motel
8.45am	POW Campsite, Cowra
9.30am	Depart POW Campsite
9.45am	Arrive Japanese Garden and Cultural Centre
12.15pm	Depart Japanese Garden and Cultural Centre
1.45pm	Arrive McDonald's Yass
2.15pm	Depart McDonald's Yass
4.30pm	Arrive at Werri-Nina

Costs

Accommodation

Location:	Cowra Services Motel
\$190pp*:	Single occupancy room
\$105pp*:	Twin share room

* Includes continental breakfast

Other

\$15pp:	Entry Cowra Japanese Gardens and Cultural Centre (concession)
\$20pp:	Activity fee - including morning tea
\$60pp:	Transport

* Please note meals at own cost.



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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 19 May

Activity: Cards

Where: Werri-Nina Centre

Time: 10.30am - 2pm

Cost: \$15pp

*Lunch at own cost

* Additional cost of transport from home to activity will be provided on application

RSVP: Monday 5 May 2025



Monday 16 June

Activity: Cards

Where: Werri-Nina Centre

Time: 10.30am - 2pm

Cost: \$15pp

*Lunch is included

* Additional cost of transport from home to activity will be provided on application

RSVP: Monday 2 June 2025



Monday 21 July

Activity: Cards

Where: Ex-Services Club, Cooma

Time: 10.30am - 2pm

Cost: \$5pp

*Lunch at own cost

* Additional cost of transport from home to activity will be provided on application

RSVP: Monday 7 July 2025

RSVP Confirmation of your attendance and transport requirements are required by the RSVP date provided for each activity or outing. Please phone Community Support Programs on 6451 1059 to RSVP. Please note that transportation from your home to the departure point will involve an additional cost, please contact us for pricing details.

Funded by the Australian Government Department of Health and Aged Care. Hosted by Snowy Monaro Regional Council Community Support Programs. Although funding for this activity has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Arts & Crafts

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

Mosaic

Join us for a series of four craft sessions where we'll explore the art of mosaic-making using a variety of exciting materials! We'll start with dried beans, creating textured designs, before moving on to working with ceramic tiles and glass beads to build patterns and add a touch of sparkle. These sessions are a fun and creative way to enhance your skills while working on individual projects that will contribute to a larger, collaborative mosaic in the future.

Air Dried Clay

We're excited to offer a series of craft sessions using air-dried clay, where you'll have the opportunity to shape and create a variety of unique items! Throughout the sessions, you'll learn how to mould and sculpt air-dried clay to create beautiful, one-of-a-kind pieces such as decorative bowls, trinket dishes, and small sculptures. You'll explore different techniques, including texturing, shaping, and adding intricate details to your creations. The best part? No need for a kiln! Your clay pieces will dry naturally, allowing you to take them home and admire your work once complete.

Felt Flowers

Join us for two fun crafting sessions where we'll work our creative magic with felt, buttons, beads, and other unique materials to create beautiful, colourful felt flowers. These flowers can be given as thoughtful gifts or displayed together in a lovely arrangement for everyone to admire. We look forward to seeing the beautiful flowers that each of you will create!

Christmas Table Decor

As we eagerly anticipate our Christmas in July luncheon, we're excited to add an extra touch of festive charm with some eye-catching table decorations. These handcrafted decorations will not only brighten up the event and add a bit of pizzazz to the celebration, but they'll also be yours to take home as a keepsake after the luncheon.

Biggest Morning Tea Decorations

As we prepare for the upcoming Biggest Morning Tea, a community event that raises vital funds to make a difference for those impacted by cancer, we're looking forward to adding some extra charm with eye-catching decorations. During this crafting sessions, we'll be creating beautiful, handmade decorations that will gently enhance the atmosphere of the event and add a meaningful touch to the day. Join us for a fun and creative time as we make this year's Biggest Morning Tea truly special!



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Arts & Crafts

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

Werri-Nina

Where: Werri-Nina Centre
227 Sharp St Cooma

Time: 11am - 1pm

Cost: \$5pp - unless otherwise stated
* Additional cost of transport from home to activity will be provided on application

RSVP: Two weeks prior to the date of craft activity.

Bombala

Where: Bombala Community Centre
163 Maybe St Bombala

Time: 10.30pm - 1.30pm

Cost: \$5pp - unless otherwise stated
* Additional cost of transport from home to activity will be provided on application

RSVP: Two weeks prior to the date of craft activity.

May

7 May Mosaics
14 May Mosaics
21 May Biggest Morning Tea Decor
28 May Felt Flowers (Bombala Only)

June

4 June Clay Creations
11 June Clay Creations
18 June Clay Creations

July

2 July Mosaics
9 July Mosaics
16 July Xmas Decorations
30 July Felt flowers

Nimmitabel

Where: Nimmitabel Community Centre
Clarke Street, Nimmitabel

Time: 10am - 12pm

Cost: \$5pp - unless otherwise stated
* Additional cost of transport from home to activity will be provided on application

RSVP: Two weeks prior to the date of craft activity.

May

9 May Mosaics

June

13 June Clay Creations

July

11 July Xmas Decorations

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Lunch & Dinner Club

Meet with others in your community to enjoy good food and good company at Lunch Club! Held at various restaurants and eateries across the Snowy Monaro Region.

Lunch Club

Tuesday 6 May

Where: Lake Jindabyne Hotel, Jindabyne

Time: 12pm - 2pm

Cost: \$5pp

*Lunch at own cost

* Additional cost of transport from home to activity will be provided on application

RSVP: 29 April 2025

Dinner Club

Thursday 1 May

Where: Cooma Hotel, Cooma

Time: 5.30pm - 7.30pm

Cost: \$5pp

*Dinner at own cost

* Additional cost of transport from home to activity will be provided on application

RSVP: 29 April 2025

Tuesday 10 June

Where: Coffey's Hotel, Cooma

Time: 12pm - 2pm

Cost: \$5pp

*Lunch at own cost

* Additional cost of transport from home to activity will be provided on application

RSVP: 26 May 2025

Thursday 5 June

Where: Ex-Services Club, Cooma

Time: 5.30pm - 7.30pm

Cost: \$5pp

*Dinner at own cost

* Additional cost of transport from home to activity will be provided on application

RSVP: 20 May 2025

Tuesday 8 July

Where: Cosmo Cafe, Bombala

Time: 12pm - 2pm

Cost: \$5pp

*Lunch at own cost

* Additional cost of transport from home to activity will be provided on application

RSVP: 25 June 2025

Thursday 3 July

Where: Grand Court Chinese Restaurant, Cooma

Time: 5.30pm - 7.30pm

Cost: \$5pp

*Dinner at own cost

* Additional cost of transport from home to activity will be provided on application

RSVP: 20 June 2025

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Education & Wellness

Staying mentally and physically healthy will lead to a longer, stronger life. Snowy Monaro Regional Council are offering education and wellness sessions to support you in living an active life.

Chair Yoga Program

Chair Yoga Program Dates

Activity: Chair Yoga

Where: Werri-Nina Centre

Time: Monday 11am - 12pm

Wednesday 2pm - 3pm

Cost: \$10pp per class

* Additional cost of transport from home to activity will be provided on application

RSVP: ASAP

Monday 11am - 12pm

5 May

12 May

19 May

26 May

2 June

16 June

30 June

7 July

14 July

21 July

28 July

Wednesday 2pm - 3pm

7 May

14 May

21 May

28 May

4 June

11 June

18 June

2 July

9 July

16 July

30 July

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 practices. Chair Yoga is 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.

Drumming

Drumming Program Dates

Activity: Drum Circle

Where: Werri-Nina Centre

Time: Monday 1pm - 2pm

Cost: \$10pp per class

Transport: \$10pp

RSVP: ASAP

7 July

14 July

21 July

26 July

Gathered in a circle we are connected as a group. It is well recognised that community drumming relaxes the body, reduces stress and tension, supports mindfulness, a sense of happiness and connections to one another - creating an atmosphere where barriers are opened and shared.

Drumming is an ancient tradition and is found in cultures all around the world. It is an integral part of music which is so important in all our lives. All of us have music within us. Our very heartbeat is a rhythm of life we all own.

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Education & Wellness

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Knitters & Natters - Werri-Nina Centre

Activity: Knitting/Crocheting

Where: Werri-Nina Centre

When: Every Thursday (excluding 22/5/25 and 26/6/25)

Time: 1pm - 3pm

Cost: \$5pp

* Additional cost of transport from home to activity will be provided on application

RSVP: ASAP

Are you an avid knitter, or curious to give it a go? Do you admire the art of crochet? Whatever your skill level, everyone is welcome! Whether you want to share your expertise, learn something new, or simply bring along a project to work on while enjoying a cuppa and great conversation, this is the perfect place to relax and get creative together.

Novel Idea - Teleconference

Second Monday of the month

Activity: Book Club

Where: Via Teleconference

Time: 2pm

You might think that reading groups are simply an arena for book worms to indulge in their favourite passion or for you to have an enjoyable argument about your favourite story or characters with like-minded individuals. However, book clubs may offer more lifelong benefits than you realise, reading group discussions do wonders for your communication skills.

12 May Treasure & Dirt

Chris HAMMER

14 July The Redgum River Retreat

Sandie DOCKER

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Education & Wellness

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Garden Club

Mulching Time

With winter weather really upon us now we need to make sure our garden beds are well mulched to help protect our plant root system from the extreme temperatures and frosts.

Scarecrow Make-over

Now our garden beds have been given some TLC and prepared for the winter ahead let's give our resident scarecrow a make-over with a winter outfit ready for the cold months ahead. We will also plant some bulbs and

Winter Maintenance

Even though the cold weather keeps us out of the garden we still need to make sure our plants are happy and healthy. After a nice warm cuppa today we will do a check through our garden for any jobs that need to be done and discuss plans for the preparation of our spring garden plans.

Werri-Nina

Where: Werri-Nina Centre

Time: 10am - 12pm

Cost: \$5pp

* Additional cost of transport from home to activity will be provided on application

RSVP: Two weeks prior to the date of activity.

May

8 May Mulching Time

June

12 June Scarecrow Makeover

July

10 July Winter Maintenance

Bombala

Where: Bombala Community Centre

Time: 1.30pm - 2.30pm

Cost: \$5pp

* Additional cost of transport from home to activity will be provided on application

RSVP: Two weeks prior to the date of activity

May

7 May Mulching Time

June

4 June Scarecrow Makeover

July

2 July Winter Maintenance

RSVP Confirmation of your attendance and transport requirements are required by the RSVP date provided for each activity or outing. Please phone Community Support Programs on 6451 1059 to RSVP. Please note that transportation from your home to the departure point will involve an additional cost, please contact us for pricing details.

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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.

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.



Funding eligibility criteria applies. Please phone Community Support Programs on 6451 1059 for more information.

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Locations

Werri-Nina Centre
227 Sharp St, Cooma

Bombala Community Centre/Library
163 Maybe St, Bombala

Nimmitabel Community Centre
Clarke St, Nimmitabel

Cooma Library
61 Vale St, Cooma

Canberra Theatre
Civic Square, London Circuit, ACT

Cooma Ex-Services Club
Vale Street Cooma

Cooma Little Theatre
Monaro Avenue, Cooma

NSW State Correctional Museum
1 Vagg Street, Cooma

Hamilton Equine Services
Hawkins Street, Cooma

Gold Creek Village
O'Hanlon Place, Nicholls, ACT

Oaklands Barn
Princes Hwy, Pambula

Panboola Wetlands
Bullara Street, Pambula

Cosmo Cafe
Maybe Street, Bombala

Grand Court Chinese Restaurant
Sharp St, Cooma

Coffey's Hotel
Short Street, Cooma

Lake Jindabyne Hotel
Kosciuszko Road, Jindabyne

Cooma Hotel
Massie Street, Cooma

CostCo Wholesale
Majura Park, Canberra, ACT

Rodney's Plants Plus
Beltana Road, Pialligo, ACT

Craft Alive, EPIC
Flemington Road, Mitchell, ACT

Cowra Services Motel,
Brisbane Street, Cowra

Cowra Japanese Garden and Cultural Centre
Ken Nakajima Place, Cowra

Pioneers Memorial Hall,
Snowy Mountains Highway, Nimmitabel



Australia's **Biggest Morning Tea**

Hello

You are invited to our Australia's Biggest Morning Tea.
Let's get together and enjoy a cuppa so we can support
those impacted by cancer.

Host

Where

Date

Time

Details

RSVP by

Phone/Email



**Cancer
Council**



DISCOVER SERVICES PROVIDED BY COUNCIL

Are you over 65?

Join us at our information session to explore the range of community services available to you or a family member.

Thursday
8 May 2025

Jindabyne Library
1 Thredbo Terrace
Jindabyne

10.30am
to 12pm

We're here to help you navigate all your options for services provided by your local council.

- Navigating My Aged Care
- Transport
- Meals on wheels
- Social Support Groups
- Social Support Individual
- In home support (personal care, domestic assistance)
- Yard maintenance and home modifications
- Respite for carers

24/7 Customer service line

1300 345 345

PO Box 714 COOMA NSW 2630

E council@snowymonaro.nsw.gov.au

W www.snowymonaro.nsw.gov.au





DISCOVER SERVICES PROVIDED BY COUNCIL

Are you over 65?

Join us at our information session to explore the range of community services available to you or a family member.

Thursday
12 June 2025

Community Centre
163 Maybe St,
Bombala

10.30am
to 12pm

We're here to help you navigate all your options for services provided by your local council.

- Navigating My Aged Care
- Transport
- Meals on wheels
- Social Support Groups
- Social Support Individual
- In home support (personal care, domestic assistance)
- Yard maintenance and home modifications
- Respite for carers

24/7 Customer service line

1300 345 345

PO Box 714 COOMA NSW 2630

E council@snowymonaro.nsw.gov.au

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| Cowra Overnight Stay

BOOKING FORM

Overnight Stay - Cowra

Thursday 22 May - Friday 23 May

This form must be completed and handed in at Werri-Nina, Cooma - accompanied by payment for accommodation by **Friday 2 May 2025**. Final payment for remaining costs should be provided by **Friday 17 May 2025**.

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: \$105pp

Transport: \$60pp Including transport from Cooma to Cowra and to and from organised activities

Meals: Meals at own cost.

Cowra Japanese Garden and Cultural Centre entry: \$15pp - concession \$20pp - adult

Activity fee: \$20pp including morning tea

RSVP including accommodation payment in full by Friday 2 May 2025

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.

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