

# Community Connections Newsletter

What's on Calendar

# February March April 2023



# February | March | April

## Community Connections Newsletter 2023

### Welcome back and Happy New Year!

We aim to make the most of the last days of summer and the beautiful days of autumn with our combined group outings during February, March and April. Explore and learn about new places or perhaps take a trip down memory lane as we travel far and wide from Pambula to Bungendore to Yarangobilly Caves and lots in between!

Bungendore is tucked into a picturesque valley in southwest NSW. Here you'll find lovingly preserved colonial buildings and artistic craftsmanship, including the Wood Works Gallery which showcases some of the finest wood art, sculpture and contemporary furniture in Australia. Join us in exploring galleries, gift shops and antique stores to unearth great vintage wares, local art and pottery.

Enjoy the scenic drive to the beautiful south coast town of Pambula to enjoy a day at Oaklands Barn. This rural sanctuary is home to several unique businesses and is a lovely spot to enjoy a leisurely lunch.

By popular demand, we'll be heading to the National Zoo and Aquarium in Canberra. With a wide variety of both native and exotic animals, there is something for everyone.

In autumn, we'll venture into the high country for a scenic drive to Yarrangobilly Caves, taking in the many unique sights along the way. Join us to observe how this fragile environment is recovering following the

devastating 2019-2020 bushfires. We'll pass historic huts and drive through the abandoned gold mining town of Kiandra, also the birthplace of Australian skiing.

If you're a keen crafter you'll enjoy our outing to the CraftAlive craft fair in Canberra or join us as we avoid the crowds and take a sneak peek at the Cooma show pavilion on the Friday before show day!

February will see us farewell Activities Officer Suzanne who has accepted a role at the Cooma Library. We wish Suzanne all the very best for her exciting new adventure!

**Please note that while we recruit for new Activities Officers, Art and Craft at Bombala Community Centre and Werri-Nina Centre for the months of March and April will be reduced to fortnightly sessions at each location. We do apologise for any inconvenience and endeavor to return to weekly sessions as soon as possible.**

Please see an 'Expression of Interest' form at the back of this newsletter. This provides an opportunity for you to register to be contacted about any shows or events that may come up at short notice or provide suggestions on any activities or outings you would like to see on our program.

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

**Community Support Programs Team**

# Community Connections

## February | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		<b>1</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre	<b>2</b>	<b>3</b> Combined Outing Bombala Bingo	<b>4</b>	<b>5</b>
<b>6</b> Novel Idea	<b>7</b> Combined Outing Music At Midday	<b>8</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre	<b>9</b>	<b>10</b> Arts and Crafts Nimmitabel	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> Lunch Club Pha's Thai	<b>15</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre  Yoga Werri Nina Centre	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b> Cards Berridale Inn	<b>21</b>	<b>22</b> Arts and Crafts Werri Nina Centre and Bombala Community Centre Yoga Werri Nina Centre Coffee with a Cop	<b>23</b>	<b>24</b> Combined Outing Bungendore township	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>					

# Community Connections

## March | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		<b>1</b> Arts and Crafts Werri Nina Centre  Yoga Werri Nina Centre	<b>2</b>	<b>3</b> Combined Outing Oaklands	<b>4</b>	<b>5</b>
<b>6</b> Novel Idea	<b>7</b>	<b>8</b> Arts and Crafts Bombala Community Centre Yoga Werri Nina Centre	<b>9</b>	<b>10</b> Arts and Crafts Nimmitabel  Combined Outing Cooma Show	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Combined Outing Canberra National Zoo & Aquarium	<b>16</b>	<b>17</b> PLANNING	<b>18</b>	<b>19</b>
<b>20</b> Cards Cooma Ex-Services Club	<b>21</b>	<b>22</b> Arts and Crafts Werri Nina Centre	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Lunch Club Banjo Patterson Inn	<b>29</b> Arts and Crafts Bombala Community Centre	<b>30</b>	<b>31</b> Combined Outing Yarrangobilly Caves		

# Community Connections

## April | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
					<b>1</b>	<b>2</b>
<b>3</b> Novel Idea	<b>4</b>	<b>5</b> Arts and Crafts Werri Nina Centre	<b>6</b>	<b>7</b> PUBLIC HOLIDAY	<b>8</b>	<b>9</b>
<b>10</b> PUBLIC HOLIDAY	<b>11</b> Lunch Club Queen B, Bredbo	<b>12</b> Arts and Craft Bombala Community 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	<b>20</b>	<b>21</b> Combined Outing Last Post Ceremony	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> PUBLIC HOLIDAY	<b>26</b> Arts and Crafts Bombala Community Centre Coffee with a Cop	<b>27</b>	<b>28</b> Combined Outing CraftAlive	<b>29</b>	<b>30</b>

# Community Transport

## February | 2023

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

## March | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		<b>1</b>	<b>2</b> Jindabyne & Berridale to Cooma Bus \$8  Nimmitabel to Cooma Bus \$8	<b>3</b> Bombala Township Bus \$5  Adaminaby to Cooma Bus \$8	<b>4</b>	<b>5</b>
<b>6</b> Jindabyne Berridale & Cooma to Woden Shopping Bus \$15  Bombala to Cooma Bus \$10	<b>7</b>	<b>8</b>	<b>9</b> Delegate to Bombala Bus \$8	<b>10</b> Bombala Township Bus \$5	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Bombala to Canberra Bus \$15  Jindabyne & Berridale to Cooma Bus \$8  Nimmitabel to Cooma Bus \$8	<b>17</b> Bombala Township Bus \$5  Adaminaby to Cooma Bus \$8	<b>18</b>	<b>19</b>
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# Community Transport

## April | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>3</b> Jindabyne Berridale & Cooma to Tuggeranong Shopping Bus \$15  Bombala to Cooma Bus \$10	<b>4</b>	<b>5</b>	<b>6</b> Delegate to Bombala Bus \$8  Bombala Township Bus \$5	<b>7</b> PUBLIC HOLIDAY	<b>8</b>	<b>9</b>
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					<b>1</b>	<b>2</b>

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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 20 February

**Activity:** Cards

**Where:** Berridale Inn

**Time:** 10am to 2pm

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

**RSVP:** 13 February 2023



## Monday 20 March

**Activity:** Cards

**Where:** Cooma Ex-Services Club

**Time:** 10am to 2pm

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

**RSVP:** 13 March 2023



## Monday 17 April

**Activity:** Cards

**Where:** Berridale Inn

**Time:** 10am to 2pm

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

**RSVP:** 11 April 2023

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

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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 3 February

**Activity:** Bingo

**Where:** Club Bombala

**Time:** 11am to 2.30pm

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

**RSVP:** ASAP

Today we are getting our Bingo game face on.

Join us at Club Bombala for a couple of rounds of bingo and a relaxing lunch. Games start at 11.30am and all Bingo players are offered lunch from the Bistro, just put your order in from a selected range of meals and they'll be delivered to your table by the friendly staff.

We will take the opportunity to drive the scenic route home past the Boco Rock Wind Farm before making our way to Cooma.

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## Tuesday 7 February

**Activity:** Music at Midday

**Where:** Canberra Theatre, Canberra

**Time:** 11am to 2.30pm

**Entry:** Gold coin donation

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

**RSVP:** ASAP

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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## Friday 24 February

**Activity:** Bungendore Township

**Where:** Bungendore

**Time:** 11am to 2pm

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

**RSVP:** 7 February 2023

Bungendore is a friendly, historic village in Country NSW. This traditional Australian country town has a relaxed bush village atmosphere and is set in a pretty green valley about 30 minutes drive from Canberra.

The town offers numerous specialty shops and old stone, brick and timber heritage buildings. Join us and explore this picturesque town as we also visit the well known Bungendore Wood Works Gallery. We will take the opportunity to visit the historic Carrington Inn and enjoy lunch at 'Cafe Woodworks' or 'Flock at the Carrington'.

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## Friday 3 March

**Activity:** Oaklands Barn

**Where:** Pambula

**Time:** 11.30am to 2pm

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

**RSVP:** 17 February 2023

Located at Pambula on the beautiful NSW Far South Coast, Oaklands Barn is a unique destination for all ages and tastes.

Taking inspiration from historic Australian rural buildings, the architectural design and décor create a charming rural sanctuary.

The site is home to a number of specialty businesses. These include a gift shop, garden centre, café, pantry, art gallery, animal barn and micro brewery.

Join us as we step back in time to explore this coastal gem.

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A pavilion full of flowers, vegies, art, craft, photography and cooking  
 Cattle WOOL Side Show Alley  
 DOG HIGH JUMP Cooma Show Goats SHEEP  
 PATTING Paddock Reptile Man GREAT MUSIC & ENTERTAINMENT  
*A great day for the whole family*

## Friday 10 March

**Activity:** Cooma Show Pavilion

**Where:** Cooma Showground

**Time:** 12pm to 3pm

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

**RSVP:** 24 February 2023

We will start the afternoon off with lunch at Grand Court Chinese Restaurant. After lunch we will travel to the Cooma Showground where we will take a walk through the show pavilion. On display will be all the results of our local talent, from garden produce to local arts and crafts, home cooking and some of our finest wool exhibits. The Cooma Show has been a yearly event in the community since 1870. This will be the show's 147th year!

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## Wednesday 15 March

**Activity:** National Zoo & Aquarium

**Where:** Canberra

**Time:** 11am to 2pm

**Cost:** Entry \$45pp Concession. Activity \$5pp.  
Community Transport: \$20pp.  
Lunch at own cost

**RSVP:** 1 March 2023

As requested by you, today we plan a visit to the National Zoo and Aquarium (NZA).

The NZA first opened in 1990 as the National Aquarium, containing approximately 30 different species of marine life. The NZA is now the only combined aquarium and zoo in Australia and provides the opportunity to get up close and personal with some of the world's most amazing creatures!

From lions and tigers and bears to giraffes and penguins and monkeys, the Zoo features a variety of native and exotic animals, as well as the largest inland saltwater tank in Australia.

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## Friday 31 March

**Activity:** Picnic

**Where:** Yarrangobilly Caves

**Time:** 11am to 2pm

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

**RSVP:** 15 March 2023

Today we are taking a scenic trip over the stunning Kiandra range to Yarrangobilly Caves.

We will travel through the majestic alpine landscape, taking in significant local landmarks along the way, including the Adaminaby Big Trout, Sawyers Hut (recently rebuilt after being destroyed by the bushfires of 2019-2020), and the Kiandra Heritage Precinct.

Enjoy the stunning autumn colours of European trees planted at Yarrangobilly in the early 1900s while enjoying a picnic on the beautiful grounds surrounding Yarrangobilly Homestead.

Perhaps we will be lucky enough to spot some of our iconic brumbies or other local wildlife during our travels!

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## Friday 21 April

**Activity:** Last Post Ceremony

**Where:** Australian War Memorial, Canberra

**Time:** 4.45pm to 7pm

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

**RSVP:** 10 April 2023

As ANZAC day approaches we felt it an appropriate time to attend a Last Post Ceremony at the Australian War Memorial. Today we will travel to the Australian War Memorial in time for the Last Post Ceremony. The ceremony shares the story behind one of the names on the Roll of honour. An individual's story is told, and the Ode is recited by Australian Defence Force personnel. The ceremony ends with the sounding of the Last Post. At the conclusion of the ceremony we plan to enjoy dinner at Walt & Burley, overlooking Lake Burly Griffen on the Kingston Foreshore.

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## Friday 28 April

**Activity:** CraftAlive - Craft Fair

**Where:** Old Bus Depot, Canberra

**Time:** 11am to 2pm

**Entry:** \$18pp Concession

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

**RSVP:** 12 April 2023

CraftAlive is a hands-on craft fair and exhibition. The show is packed with the latest craft supplies, kits, and equipment, featuring local and interstate craft experts. There is also a chance to learn from world-class specialists in their interactive classes.

This is a fantastic opportunity to explore a wide variety of crafts, let us know which ones you are most interested in trying and we will incorporate them into upcoming Art & Craft Programs. Enjoy lunch at your leisure at the onsite café.

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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 1 February

**Activity:** Chinese Fans

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 27 January 2023

Today in the theme of the celebration of Chinese New Year we are making decorative fans.

With this hot weather they can be used to cool down or simply as a decorative piece to display at home.

## Wednesday 8 February

**Activity:** Book Page Roses

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 1 February 2023

Valentine's Day is about love and who doesn't love flowers.

Today we will be making these beautiful flowers out of pages from old books.

Place a small bunch in a vase to create an everlasting arrangement or give it to someone special as a token of love.



## Wednesday 15 February

**Activity:** Button art

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 1 February 2023

Turns out there are all sorts of things you can do with buttons, from wall art to jewellery to thumbtacks. This is exactly why it is a great idea to keep a big container of buttons on our craft shelves, for button art ideas because Button crafts are fantastic!

## Wednesday 22 February

**Activity:** Doilies, Doilies, Doilies

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 8 February 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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## Wednesday 1 March

**Activity:** Butterfly Wreath

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 15 February 2023

The best way to celebrate a new season is by hanging a fresh wreath on the front door. This understated butterfly wreath couldn't be easier to make, and the results couldn't be more beautiful! It is sure to make your visitors smile or would be a wonderful gift for a loved one.



## Wednesday 22 March

**Activity:** Wind chimes

**Where:** Werri-Nina

**Time:** 11am to 1pm

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

**RSVP:** 8 March 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 terra cotta 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.

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## Wednesday 5 April

**Activity:** Bunny Jars

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 22 March 2023

The story of the modern Easter bunny comes from the German tradition of an egg-laying hare named "Osterhase" or "Oschter Haws.". These bunny jars are perfect little gifts for family and friends or a beautiful place to keep your own Easter treats.



## Wednesday 19 April

**Activity:** Pebble family tree

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 5 April 2023

Today we will be creating our own pebble art family tree representing those closest to our hearts. Presented on a canvas, it will be a beautiful reminder to hang on your wall or to give as a lasting gift.

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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 1 February

**Activity:** Chinese Fans

**Where:** Bombala community Centre

**Time:** 11am to 1pm

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

Chinese New Year we are making decorative fans. With this hot weather they can be used to cool down or simply as a decorative piece to display at home.



## Wednesday 8 February

**Activity:** Book Page Roses

**Where:** Bombala community Centre

**Time:** 11am to 1pm

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

**RSVP:** 1 February

Valentine's Day is about love and who doesn't love flowers.

Today we will be making these beautiful flowers out of pages from old books.

Place a small bunch in a vase to create an everlasting arrangement or give it to someone special as a token of love.

## Wednesday 15 February

**Activity:** Button art

**Where:** Bombala community Centre

**Time:** 11am to 1pm

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

**RSVP:** 1 February 2023

Turns out there are all sorts of things you can do with buttons, from wall art to jewellery to thumbtacks. This is exactly why it is a great idea to keep a big container of buttons on our craft shelves, for button art ideas because Button crafts are fantastic!

## Wednesday 22 February

**Activity:** Doilies, Doilies, Doilies

**Where:** Bombala community Centre

**Time:** 11am to 1pm

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

**RSVP:** 8 February 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 8 March

**Activity:** Butterfly Wreath

**Where:** Bombala community Centre

**Time:** 11am to 1pm

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

**RSVP:** 1 March 2023

The best way to celebrate a new season is by hanging a fresh wreath on the front door. This understated butterfly wreath couldn't be easier to make, and the results couldn't be more beautiful! It is sure to make your visitors smile or would be a wonderful gift for a loved one.



## Wednesday 29 March

**Activity:** Bunny Jars

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

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

**RSVP:** 22 March 2023

The story of the modern Easter bunny comes from the German tradition of an egg-laying hare named "Osterhase" or "Oschter Haws." These bunny jars are perfect little gifts for family and friends or a beautiful place to keep your own Easter treats.

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## Wednesday 12 April

**Activity:** Wind chimes

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

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

**RSVP:** 29th March 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 terra cotta 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 26 April

**Activity:** Pebble family tree

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

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

**RSVP:** 12 April 2023

Today we will be creating our own pebble art family tree representing those closest to our hearts. Presented on a canvas, it will be a beautiful reminder to hang on your wall or to give as a lasting gift.

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

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

# Arts & Crafts - Nimmitabel

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.

## Friday 10 February

**Activity:** Book Page Roses

**Where:** Nimmitabel Community Centre

**Time:** 10am to 12pm

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

**RSVP:** 3 February 2023

Valentine's Day is about love and who doesn't love flowers. Today we will be making these beautiful flowers out of pages from old books. Place a small bunch in a vase to create an everlasting arrangement or give it to someone special as a token of love.



## Friday 10 March

**Activity:** Butterfly Wreath

**Where:** Nimmitabel Community Centre

**Time:** 10am to 12pm

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

**RSVP:** 1 March 2023

The best way to celebrate a new season is by hanging a fresh wreath on the front door. This understated butterfly wreath couldn't be easier to make, and the results couldn't be more beautiful! It is sure to make your visitors smile or would be a wonderful gift for a loved one.

## Friday 14 April

**Activity:** Pebble family tree

**Where:** Nimmitabel Community Centre

**Time:** 11am to 1pm

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

**RSVP:** 5 April 2023

Today we will be creating our own pebble art family tree representing those closest to our hearts. Presented on a canvas, it will be a beautiful reminder to hang on your wall or to give as a lasting gift

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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 14 February

**Where:** Pha's Thai, Cooma

**Time:** 12pm to 2pm

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

**RSVP:** 7 February 2023



## Tuesday 28 March

**Where:** Banjo Patterson Inn, Jindabyne

**Time:** 12pm to 2pm

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

**RSVP:** 20 March 2023



## Tuesday 11 April

**Where:** Queen B, Bredbo

**Time:** 12pm to 2pm

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

**RSVP:** 29 March 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 Wednesday 15 February

<b>Activity:</b>	Yoga
<b>Where:</b>	Werri-Nina Centre
<b>Time:</b>	2pm - class duration approximately 1 hour
<b>Cost:</b>	\$10pp per class weekly Community Transport: \$5pp.
<b>RSVP:</b>	13 February 2023

Due to popular demand we would like to offer another series of Chair Yoga sessions into our Program.

Teagan Symons is a qualified yoga instructor and is going to be offering a four week series of Chair exercises at Werri Nina during February - March, 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.



**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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## Coffee with a Cop

Wednesday 22 February & 26 April

<b>Activity:</b>	Coffee with a Cop
<b>Where:</b>	Werri-Nina Centre (Dates for Bombala to be advised)
<b>Time:</b>	3pm - for approximately 1 hour
<b>Cost:</b>	Community Transport: \$5pp.
<b>RSVP:</b>	15 February 2023

This series of afternoon get togethers will begin with a focus on scams as many of them have similar approaches and techniques. It is vital that we remain informed about current scams, put protections in place and be aware that help is available.

Coffee with a Cop aims to provide an opportunity for the community to interact and connect with their local police on community safety issues. Residents can ask any and all questions on community safety, understanding police and interact 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

A big shout out to the cake decorators of Cooma that weaved their magic to produce some beautiful impressive cakes for Christmas. The cakes were delivered to all our Meals on Wheels clients and they were very well received. A big huge thank you for an amazing job!!!!



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

**Bungendore Village Square**

23 Malbon St, Bungendore

**Grand Court Chinese Restaurant**

38 Sharp St, Cooma

**Cooma Showground**

Boundary St, Cooma

**Yarrangobilly Caves**

50 Yarrangobilly Caves Rd, Yarrangobilly

**Queen B Bredbo**

41 Monaro Highway, Bredbo

**Banjo Paterson Inn**

1 Kosciuszki Rd, Jindabyne

**Hellenic Club of Canberra**

Matilda St, Phillip, Canberra

**Pha's Thai**

24 Soho St, Cooma

**Walt & Burley**

70/17 Eastlake Parade, Kingston

**Australian War Memorial**

Treloar Cres, Canberra

**National Zoo & Aquarium**

Scrivener Dam, Lady Denman Dr, Canberra

**Old Bus Depot Markets**

21 Wentworth Ave, Kingston

# | 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.