

# Community Connections Newsletter

What's on Calendar

February  
March  
April  
2024



# February | March | April 2024

## Community Connections Newsletter

In the upcoming months, we have a busy schedule of engaging activities and outings designed to make the most of the warmer weather.

Highlights from our program include an overnight trip to Bateman's Bay and a garden party at Werri-Nina to celebrate Seniors Week. We will continue to explore our local region with outings including Barefoot Bowls in Jindabyne, Bingo at Bombala and an exclusive preview of the entries in this year's Cooma Show!

Our overnight outing kicks off with a visit to the picturesque town of Braidwood, known for its charming colonial buildings and rustic streetscapes. Batemans Bay, our main destination, not only boasts beautiful beaches and the sparkling Clyde River but also holds a rich history. During our visit to the Bateman's Bay Heritage Museum, we'll delve into the Aboriginal heritage and the early days of European settlement when timber cutting and milling dominated the region. As we journey back, enjoy stunning views of the turquoise waters while crossing the bridge into Narooma, where our lunch break will provide the opportunity to savour some delicious local seafood.

We've enhanced our program by introducing monthly dinner clubs at different eateries in Cooma. These outings are in addition to our existing lunch clubs and we aim to extend this initiative to other towns within our region in future programs.

Our Centre-Based activities remain a favourite among our crafters, who stay busy with weekly sessions at both Werri-Nina Centre in Cooma and Bombala Community Centre. Keep an eye out for our combined art & craft session in April when we'll get together to create a floral table centrepiece followed by a delicious lunch, providing an opportunity for everyone to come together, share creative ideas, and enjoy each other's company.

Our garden at Werri-Nina is thriving, thanks to the efforts of our green thumbs at the garden club! We've expanded the garden club in this program, incorporating various projects and activities, all centred around cultivating knowledge, sharing insights and enjoying the fulfilment found in nurturing nature's beauty.

Finally, please join us for a day of joy and connection as we celebrate Seniors Week with a garden party at the Werri-Nina Centre. Take a moment to unwind and participate in a soothing chair yoga or invigorating drumming session, relax in the garden with friends and enjoy a delicious BBQ lunch.

Please read on for more details and phone our Community Connections team if you would like more information or have any suggestions for future activities.

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

Community Support Programs Team

# Community Connections February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			<b>1</b> Garden Club Werri-Nina Centre  Dinner Club Alpine Hotel, Cooma	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> Combined Group Bingo Cooma  Chair Yoga Werri-Nina Centre  Novel Idea	<b>6</b>	<b>7</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>8</b> Garden Club Werri-Nina Centre	<b>9</b> Arts and Crafts Nimmitabel Community Centre	<b>10</b>	<b>11</b>
<b>12</b> Chair Yoga Werri-Nina Centre	<b>13</b> Lunch Club Jindabyne Bowling Club	<b>14</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>15</b> Garden Club Werri-Nina Centre	<b>16</b> Combined Group Jindabyne	<b>17</b>	<b>18</b>
<b>19</b> Cards Werri-Nina Centre	<b>20</b> Combined Group Music @ Midday Canberra	<b>21</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>22</b> Garden Club Werri-Nina Centre	<b>23</b>	<b>24</b>	
<b>26</b> Chair Yoga Werri-Nina Centre	<b>27</b> O'night Outing Batemans Bay	<b>28</b> O'night Outing Batemans Bay	<b>29</b> Garden Club Werri-Nina Centre  Coffee with a Cop Werri-Nina Centre			

# Community Connections

## March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				<b>1</b> Combined Group Bingo Bombala	<b>2</b>	<b>3</b>
<b>4</b> Chair Yoga Werri-Nina Centre  Novel Idea	<b>5</b>	<b>6</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>7</b> Garden Club Werri-Nina Centre  Dinner Club Pha's Thai Cooma	<b>8</b> Arts and Crafts Nimmitabel Community Centre  Combined Group Cooma Show	<b>9</b>	<b>10</b>
<b>11</b> Planning Week	<b>12</b> Planning Week  Lunch Club Small Fry Takea- way Adaminaby	<b>13</b> Planning Week	<b>14</b> Planning Week	<b>15</b> Planning Week	<b>16</b>	<b>17</b>
<b>18</b> Cards Thredbo River Picnic Grounds	<b>19</b>	<b>20</b> Seniors Week Garden Party Werri-Nina Centre	<b>21</b> Garden Club Werri-Nina Centre	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> Chair Yoga Werri-Nina Centre	<b>26</b>	<b>27</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>28</b> Garden Club Werri-Nina Centre	<b>29</b> EASTER PUBLIC HOLIDAY	<b>30</b>	<b>31</b>

# Community Connections

## April | 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>1</b> EASTER PUBLIC HOLIDAY	<b>2</b>	<b>3</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>4</b> Garden Club Werri-Nina Centre  Dinner Club Ex-Services Club Cooma	<b>5</b> Combined Group Barefoot Bowls Jindabyne	<b>6</b>	<b>7</b>
<b>8</b> Chair Yoga Werri-Nina Centre  Novel Idea	<b>9</b> Lunch Club Bredbo Inn	<b>10</b> Arts and Crafts Werri-Nina Centre & Bombala Community Centre  Chair Yoga Werri-Nina Centre	<b>11</b> Garden Club Werri-Nina Centre	<b>12</b> Arts and Crafts Nimmitabel Community Centre	<b>13</b>	<b>14</b>
<b>15</b> Cards Werri-Nina Centre	<b>16</b>	<b>17</b> Combined Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre	<b>18</b> Garden Club Werri-Nina Centre	<b>19</b> Combined Group Last Post Canberra	<b>20</b>	<b>21</b>
<b>22</b> Chair Yoga Werri-Nina Centre	<b>23</b>	<b>24</b> Combined Group Mystery Tour	<b>25</b> PUBLIC HOLIDAY	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> Chair Yoga Werri-Nina Centre	<b>30</b> Combined Group Rodney's Plants Plus					

# Community Transport

## February | 2024

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

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 | 2024

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

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# Community Transport

## April | 2024

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

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# | Seniors Week

NSW Seniors Festival celebrates the role and contributions of older adults to our local communities. Reach Beyond! is the festival's theme for 2024, encouraging seniors to seek out new experiences and make new friendships by participating in a range of different events.



## Wednesday 20 March

<b>Activity:</b>	Seniors Week Garden Party
<b>Where:</b>	Werri-Nina Centre, Cooma
<b>Time:</b>	10am to 3pm
<b>RSVP:</b>	6 March 2024
<b>Cost:</b>	Free of Charge

### Schedule of Activities:

<b>10am</b>	Welcome - Morning Tea
<b>10.30am</b>	Drumming Workshop with Paul
<b>11.30am</b>	Aged Crime Prevention Officers Chat
<b>12.30pm</b>	BBQ Lunch
<b>2pm</b>	Chair Yoga with Teagan
<b>3pm</b>	Close

Join us at the Werri-Nina Centre for a delightful day of joy and camaraderie at our Seniors Week Garden Party! Let the vibrant colours of blooming flowers and the soothing melodies of live music create a perfect backdrop for conversations and shared laughter.

Our Garden Party will offer a diverse array of games on the green throughout the afternoon, fostering a sense of community and social connectivity.

Immerse yourself in the moment by seizing the chance to engage in a drumming or chair yoga workshop.

NSW Police Aged Crime Prevention Officer, Joshua Parr will take this opportunity to visit, introduce himself and explain his role in our community.

You are welcome to participate in any or all of the activities for the day or you may prefer to enjoy the company of friends in the peaceful surroundings of our garden.

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

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# | Combined Groups

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



## Monday 5 February

**Activity:** Bingo

**Where:** Cooma Ex-Services Club

**Time:** 10am - 2.30pm

**Cost:** Activity: \$5pp Transport: \$5pp  
\$10 per Bingo Book  
Lunch at own cost

**RSVP:** ASAP

Organised by the Nimmitabel CWA ladies, the social and engaging activity of Bingo is played monthly at the Cooma Ex-Services Club.

The game creates an exciting atmosphere filled with anticipation as players aim to complete specific patterns on their cards to win.

Join us to take part in an enjoyable morning followed by a tasty lunch from the Bistro.

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## Friday 16 February

**Activity:** Lunch with a twist.

**Where:** Jindabyne

**Time:** 11am to 2.30pm

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

**RSVP:** 2 February 2024

Today, we will take a leisurely trip through the alpine scenery to the township of Jindabyne.

We will enjoy some retail therapy at the local Mitre 10, which stocks a wide selection of delightful goodies, including homewares, gifts and a nursery full of beautiful plants and outdoor accessories. We will then head across the road to the Snowy Region Visitor Centre where you can find out more about Kosciuszko National Park, the landscape, history, Aboriginal heritage and wildlife - perhaps even spotting a Corroboree Frog in the visitor centre's display!

We will then enjoy a delicious lunch at the adjoining Parc Café.

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## Tuesday 20 February

<b>Activity:</b>	Music at Midday
<b>Where:</b>	Canberra Theatre, Canberra Hellenic Club, Phillip ACT
<b>Time:</b>	11am to 2.30pm
<b>Cost:</b>	Activity: \$5pp Transport: \$20pp Lunch at own cost
<b>Entry:</b>	Gold Coin Donation
<b>RSVP:</b>	6 February 2024.

Welcome to our first venture to Music at Midday for 2024!

The Royal Military College Band, one of Australia's premier military bands, performs at the Canberra Theatre. The band has a rich history of performing at significant national and international occasions, including the Centenary of Federation celebration in London in 2000 and taking part in ceremonial duties at Gallipoli on ANZAC Day. While its primary role within the Army and the Australian Defence Force is ceremonial, the band also showcases its versatility by performing as a concert band and featuring various smaller ensembles.

Entry is a gold coin donation with all the proceeds raised going to a local charity. This month the charity is Council on the Ageing ACT (COTA ACT).

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

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## Friday 1 March

**Activity:** Bingo

**Where:** Club Bombala

**Time:** 11am - 2.30pm

**Cost:** Activity \$5pp Transport \$10pp  
\$6 per Bingo Book

**RSVP:** 16 February 2024

Today we are getting our Bingo game face on.

Bingo is an engaging and enjoyable social activity that brings together individuals of all ages. The thrill of nearing a winning combination, the elation of shouting 'Bingo!' and the shared moments of suspense make it a cherished pastime fostering social connections and making lasting memories.

Join us at Club Bombala for a couple of rounds of bingo and a relaxing lunch at the club.

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

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## Friday 8 March

**Activity:** Cooma Show

**Where:** Cooma Showground

**Time:** 12pm - 3pm

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

**RSVP:** 24 February 2024

The Cooma Show has been a yearly event in the community since 1870. This will be the show's 148th year!

We will start with a delicious lunch at Grand Court Chinese Restaurant. After lunch, we will travel to the Cooma Showground and take a walk through the show pavilion. On display will be the results of our local talent, from garden produce to local arts and crafts, home cooking and some of our finest wool exhibits.

We will then have a lovely afternoon tea/coffee and scones supplied by the volunteer ladies from the Show Society.

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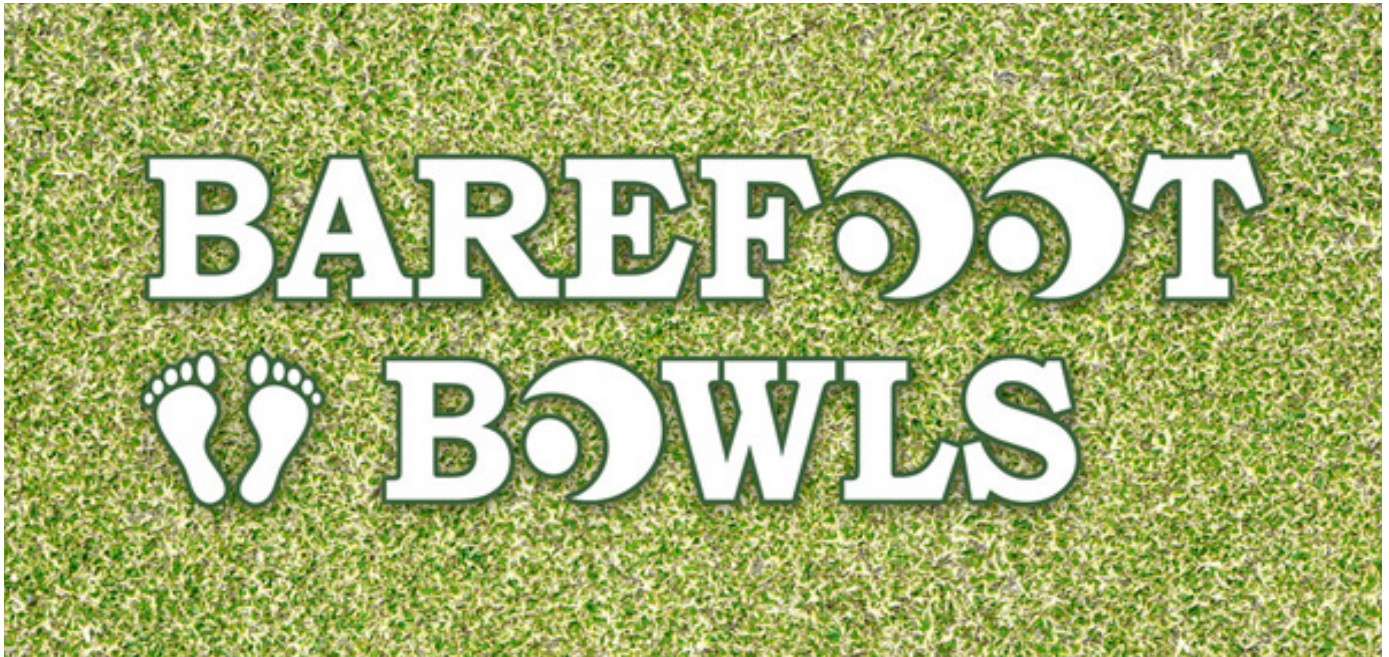
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# | Combined Groups

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## Friday 5 April

<b>Activity:</b>	Bare Foot Bowling
<b>Where:</b>	Jindabyne Bowling Club
<b>Time:</b>	10.30am - 2.30pm
<b>Cost:</b>	Activity: \$5pp Transport: \$10pp Bowls game \$12pp Lunch at own cost
<b>RSVP:</b>	22 March 2024

Barefoot Bowls is a leisurely and social game that combines the skill of lawn bowling in a laid-back, informal atmosphere. Ditch the shoes to experience the feel of the smooth green grass under your feet while engaging in a fun and friendly game for everyone.

We will then move up to the Bowling Club Bistro where we will enjoy a relaxed lunch with beautiful views of Lake Jindabyne.

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## Friday 19 April

**Activity:** Last Post Ceremony

**Where:** Australian War Memorial Canberra

**Time:** 1pm - 5.30pm

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

**RSVP:** 5 April 2024

The Last Post Ceremony at the Australian War Memorial in Canberra is a poignant and solemn ritual that pays tribute to those who have served and sacrificed in conflicts. Taking place at the end of each day, this ceremony honours one fallen soldier by sharing their personal story, reflecting on their courage, and acknowledging their contribution. The haunting sound of the bugle playing "The Last Post" echoes across the memorial grounds, creating a moment of deep reverence that invites us to pause and contemplate the sacrifices made for the nation's freedom and peace.

Upon arrival we will enjoy lunch at Poppy's Café, followed by a visit to the exhibits within the Australian War Memorial and finally, attend the Last Post Ceremony.

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## Wednesday 24 April

**Activity:** Mystery Tour

**Where:** Berridale and surrounds

**Time:** 10am - 2.30pm

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

**RSVP:** 10 April 2024

Embark on a mystery tour that unveils the rich history and architectural wonder of two local historical sites.

Offering a captivating journey through time, each site stands as a testament to craftsmanship and devotion, carrying the echoes of generations within its weathered stone walls and ornate windows.

Following this enriching experience, indulge in a leisurely lunch which provides an interlude to reflect on the historical significance of the sites we have visited.

Can you guess where are we going?

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# | Combined Groups

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## Tuesday 30 April

**Activity:** Shopping & gardening talk

**Where:** Rodney's Plants Plus, Pialligo

**Time:** 11am - 2pm

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

**RSVP:** 16 April 2024

Visiting Rodney's Plants Plus at Pialligo today promises an enriching day centred around gardening enthusiasts. The nursery's inviting ambience sets the stage for an insightful gardening talk, where keen gardeners can glean valuable tips and knowledge from experts.

Following the talk, enjoy lunch in the kitchen garden, complimented by the serene surroundings of the nursery.

Afterwards, indulge in some retail therapy with the nursery offering 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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# | 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.



## Batemans Bay Overnight Stay

Tuesday 27 February - Wednesday 28 February 2024

Our adventure begins with a visit to Braidwood, a charming heritage town known for its well-preserved historic buildings dating back to the 19th century. Explore the quaint streets, indulge in local arts & crafts and enjoy a tasty lunch before we continue on our journey.

Batemans Bay, nestled along the stunning South Coast, offers a delightful seaside retreat for visitors with its pristine beaches, azure waters, and abundant marine life. It's a haven for beach lovers and water enthusiasts alike. A visit to the Batemans Bay Heritage Museum will offer some local history insights.

Our accommodation at the Batemans Bay Marina Resort offers cabins that are a stone's throw from the water and you will have ample time to walk along the beach if you choose. Our host has also offered the option for us to have a Blackjack night on Tuesday evening – a competition that is not just a test of skill, but a celebration of the joy and thrill that comes with the strategic game of cards – to be enjoyed by players and spectators alike.

The scenic drive from Batemans Bay promises a breathtaking return journey through coastal and countryside landscapes. The route unfolds along the shimmering coastline of Narooma, where waters meet picturesque cliffs, providing stunning vistas. As we continue towards Cooma, the scenery transforms into rolling hills and expansive meadows offering the vision that is the diverse beauty of the Monaro.

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# | Overnight Stay

This outing will proceed subject to minimum numbers being met. In the event you are unable to attend, we will endeavour to secure a refund from the venue or transfer your ticket/accommodation to another participant but if this is not possible, please be advised that a refund will not be issued.

## Itinerary

### Tuesday 27 February

- 9am** Depart Werri-Nina
- 10.45am** Arrive Braidwood town centre
- 1pm** Depart Braidwood
- 2.15pm** Arrive Batemans Bay Marina Resort
- 5.30pm** Depart for dinner at Club Catalina
- 7.30pm** Black Jack competition - Batemans Bay Marina Resort

### Wednesday 28 February

- 9.45am** Checkout Batemans Bay Marina Resort
- 10am** Arrive Batemans Bay Heritage Museum
- 11am** Depart Batemans Bay
- 12pm** Arrive Club Narooma
- 2.30pm** Depart Club Narooma
- 5pm** Arrive at Werri-Nina



## Costs

### Accommodation

- Location:** Batemans Bay Marina Resort
- \$130pp\*:** Per Person - one bedroom cabin
- \$80pp\*:** Per Person - two bedroom cabin
- \* Includes continental breakfast

### Other

- \$10pp:** Activity fee
- \$7pp:** Heritage Museum Tour
- \$40pp\*:** Transport
- All meals (excluding breakfast) at own cost**
- \* Includes return transport from Cooma to Batemans Bay and transport to/from organised activities.



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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 February

**Activity:** Cards

**Where:** Werri-Nina Centre

**Time:** 10.30am - 2pm

**Cost:** Activity: \$5pp Transport: \$5pp  
BBQ Lunch: \$10pp

**RSVP:** 5 February 2024



## Monday 18 March

**Activity:** Cards

**Where:** Thredbo River Picnic Area  
Jindabyne

**Time:** 10.30am - 2pm

**Cost:** Activity: \$5pp Transport: \$5pp  
BBQ Lunch: \$10pp

**RSVP:** 4 March 2024



## Monday 15 April

**Activity:** Cards

**Where:** Werri-Nina Centre

**Time:** 10.30am - 2pm

**Cost:** Activity: \$5pp Transport: \$5pp  
Takeaway lunch at own cost

**RSVP:** 1 April 2024

**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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# Arts & Crafts - Werri-Nina

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

## Wednesday 7 February

**Activity:** Decoupage

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** ASAP

Decoupage frames involves the artful process of decorating frames with various materials such as decorative paper, fabric or even magazine clippings. The completed pieces will be stored to become part of our Lake Light Sculpture competition entry in 2025. We will then use the remaining materials to create a decoupage jar to display or give as a lovely personalised gift.



## Wednesday 14 February

**Activity:** Hearts

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 1 February 2024

An eye catching rustic heart, made with flexible twigs and decorated to create a striking piece to showcase indoors or outside. A thoughtful piece to gift or keep on Valentines' Day.

## Wednesday 21 February

**Activity:** Hanging Baskets

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

**Cost:** \$10pp Transport: \$10pp

**RSVP:** 7 February 2024

Due to popular demand we will be weaving willow branches on to wire frames that hold coir liners for you to take home a fabulous hanging basket. Once home the baskets will be then ready for you to fill with plants of your choice.

**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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# Arts & Crafts - Werri Nina

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

## Wednesday 6 March

**Activity:** Seagrass Mats

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 21 February 2024

Seagrass mats make an appearance in our craft space once more. This versatile item allows us to redefine its intended use, providing a rustic yet refined appeal, bringing a touch of coastal elegance to our pieces.



## Wednesday 27 March

**Activity:** Sunflower - Fabric

**Where:** Werri-Nina Centre

**Time:** 10am to 1pm

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

**RSVP:** 13 March 2024

One of the joys of summer is the vision of sunflowers blooming in gardens bringing an unconscious smile to our faces. Over three sessions we will use the ever cheerful sunflower as our muse, with different mediums to create an everlasting depiction of this vibrant flower.

**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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# Arts & Crafts - Werri Nina

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

## Wednesday 3 April

**Activity:** Sunflower - Paint

**Where:** Werri-Nina Centre

**Time:** 10am to 1pm

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

**RSVP:** 20 March 2024

A fun sunflower fact is young sunflowers track the sun! A young sunflower's face follows the sun from sunrise to sunset every day and repeats this cycle until maturity. Sunflowers can also attract up to five times more pollinators because they warm up faster than westward facing plants. Our second session will use paint to depict the always cheerful



## Wednesday 10 April

**Activity:** Sunflower - Bottle tops

**Where:** Werri-Nina Centre

**Time:** 11am to 1pm

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

**RSVP:** 27 March 2024

The sunflower plant is native to North America and is now harvested around the world. The tallest sunflower ever grown was over 30 feet tall! Confirmed by the Guinness World Records, this gigantic flower was grown in Germany in August 2014. Our final session will use bottle tops to create an everlasting image of this amazing flower.

## Wednesday 17 April

**Activity:** Combined Group  
Table Centrepiece

**Where:** Werri-Nina Centre

**Time:** 11am to 2pm

**Cost:** \$10pp Lunch: \$10pp Transport: \$5pp

**RSVP:** 3 April 2024

Today's combined craft group has us excited to welcome back Hiske to guide us in crafting a floral centrepiece. Each arrangement as unique as its maker; a harmonious tapestry, weaving together different blooms, foliage and accents into a captivating visual ensemble. We will then enjoy lunch together whilst admiring our efforts for the day.

**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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# Arts & Crafts - Bombala

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

## Wednesday 7 February

**Activity:** Decoupage

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

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

**RSVP:** ASAP

Decoupage frames involves the artful process of decorating frames with various materials such as decorative paper, fabric or even magazine clippings. The completed pieces will be stored to become part of our Lake Light Sculpture competition entry in 2025. We will then use the remaining materials to create a decoupage jar to display or give as a lovely personalised gift.

## Wednesday 14 February

**Activity:** Hearts

**Where:** Bombala Community Centre

**Time:** 11am to 1pm

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

**RSVP:** 1 February 2024

An eye catching rustic heart, made with flexible twigs and decorated to create a striking piece to showcase indoors or outside. A thoughtful piece to gift or keep on Valentines' Day.

## Wednesday 21 February

**Activity:** Hanging Baskets

**Where:** Bombala Community Centre

**Time:** 11am to 2pm

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

**RSVP:** 7 February 2024

Due to popular demand we will be weaving willow branches on to wire frames that hold coir liners for you to take home a fabulous hanging basket. Once home the baskets will be then ready for you to fill with plants of your choice.

## Wednesday 6 March

**Activity:** Seagrass Mats

**Where:** Bombala Community Centre

**Time:** 10.30am to 1pm

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

**RSVP:** 21 February 2024

Seagrass mats make an appearance in our craft space once more. This versatile item allows us to redefine its intended use, providing a rustic yet refined appeal, bringing a touch of coastal elegance to our pieces.

**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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# Arts & Crafts - Bombala

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

## Wednesday 27 March

**Activity:** Sunflower - Fabric

**Where:** Bombala Community Centre

**Time:** 10.30am to 1pm

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

**RSVP:** 13 March 2024

One of the joys of summer is the vision of sunflowers blooming in gardens bringing an unconscious smile to our faces. Over three sessions we will use the ever cheerful sunflower as our muse, with different mediums to create an everlasting depiction of this vibrant flower.

## Wednesday 10 April

**Activity:** Sunflower - Bottle Tops

**Where:** Bombala Community Centre

**Time:** 10.30am to 1pm

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

**RSVP:** 27 March 2024

The sunflower plant is native to North America and is now harvested around the world. The tallest sunflower ever grown was over 30 feet tall! Confirmed by the Guinness World Records, this gigantic flower was grown in Germany in August 2014. Our final session will use bottle tops to create an everlasting image of this amazing flower.

## Wednesday 3 April

**Activity:** Sunflower - Paint

**Where:** Bombala Community Centre

**Time:** 10.30am to 1pm

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

**RSVP:** 20 March 2024

A fun sunflower fact is young sunflowers track the sun! A young sunflower's face follows the sun from sunrise to sunset every day and repeats this cycle until maturity. Sunflowers can also attract up to five times more pollinators because they warm up faster than westward facing plants. Our second session will use paint to depict the always cheerful sunflower.

## Wednesday 17 April

**Activity:** Combined Group

Floral Table Centrepiece

**Where:** Werri-Nina Centre

**Time:** 10.30am to 2pm

**Cost:** \$10pp Lunch: \$10pp Transport: \$5pp

**RSVP:** 3 April 2024

Today's combined craft group has us excited to welcome back Hiske to guide us in crafting a floral centrepiece. Each arrangement as unique as its maker; a harmonious tapestry, weaving together different blooms, foliage and accents into a captivating visual ensemble. We will then enjoy lunch together whilst admiring our efforts for the day.

**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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# Arts & Crafts - Nimmitabel

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

## Friday 9 February

**Activity:** Wet Felting

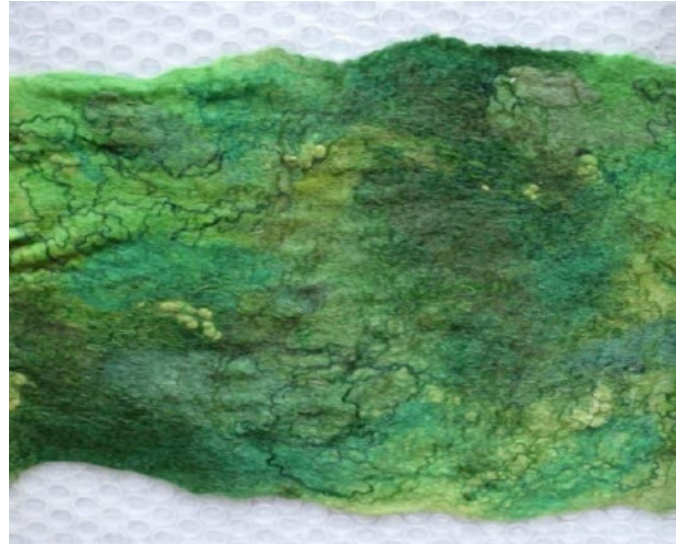
**Where:** Nimmitabel Community Centre

**Time:** 10am to 12pm

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

**RSVP:** 26 January 2024

The challenge today is to make a felted scarf and see how wet we all end up while working our carded wool on a table in our courtyard. This is definitely an outdoors craft and we hope to see some amazing results from our efforts.



## Friday 8 March

**Activity:** Seagrass Mats

**Where:** Nimmitabel Community Centre

**Time:** 10am to 12pm

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

**RSVP:** 23 February 2024

Seagrass mats make an appearance in our craft space once more. This versatile item allows us to redefine its intended use, providing a rustic yet refined appeal, bringing a touch of coastal elegance to our pieces.

## Friday 12 April

**Activity:** Sunflowers!

**Where:** Nimmitabel Community Centre

**Time:** 10am to 12pm

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

**RSVP:** 23 March 2024

One of the joys of summer is the vision of sunflowers blooming in gardens bringing an unconscious smile to our faces. Today, we will use the ever cheerful sunflower as our muse, using paint to create an everlasting depiction of this vibrant flower.

**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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# 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 13 February

**Where:** Jindabyne Bowling Club

**Time:** 12pm to 2pm

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

**RSVP:** ASAP

## Dinner Club

### Thursday 1 February

**Where:** Alpine Hotel Cooma

**Time:** 5.30pm to 7.30pm

**Cost:** \$5pp Transport: \$5pp  
Dinner at own cost

**RSVP:** ASAP

### Tuesday 12 March

**Where:** Small Fry Takeaway, Adaminaby

**Time:** 12pm to 2pm

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

**RSVP:** 28 February 2024

### Thursday 7 March

**Where:** Phas Thai, Cooma

**Time:** 5.30pm to 7.30pm

**Cost:** \$5pp Transport: \$5pp  
Dinner at own cost

**RSVP:** 22 February 2024

### Tuesday 9 April

**Where:** Bredbo Inn

**Time:** 12pm to 2pm

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

**RSVP:** 24 March 2024

### Thursday 4 April

**Where:** Ex-Services Club, Cooma

**Time:** 5.30pm to 7.30pm

**Cost:** \$5pp Transport: \$5pp  
Dinner at own cost

**RSVP:** 21 March 2024

**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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# 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

Commencing Monday 5 February 2024

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

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

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

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

## Chair Yoga Program 2024 Dates

<b>Monday (11am to 12pm)</b>	<b>Wednesday (2pm to 3pm)</b>
5 February	7 February
12 February	14 February
26 February	21 February
4 March	6 March
25 March	27 March
8 April	3 April
22 April	10 April
29 April	17 April



**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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# Education & Wellness

Do you enjoy gardening? Does the idea of filling a garden with flowering plants bring a smile to your face? Are you keen to start your own seedlings or try some propagating? Share your knowledge and experience? Come along on Thursday mornings and become a part of our own green movement - a space for individuals with common gardening interests to gather and enjoy morning tea while sharing tips, ideas and resources for projects.

## Garden Club

<b>Where:</b>	Werri-Nina Centre
<b>Time:</b>	Thursday 10am to 12pm
<b>Cost:</b>	\$5pp Transport: \$5pp
<b>RSVP:</b>	ASAP



### Thursday 1 February

**Activity:** Propagating

Propagating plants can be done through various methods to create new plants from existing ones. Today we will be propagating some plants that we will use later in the month to display in a unique hanger that we will create in a workshop

### Thursday 22 February

**Activity:** Preparation is Key!

With autumn approaching it is time to start preparing our beds for a vibrant and resilient garden in the upcoming cooler months. We will trim back or remove any summer plants, then improve our soil with added nutrients and matter as needed to prepare for our autumn planting.

### Thursday 8 February

**Activity:** Garden Love!

Join us today as we give our garden some loving care, weeding, re mulching where needed to help keep the moisture levels up and a good fertilise to keep the growth coming along. We will also check the progress of our plants that we propagated last week.

### Thursday 29 February

**Activity:** Hanger Workshop

We will be creating a unique hoop style hanger today. Displaying the plant we propagated earlier in the month will create a unique and individual piece that will look stunning hanging indoors or on your verandah..

### Thursday 15 February

**Activity:** Planting plans!

Over a cuppa today we will discuss what plants we need to start preparing for the upcoming season, then we will check our garden for any maintenance and care that is needed.

### Thursday 7 March

**Activity:** Scarecrow Spruce Up!

Autumn is here!

Today we will be planting our autumn plants and giving them all the care to thrive in the new season. We will then give our Werri Scarecrow a new season makeover to freshen up her autumn look.

**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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# Education & Wellness

Do you enjoy gardening? Does the idea of filling a garden with flowering plants bring a smile to your face? Are you keen to start your own seedlings or try some propagating? Share your knowledge and experience? Come along on Thursday mornings and become a part of our own green movement - a space for individuals with common gardening interests to gather and enjoy morning tea while sharing tips, ideas and resources for projects.

## Garden Club

<b>Where:</b>	Werri-Nina Centre
<b>Time:</b>	Thursday 10am to 12pm
<b>Cost:</b>	\$5pp
	Transport: \$5pp
<b>RSVP:</b>	ASAP



### Thursday 21 March

**Activity:** Garden Love!

After a week off we will be back into checking our garden beds, weeding and taking care of all the maintenance needs that may have "popped up"

### Thursday 28 March

**Activity:** Terrarium Workshop

Terrariums are mini ecosystems created in glass containers that are captivating with their unique blend of nature and artistry. By the use of soil, stones and moss it creates the perfect condition for plants to grow with minimal maintenance while creating a stunning and unique piece showing the beauty and balance of nature.



### Thursday 4 April

**Activity:** Rhubarb Rhubarb Rhubarb!

Today we will have a relaxing morning getting back into the swing after our Easter break with some general garden duties and a morning tea tasting of Maria's rhubarb cordial made from Werri Nina rhubarb (if you are extra nice she might give you the recipe)

### Thursday 11 April

**Activity:** Bloomin Bulbs!

Spring is always a beautiful time of year with all the fresh new life awakening, so it is time to prepare our beds and plant our spring bulbs for the burst of colours that warms and brightens our garden after the bleakness of winter.

### Thursday 18 April

**Activity:** Winter Hibernation!

With a few weeks break coming up we will be taking time making sure everything is in order in the garden ready for our return.

**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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# | 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.

## Coffee with a Cop

Thursday 29 February

<b>Activity:</b>	Coffee with a Cop
<b>Where:</b>	Werri-Nina Centre
<b>Time:</b>	1pm to 3pm
<b>Cost:</b>	Transport: \$5pp.
<b>RSVP:</b>	15 February 2024

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

## Novel Idea

First Monday of the Month

<b>Activity:</b>	Book Club
<b>Where:</b>	via Teleconference
<b>Time:</b>	1pm to 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. Book clubs are also a wonderful breeding ground for ideas and motivate you to pen your own literary masterpiece and offer the opportunity to meet and befriend new people from all walks of life.

<b>February:</b>	Crackenback	Author: Lee Christine
<b>March:</b>	Scrublands	Author: Chris Hammer
<b>April:</b>	The Forgotten Garden	Author: Kate Morton

**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.

## COOMA

<b>Frozen Meal Delivery Options:</b>	Frozen meals, desserts and soups are available in all towns across our region.
<b>Sandwich Packs:</b>	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.
<b>Fridays:</b>	Fish and chip Friday

## BOMBALA

<b>Frozen Meal Delivery Options:</b>	Frozen meals, desserts and soups are available in all towns across our region.
<b>Hot meals:</b>	Hot meals are available Monday to Friday, provided by Health Share. Meals are delivered within the Bombala Township by our Meals on Wheels team.

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



Funding eligibility criteria applies.

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

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

# |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

**Canberra Theatre**

Civic Square, London Cct, Canberra

**Alpine Hotel**

170 Sharp St, Cooma

**Parc Cafe**

49 Kosciuszko Rd, Jindabyne

**Buckley's Crossing Hotel**

1 Brierly St, Dalgety

**Mitre 10**

3 Snowy River Ave, Jindabyne

**Cooma Ex-Services Club**

Vale St, Cooma

**Batemans Bay Marina Resort**

46 Beach Rd, Batemans Bay

**Catalina Club**

154 Beach Rd, Batemans Bay

**Club Narooma**

88 Princess Hwy, Narooma

**Cooma Ex-Services Club**

Vale St, Cooma

**Batemans Bay Heritage Museum**

3 Museum Pl, Batemans Bay

**Pha's Thai**

1/24 Soho St, Cooma

**Hellenic Club**

1 Matilda St, Phillip ACT

**Thredbo River Picnic Grounds**

1 Pallaibo Walk, Wilsons Valley

**Jindabyne Bowling Club**

2 Bay St, Jindabyne

**Australian War Memorial**

Treloar Cres, Campbell ACT

**Poppy's Cafe**

15 Treloar Cres, Campbell ACT

**Rodney's Plants Plus**

24 Beltana Rd Pialligo

**Grand Court Chinese Restaurant**

38 Sharp St, Cooma

**Club Bombala**

156 Maybe St, Bombala

**Cooma Showground**

Boundary Street, Cooma

**Snowy Region Visitor Centre**

49 Kosciuszko Road, Jindabyne

**Small Fry Takeaway**

23a Baker Street, Adaminaby

**Bredbo Inn**

1 Monaro Highway, Bredbo

# Overnight Stay

## BOOKING FORM

### Batemans Bay Overnight Stay

Tuesday 27 February - Wednesday 28 February 2024

This form must be completed and handed in at Werri-Nina, Cooma - accompanied by payment for accommodation by **Tuesday 6 February 2024** Final payment for remaining costs should be made by **Wednesday 21 February 2024**.

**Name:**

**Phone:**

**Address:**

Pick up required from home

YES

NO

Meeting at Werri-Nina

YES

NO

**ACCOMMODATION:**

**Batemans Bay Marina Resort**

Single - one bedroom cabin

YES

NO

Cost: **\$130pp**

Twin share - two bedroom cabin

YES

NO

Cost: **\$80pp**

\* Includes continental breakfast

**Transport:**

\$40pp Including transport from Cooma to Batemans Bay and to and from organised activities

**Heritage Museum Tour:**

\$7pp

**Activity fee:**

\$10pp

**All meals (excluding breakfast) at own cost.**

**RSVP including accommodation payment due by Tuesday 6 February 2024.**

**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 for the accommodation to another participant but if this is not possible, please be advised that a refund will not be issued.

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

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