

Community Connections Newsletter

What's on Calendar

November
December
2023
January
2024



November | December 2023 | January 2024

Community Connections Newsletter

As the year draws to a close, it's hard to believe Christmas is just around the corner. In the meantime, we have plenty of activities to keep you busy as we approach the New Year.

We have an array of outings and centre based activities designed to infuse the festive spirit into the season. In addition to outings to the South Coast and Canberra, we're excited to introduce a new Garden Club at the Werri Nina Centre. We have a lovely garden area with several raised garden beds and a greenhouse, perfect for planting vegetables and flowers. We plan to expand the garden club to include a variety of workshops and other projects, with the possibility of developing a similar concept at Bombala Community Centre in the future.

The culmination of our program will be our end of year Christmas Luncheon which will take place at the picturesque Cooma Golf Club.

Considering the extreme weather conditions we've encountered this Spring, it is timely that we've partnered with Monaro Family Support Services to present Emergency Preparedness Workshops at both the Werri-Nina and Bombala Community Centres in November. These workshops are designed to assist you in preparing for natural disasters and emergencies including bushfires, floods and snow storms. Please refer to the flyer included in this newsletter for more information.

Snowy Monaro Community Connections group activities are funded by Australian Government Department of Health under the Commonwealth Home Support Program (CHSP). To access group activities and other service types provided under the CHSP you need to register with My Aged Care which is the starting point for accessing Australian Government funded aged care services.

My Aged Care can be contacted on 1800 200 422 between 8am and 8pm Monday to Friday or 10am to 2pm on Saturdays. More information can be found at www.myagedcare.gov.au. Snowy Monaro Community Connections staff are also able to provide further information and support in registering with My Aged Care, please do not hesitate to contact our office if you have any questions.

Our offices will be closed from 12pm (noon) Friday 22 December 2023. Re-opening at 9am Monday 8 January 2024.

Please note final order for Meals on Wheels - frozen meals is Monday 11 December 2023.

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

Community Support Programs Team

Community Connections

November | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		1 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre	2 Garden Club Werri-Nina	3	4	5
6	7 Combined Group Melbourne Cup Cooma Ex-Services Club	8 Bombala Community Centre	9 Garden Club Werri-Nina	10 Combined Group Merimbula/Bega	11	12
13 Chair Yoga Werri-Nina Centre Novel Idea	14	15 Arts and Crafts Werri-Nina Centre Let's get Ready Bombala Community Centre Chair Yoga Werri-Nina Centre	16 Garden Club Werri-Nina	17 Combined Group Cooma Little Theatre	18	19
20 Cards Werri-Nina	21	22 Let's get Ready Werri-Nina Centre Arts and Crafts Bombala Community Centre Chair Yoga Werri-Nina Centre	23 Garden Club Werri-Nina	24 Lunch Club Buckley's Crossing Dalgety	25	26
27	28	29 Arts and Crafts Werri-Nina Centre & Bombala Community Centre Chair Yoga Werri-Nina Centre	30 Garden Club Werri-Nina			

Community Connections December | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				1 Combined Group Top Fun Merimbula	2	3
4 Novel Idea Christmas Lunch	5	6 Arts and Crafts Werri-Nina Centre & Bombala Community Centre	7 Garden Club Werri-Nina	8 Arts and Crafts Nimmitabel Christmas Lunch	9	10
11 Meals on Wheels Final orders for 2023	12	13 Combined Group Christmas Luncheon	14	15	16	17
18	19	20	21	22	23	24
25 PUBLIC HOLIDAY	26 PUBLIC HOLIDAY	27	28	29	30	31

Community Connections January | 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1 PUBLIC HOLIDAY	2	3	4	5	6	7
8 Meals on Wheels Order now for 2024	9	10	11	12	13	14
15 Cards Werri-Nina	16	17 Combined Group Adaminaby	18 Garden Club Werri-Nina	19	20	21
22	23	24 Arts and Crafts Werri-Nina Centre	25 Garden Club Werri-Nina	26 PUBLIC HOLIDAY	27	28
29	30 Lunch Club Roses Cooma	31 Arts and Crafts Werri-Nina Centre & Bombala Community Centre				

Community Transport

November | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		1	2 Delegate to Bombala Bus \$10	3 Bombala Township bus \$7	4	5
6 Canberra Shopping Bus \$20 (Woden)	7	8	9 Jindabyne & Berridale to Cooma Bus \$10 Nimmitabel to Cooma Bus \$10	10 Bombala Township bus \$7 Adaminaby to Cooma bus \$10	11	12
13 Delegate/Bombala to Cooma Bus \$10.00	14	15	16 Delegate/Bombala to Canberra Bus \$20 Delegate to Bombala Bus \$10	17 Bombala Township bus \$7	18	19
20	21	22	23 Jindabyne & Berridale to Cooma Bus \$10 Nimmitabel to Cooma Bus \$10	24 Bombala Township bus \$7 Adaminaby to Cooma bus \$10	25	26
27 Delegate/Bombala to Cooma Bus \$10.00	28	29	30 Delegate/Bombala to Bega Bus \$20.00 Delegate to Bombala Bus \$10			

PLEASE NOTE: This calendar may change at late notice subject to advice from the Department of Health, driver resources and bus trip numbers will be limited to allow for social distancing. Scheduled bus trips are designed to provide access to a variety of destinations including shopping and medical. Unscheduled travel is offered on all other weekdays. Please contact Community Transport on 02 6451 1054 (Cooma, Berridale or Bombala) for bookings and information on contributions.

Community Transport

December | 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				1 Bombala Township bus \$7	2	3
4 Canberra Shopping Bus \$20 (Tuggeranong)	5	6	7 Jindabyne & Berridale to Cooma Bus \$10 Nimmitabel to Cooma Bus \$10	8 Bombala Township bus \$7 Adaminaby to Cooma bus \$10	9	10
11 Delegate/Bombala to Cooma Bus \$10	12	13	14 Delegate to Bombala Bus \$10	15 Bombala Township bus \$7	16	17
18	19	20	21 Jindabyne & Berridale to Cooma Bus \$10 Nimmitabel to Cooma Bus \$10 Delegate/Bombala to Canberra Bus \$20	22 Bombala Township bus \$7 Adaminaby to Cooma bus \$10 Delegate/Bombala to Bega Bus \$20.00	23	24
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Community Transport

January | 2024

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

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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 November

Activity: Cards

Where: Werri-Nina Centre

Time: 10.30am - 2pm

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

Lunch at own cost

RSVP: 6 November 2023



Monday 15 January

Activity: Cards

Where: Werri-Nina Centre

Time: 10.30am - 2pm

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

Lunch at own cost

RSVP: 8 January 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.

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

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| Combined Groups

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



Tuesday (Date to be advised).

Activity: Music at Midday

Where: Canberra Theatre, Canberra
 Hellenic Club, Phillip ACT

Time: 11am to 2.30pm

Cost: \$25pp
 Lunch at own cost

Entry: Gold Coin Donation

RSVP: Register your interest ASAP - we will call once the date is confirmed.

Canberra Theatre Centre host Music At Midday together with the Royal Military College Band, one of Australia's premier military bands. The Royal Military College 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.

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

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Friday (Date to be advised)

Activity: Craft & Quilt Fair

Where: Canberra

Time: 11am to 2pm

Entry: Cost to be advised

Cost: Transport: \$25pp

Lunch at own cost

RSVP: Register your interest ASAP - we will call once the date is confirmed.

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

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Tuesday 7 November

Activity: Melbourne Cup

Where: Cooma Ex-Services Club

Time: 1pm to 4pm

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

RSVP: 1 November 2023

The Melbourne Cup is Australia's most famous horse race covering a challenging distance of 3200 metres at Melbourne's Flemington Racecourse. Each year, plenty of horses receive nominations for this prestigious event. But ultimately, only 24 horses will have the chance to compete on the Flemington track in what's often referred to as 'the race that stops the nation'.

Our take on the Melbourne Cup this year includes an enjoyable afternoon at Cooma Ex-Services Club spent with friends savouring a delicious lunch. Who will emerge victorious in the sweeps, claim the title of best dressed or sport the most captivating hat? It's all part of the excitement and tradition of this iconic event.

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Friday 10 November

Activity: Christmas Shopping Adventure

Where: Merimbula/Pambula/Bega

Time: 11am to 2.30pm

Cost: \$25pp
Lunch at own cost

RSVP: 27 October 2023

Today we will take a scenic drive to the beautiful South Coast to partake in some retail therapy – an opportunity to enjoy the sea air or begin the mad dash for your Christmas gift list. Initially we will spend some time in Merimbula where you can make a start on your shopping with a variety of great shops to explore. If retail is not your thing, enjoy morning tea at the Waterfront Café or take a stroll along the waterfront. You will then have the option of continuing on to Bega for more shopping or heading to Oaklands Café in Pambula for a leisurely lunch before heading home.

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Friday 17 November.

Activity:	Dinner and a show
Where:	Cooma Little Theatre
Time:	5.30pm to 9.30pm
Cost:	Transport \$5pp Activity \$5pp Dinner at own cost
Entry:	Show Ticket Concession \$22pp Adult \$27.50pp
RSVP:	3 November 2023

Cooma Little Theatre is a non-profit community theatre founded in 1955, which provides arts and culture including, live drama, comedy, dance and musicals. It is the only live theatre in the region and also hosts touring productions. The upcoming production - Bullshot Crummond - presents a parody of low-budget 30s detective movies typifying British heroism at its dumbest. Join us for dinner at the Cooma Ex-Services Club before being witness to Bullshot winning the day and saving the world, more by luck and bravado than any hint of skill!

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Friday 1 December

Activity: Bowling, Golfing & Arcade Games

Where: Top Fun, Merimbula

Time: 11am to 2.30pm

Cost: \$25pp

Bowling: 1 game \$12 concession

Mini golf: 1 game \$10 concession

Lunch at own cost

RSVP: 17 November 2023

Experience an exhilarating day of fun and excitement at Top Fun in Merimbula. Bring your competitive spirit and prepare for a day of laughter as you take on the challenge of sinking a hole in one at mini golf or find out who can topple the most pins in the bowling alley!

Once we've had our fill of bowling, mini golf and the array of arcade games available, we'll head over the Pacific Bistro, located at Club Sapphire to enjoy a delicious lunch together.

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| Combined Groups

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Wednesday 13 December

Activity: Christmas Luncheon

Where: Cooma Golf Club

Time: 12pm to 2pm

Cost: \$40pp

RSVP: 29 November 2023

As the year draws to a close, Christmas approaches and brings with it a sense of warmth and joy. Today we come together with friends to enjoy a festive meal and immerse ourselves in the spirit of Christmas. As the melodies of Christmas Carols fill the air, challenge your knowledge with some Christmas trivia and take a moment to reminisce about the days gone by.

Please bring a wrapped gift to the value of \$10 – marked if suitable for a Male or Female person.

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| Combined Groups

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Wednesday 17 January

Activity: Welcome Back Picnic

Where: Adaminaby

Time: 11.30am to 2pm

Cost: \$15pp
Lunch at own cost

RSVP: 8 January 2024

Welcome back to an exciting New Year!

Today, we're reuniting after our Christmas and New Year break with a fish 'n' chips picnic in the park at Adaminaby. It's the perfect setting to reconnect with friends, bask in the great outdoors, and perhaps even engage in some friendly games that could reveal the competitive side many of us keep hidden!

The local Small Fry Café is known for its mouth-watering fish 'n' chips and juicy hamburgers, so join us for a fun day out!

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| Overnight Stay



Thursday

8 February 2024

Activity: The Jersey Guys

Where: Southern Cross Club, Woden

Time: 2pm departure

Cost: Full Cost & Itinerary over the page

RSVP: 16 November 2023

The Jersey Guys make a triumphant return in February 2024. Featuring Stars of the Hit Stage Musical, The Jersey Guys deliver a spectacular show with impeccable four-part harmonies and slick moves that never fail to get audiences on their feet and asking for more. The 90-minute performance showcases the biggest and best hits from the legendary Frankie Valli & The Four Seasons including December 1963 (Oh What a Night!), Sherry, Walk Like a Man and Big Girls Don't Cry. We will make a night of it and enjoy a two course meal in a private dining area before the show with our 'Dinner and Show' ticket.

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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

Thursday 8 February

- 2pm:** Depart Werri-Nina Centre
- 4pm:** Check into accommodation
- 5.30pm:** Depart for dinner & show

Friday 9 February

- 8.30am:** Breakfast
- 10am:** Check out of accommodation
- 10.30am:** Depart Canberra
- 12.30pm:** Arrive at Werri Nina



Costs

Accommodation

- Location:** Pavilion on Northbourne, Canberra
- \$200pp*:** Single occupancy room
- \$115pp*:** Twin share room
- * Includes hot buffet breakfast

Other

- \$100pp:** Dinner and show tickets
- \$10pp:** Activity fee
- \$30pp*:** Transport

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

The Booking form on the last page of this newsletter must be completed and handed in at Werri-Nina, Cooma - accompanied by payment for Dinner & Show ticket (\$100), by **Thursday 16 November 2023**. Final payment for remaining costs should be provided by **Tuesday 16 January 2024**.

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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 1 November

Activity: Fascinators

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: ASAP

The Melbourne Cup is the most prestigious race in Australia, so it's no surprise the crowds that flock to Flemington on the first Tuesday of November are always dressed to impress with intricate fascinators taking the spotlight in the field of fashions.

Melbourne Cup fascinators are a perfect way to add interest and elegance to your race day outfit.



Wednesday 15 November

Activity: Christmas Spirit of Giving

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 1 November 2023

The true meaning of Christmas or "spirit of giving" is often forgotten in this busy and chaotic time. The true spirit of giving is to give without expecting to receive, to bring joy and light to someone who isn't as fortunate as we may be. For some Christmas can be a lonely time with family and loved ones not close by, so we are taking time to reconnect and remember the "Spirit of Giving" by creating a Christmas Bauble to give to someone who will spend Christmas in Residential Care.

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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 22 November

Activity: Let's Get Ready!

Emergency Preparedness Workshop

Where: Werri-Nina Centre

Time: 10.30am to 1pm

Cost: Transport: \$5pp

RSVP: 15 November 2023

See attached flyer for details.



Wednesday 29 November

Activity: Christmas Table Wreath

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 20 November 2023

Set the mood around the table this festive season with a beautifully created centre piece. We will be creating a festive table wreath to add some Christmas cheer to your home.



Wednesday 6 December

Activity: Reindeer Surprise

Let's Get Ready - follow up

Where: Werri-Nina Centre

Time: 10.45am to 1pm

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

RSVP: 22 November 2023

Today we are creating our Reindeer Surprises for our Christmas Lunch. Our little surprise packages will double as a table name place and then a take home gift to spread the Christmas cheer. We will also touch base on your progress with Emergency Preparedness Workshop.

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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 24 January

Activity: Combined Group

Birthday Calendar

Where: Werri-Nina Centre

Time: 11am to 2pm

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

RSVP: 15 January 2023

Never forget a birthday again!!

Today we will be creating a beautiful calendar to record all your loved ones birthdays. Each month will display the important dates so you won't miss any celebrations and as new family members arrive they can be easily added. This reminder board will look beautiful on your wall or make a beautiful gift for a loved one. Today we will also celebrate Australia Day and share a BBQ lunch.



Wednesday 31 January

Activity: Wet Felting

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 17 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!



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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 8 November

Activity: Rustic Christmas Tree

Where: Bombala Community Centre

Time: 11am to 2pm

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

RSVP: 1 November 2023

With the Christmas season sneaking up quickly it is time to start preparing our festive decorations.

Today we will be creating our rustic Christmas trees to add a personal touch to your decorations or to give to a loved one as a special token of Christmas cheer.

Wednesday 15 November

Activity: Let's Get Ready!

Emergency Preparedness Workshop

Where: Bombala Community Centre

Time: 10.30am to 1pm

Cost: Transport: \$5pp

RSVP: 8 November 2023

See attached flyer for details.

Wednesday 22 November

Activity: Christmas Spirit of Giving

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 8 November 2023

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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 29 November

Activity: Christmas Table Wreath

Let's Get Ready follow up.

Where: Bombala Community Centre

Time: 10.45am to 1pm

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

RSVP: 15 November 2023

Set the mood around the table this festive season with a beautifully created centre piece.

We will be creating a festive table wreath to add some Christmas cheer to your home. We will also touch base on your progress following the Emergency Preparedness Workshop.



Wednesday 6 December

Activity: Reindeer Surprise

Where: Bombala Community Centre

Time: 11am to 1pm

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

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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 24 January

Activity: Combined Group

Birthday Calendar

Where: Werri-Nina

Time: 11am to 2pm

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

RSVP: 15 January 2023

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Wednesday 31 January

Activity: Wet Felting

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 17 January 2023

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



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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 10 November

Activity: Christmas Shopping Adventure

Where: Merimbula/Pambula/Bega

Time: 11am to 2.30pm

Cost: \$25pp

RSVP: 27 October 2023

See attached Combined Group flyer for details.



Friday 8 December

Activity: Christmas Lunch

Where: Berties, Nimmitabel

Time: 12pm to 2pm

Cost: Transport: \$5pp

Lunch at own cost

RSVP: 24 November 2023

An opportunity to come together, enjoy each other's company and reminisce about the year gone by over lunch. The spirit of giving being highlighted with the traditional Kris Kringle gift exchange.



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 Programs

26 Snowy Monaro Regional Council | Community Connections Newsletter

Lunch Club

Meet with others in your community at our fortnightly Lunch Club! Enjoy good food and good company at various towns around our region.

Friday 24 November

Where: Buckley's Crossing Hotel, Dalgety

Time: 12pm - 2pm

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

RSVP: 10 November 2023



Tuesday 30 January

Where: Roses Restaurant, Cooma

Time: 12pm to 2pm

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

RSVP: 16 January 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.

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

27 Snowy Monaro Regional Council | Community Connections Newsletter

| 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 1 November 2023

Activity:	Chair Yoga
Where:	Werri-Nina Centre
Time:	Monday 11am to 12pm Wednesday 2pm to 3pm
Cost:	\$10pp per class Transport: \$5pp
RSVP:	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 2023 Dates

Wednesday 1 November
 Monday 13 November
 Wednesday 15 November
 Wednesday 22 November
 Wednesday 29 November



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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28 Snowy Monaro Regional Council | Community Connections Newsletter

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Garden Club

Starting Thursday 2 November 2023

Activity:	Gardening
Where:	Werri-Nina Centre
Time:	Weekly - Thursday 10am to 12pm
Cost:	\$5pp per session Transport: \$5pp
What to bring:	Gardening gloves
RSVP:	ASAP

Do you enjoy gardening? Are you keen to start your own seedlings or try some propagating? Share knowledge and experience? Would you like to spend time working in a garden and reap the benefits with fresh vegetables or seedlings to add to your own garden? Does the idea of filling a garden with flowerer plants bring a smile to your face?

Come along on Thursday mornings and become a part of our own green movement - a space where individuals with common gardening interests gather to share tips, ideas and resources for projects. Enjoy morning tea while we plan projects we would like to tackle for our own purposes and the Werri-Nina garden space.



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 Programs

| 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. **Final orders to be made by Monday 11 December 2023.**

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.

Last delivery for 2023 is Monday 11 December 2023.

BOMBALA

Frozen Meal Delivery Options: Frozen meals, desserts and soups are available in all towns across our region. **Final orders to be made by Monday 11 December 2023.**

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.

Meals are available up to & including Thursday 21 December 2023.

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

Southern Cross Club

92 - 96 Corinna St, Phillip ACT

Roses Restaurant

69 Massie St, Cooma

Buckley's Crossing Hotel

1 Brierly St, Dalgety

Oaklands Cafe

3456 Princess Hwy, Pambula

Cooma Ex-Services Club

Vale St, Cooma

Top Fun

99 Main St, Merimbula

Cooma Golf Club

Golf Club Rd, Cooma

Small Fry Cafe

23a Baker St, Adaminaby

Cooma Ex-Services Club

Vale St, Cooma

Pavilion on Northbourne

242 Northbourne Ave, Dickson ACT

Exhibition Park in Canberra (EPIC)

Cnr Flemington Rd & Northbourne Ave, Mitchell ACT

Hellenic Club

1 Matilda St, Phillip ACT

Canberra Theatre

Civic Square, London Cct, Canberra ACT

Bega Village Shopping Centre

106 Auckland St, Bega

Bertie's Cafe

43 Bombala St, Nimmitabel

Overnight Stay

BOOKING FORM

Overnight Stay - dinner and a show

Thursday 8 February - Friday 9 February 2024

This form must be completed and handed in at Werri-Nina, Cooma - accompanied by payment for Dinner and Show ticket (\$100) by **Thursday 16 November 2023**. Final payment for remaining costs should be made by **Tuesday 16 January 2024**.

Name:

Phone:

Address:

Pick up required from home YES NO

Meeting at Werri-Nina YES NO

ACCOMMODATION: Pavilion on Northbourne, Canberra

Single room YES NO Cost: \$200pp

Twin share room YES NO Cost: \$115pp

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

Tickets: \$100pp Dinner and Show

Activity fee: \$10pp

RSVP including Dinner & Show ticket payment (\$100) due by Thursday 16 November 2023.

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.

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 Programs



monaro family
support service

Let's Get Ready

Seniors and Carers Emergency Preparedness Workshop



Disasters and emergencies can happen at anytime,
let's get prepared.

This session will provide you with practical steps to better equip yourself to respond in an emergency such as bushfires, heatwave, floods, snow storms.

Being prepared can make an emergency less stressful, give you more control and reduce the impact on yourself and those around you.

Join us to:

- ✓ Discuss personal emergency preparedness planning
- ✓ Develop a readiness plan for | **yourself** | **your family** | **people in your care**

This workshop is aimed at seniors and carers, along with any other community members with additional needs or who feel unprepared and unsure about how to respond to an emergency.

When: Wednesday 15 November 2023

Where: Bombala Community Centre 163
Maybe St, Bombala NSW 2632

Time: 10:30am – 1pm

What to bring: Just yourself

Cost: Free

Includes: Morning Tea

Enquiries:

t.crompton@mfss.org.au

RSVP: 6451 1059 by 8 November 2023

Follow up session: 29 November 2023 - 10:45am

The program is funded by the Disaster Risk Reduction Fund (DRRF) jointly funded by the Australian and New South Wales governments.



SNOWY MONARO
REGIONAL COUNCIL



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Join us to:

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- ✓ Develop a readiness plan for **| yourself | your family | people in your care**

This workshop is aimed at seniors and carers, along with any other community members with additional needs or who feel unprepared and unsure about how to respond to an emergency.

When: Wednesday 22 November 2023

Where: Werri-Nina - Cooma 227 Sharp St,
Cooma NSW 2630

Time: 10:30am – 1pm

What to bring: Just yourself

Cost: Free

Includes: Morning Tea

Enquiries:

t.crompton@mfss.org.au

RSVP: 6451 1059 by 15 November 2023

Follow up session: 6 December 2023 - 10:45am

The program is funded by the Disaster Risk Reduction Fund (DRRF) jointly funded by the Australian and New South Wales governments.



SNOWY MONARO
REGIONAL COUNCIL