



SNOWY MONARO
REGIONAL COUNCIL

COMMUNITY CONNECTIONS NEWSLETTER

August, September, October 2021





SNOWY MONARO REGIONAL COUNCIL

August, September and October 2021 Newsletter

Welcome to our August, September and October 2021 edition of the Community Connections newsletter.

Community Connections Groups have made the most of the first half of this year by getting out and about on various outings, including trips to Canberra, an overnight stay in Tumut and exploring closer to home across the Snowy Monaro region.

Winter has well and truly arrived and unfortunately brought with it an increase in COVID-19 restrictions across NSW. These restrictions have affected our current program by cancelling some regular events while we ensure we are providing a safe environment for our group activities. We want to thank you for your patience during this time.

Our program for August, September and October contains various outings and centre-based activities to keep us connected. The NSW Government has issued a Public Health Order in response to the COVID-19 situation. In keeping with this order, we have changed how groups will operate, including restrictions on numbers attending and mandatory wearing of face masks. Please read the 'COVID-19 Group Guidelines' flyer in this newsletter for more information. Please note that we may need to cancel groups or outings in this newsletter at short notice due to changes in current health advice and COVID-19 restrictions.

Many of you would be aware we recently said farewell to Geraldine, our Groups Facilitator at Bombala, who has recently moved interstate. We are sure you will join us in wishing Geraldine all the best for the future.

Remember that if you are feeling anxious or uncertain, there are resources available to support you. Please don't hesitate to contact us if you would like more information or have any concerns.



A Trusted Community Partner

SNOWY MONARO COMMUNITY CONNECTIONS August 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY NOVEL IDEA	3 CARDS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	4 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	5	6 CELEBRATING SENIORS BOMBALA COMMUNITY CENTRE	7
8	9	10 CELEBRATING SENIORS COOMA LIBRARY	11 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	12	13 ARTS AND CRAFTS NIMMITABEL	14
15	16 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY CELEBRATING SENIORS WERRI NINA CENTRE	17 LUNCH CLUB BOMBALA BINGO MEN'S GROUP	18 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	19	20	21
22	23 COMBINED GROUP QUESTACON CANBERRA	24 LUNCH CLUB COOMA HOTEL	25 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	26 LUNCH CLUB TRIVIA TOURNAMENT WERRI NINA CENTRE	27	28
29	30	31				



SNOWY MONARO COMMUNITY CONNECTIONS September 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	2	3	4
5	6 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY NOVEL IDEA	7 CARDS - WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	8 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	9	10 ARTS AND CRAFTS NIMMITABEL	11
12	13 NOVEL IDEA	14	15 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	16	17	18
19	20 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY	21 LUNCH CLUB BOMBALA BINGO MEN'S GROUP	22 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	23 LUNCH CLUB TRIVIA TOURNAMENT WERRI NINA CENTRE	24	25
26	27 COMBINED GROUP TULIP TOP GARDENS	28	29 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	30		



SNOWY MONARO COMMUNITY CONNECTIONS October 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
3	4 PUBLIC HOLIDAY	5 COMBINED GROUP OVERNIGHT MERIMBULA	6 COMBINED GROUP OVERNIGHT MERIMBULA	7	8 ARTS AND CRAFTS - NIMMITABEL	9
10	11 PLANNING	12 PLANNING	13 PLANNING	14 PLANNING	15 PLANNING	16
17	18 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY	19 LUNCH CLUB BOMBALA BINGO MEN'S GROUP	20 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	21 CARDS - WERRI NINA CENTRE	22	23
24	25	26 LUNCH CLUB COOMA EX-SERVICES CLUB	27 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	28 LUNCH CLUB TRIVIA TOURNAMENT WERRI NINA CENTRE	29	30



Community Transport Scheduled Bus Trip Timetable | August 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 JINDABYNE/BERRIDALE/COOMA TO CANBERRA SHOPPING BUS \$15.00	3	4	5 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	6 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	7
8	9 BOMBALA TO COOMA BUS \$10.00	10	11	12 DELEGATE TO BOMBALA BUS \$8.00	13 BOMBALA TOWNSHIP BUS \$5.00	14
15	16	17	18	19 BOMBALA TO CANBERRA BUS \$15.00 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	20 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	21
22	23 BOMBALA TO COOMA BUS \$10.00	24	25	26 DELEGATE TO BOMBALA BUS \$8.00 JINDY/BERRIDALE/COOMA TO MAJURA PARK BUS (BUNNINGS/COSTCO) \$15.00	27 BOMBALA TOWNSHIP BUS \$5.00	28
29	30 BOMBALA TO BEGA BUS \$10.00	31				

PLEASE NOTE: This calendar may change at late notice subject to advice from the Department of Health, 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 Scheduled Bus Trip Timetable | September 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	3 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	4
5	6 BOMBALA TO COOMA BUS \$10.00 JINDABYNE/BERRIDALE/COOMA TO CANBERRA SHOPPING BUS \$15.00	7	8	9 DELEGATE TO BOMBALA BUS \$8.00	10 BOMBALA TOWNSHIP BUS \$5.00	11
12	13	14	15	16 BOMBALA TO CANBERRA BUS \$15.00 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	17 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	18
19	20 BOMBALA TO COOMA BUS \$10.00	21	22	23 DELEGATE TO BOMBALA BUS \$8.00 JINDI/BERRIDALE & COOMA TO BEGA SAPPHIRE MARKETPLACE SHOPPING BUS \$15.00	24 BOMBALA TOWNSHIP BUS \$5.00	25
26	27 BOMBALA TO BEGA BUS \$10.00	28	29	30 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00		

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Community Transport Scheduled Bus Trip Timetable | October 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	2
3	4 PUBLIC HOLIDAY	5 BOMBALA TO COOMA BUS \$10.00 JINDABYNE/BERRIDALE/ COOMA TO CANBERRA SHOP- PING BUS \$15.00	6	7 DELEGATE TO BOMBALA BUS \$8.00	8 BOMBALA TOWNSHIP BUS \$5.00	9
10	11	12	13	14 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	15 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	16
17	18 BOMBALA TO COOMA BUS \$10.00	19	20	21 BOMBALA TO CANBERRA BUS \$15.00 DELEGATE TO BOMBALA BUS \$8.00 JINDI/BERRIDALE & COOMA TO BUNGENDORE SHOPPING BUS \$15.00	22 BOMBALA TOWNSHIP BUS \$5.00	23
24	25 BOMBALA TO BEGA BUS \$10.00	26	27	28 JINDABYNE/BERRIDALE TO COOMA BUS \$8.00 NIMMITABEL TO COOMA BUS \$8.00	29 BOMBALA TOWNSHIP BUS \$5.00 ADAMINABY TO COOMA BUS \$8.00 COOMA TOWNSHIP BUS \$5.00	30

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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.

August

**Tuesday
3 August**

Werri-Nina Centre, Cooma
Time: 10.00am - 1.30pm

Bombala Community Centre
Time: 10.00am - 12.00pm

RSVP: 24 July 2021

October

**Thursday 21
October**

Werri-Nina Centre, Cooma
Time: 10.00am - 1.30pm
RSVP: 7 October 2021

September

**Tuesday
7 September**

Werri-Nina Centre, Cooma
Time: 10.00am - 1.30pm
Bombala Community Centre
Time: 10.00am - 12.00pm
RSVP: 24 August 2021



Cost for Cards

Werri-Nina Centre Cooma \$20.00 Lunch

Community Transport: \$5.00 Per person **Activity:** \$5.00 Per person

RSVP

Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing.
Please phone **6451 1059** (Berridale), **6455 4000** (Cooma) or **6458 4620** (Bombala).

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

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COMBINED GROUPS

Combined outings are an opportunity for groups from towns across our region to get together and enjoy a variety of activities.

August

**Monday
23 August**

Questacon

Time: Leaving Werri-Nina at 9.00am

Cost: Community Transport \$15.00, Activity \$5.00

Entry: \$18.90 per person - **must be prepaid by the RSVP date below**

Lunch: At Own Cost

RSVP: 29 July 2021

Let our thirst for knowledge and curiosity of the unknown guide us through Questacon - the National Science and Technology Centre. Questacon is an interactive science communication facility in Canberra, Australia. It is a museum with more than 200 interactive exhibits relating to science and technology. We will start our day with a visit to the POD, a temporary outdoor takeaway cafe located on the Rear Science Terrace and enjoy lunch at Snapper on the Lake after our exploration through Questacon.



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September

**Monday
27 September**

Tip toe through the tulips at Tulip Top Gardens

Time: Leaving Werri-Nina at 9.00am

Cost: Community Transport \$15.00, Activity \$5.00 Lunch At Own Cost

Tickets \$17.00 per person - **must be prepaid by the RSVP date below**

RSVP: 30 August 2021

Created in 1994 and spread over four glorious hectares, this beautifully landscaped garden features 1000 blossom trees, including crab-apples, peaches, plums and weeping cherries, half a million tulips and 100,000 annuals. The gardens are in a hidden valley so the walk from the car park to the main entrance gives you no idea of the wonderful surprise that awaits. The easy-walk gravel paths are edged with gardens containing a range of spring flowers which are labelled for those of us who would like to find some for our own garden.



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MEN'S GROUP

Meet up with mates who are keen to explore all our fantastic region has to offer! Enjoy good company and good food at places of interest as chosen by the group.

August

Tuesday
17 August

Delegate History Museum

Time: Leaving Werri Nina at 9.00am

Activity: \$5.00 Per person **Transport:** \$5.00 Per person **Lunch:** At Own Cost

RSVP: 3 August 2021

The Delegate History Museum contains a pictorial display and items from yesteryear relating to the local area. The museum also houses a display of wartime photos and memorabilia of local men and women who served during various wartime conflicts. A visit to the museum will be followed by lunch at the Delegate Pub.

September

Tuesday
21 September

CSIRO Discovery Centre

Time: Leaving Werri Nina at 9.00am

Activity: \$5.00 Per person **Transport:** \$15.00 Per person **Lunch:** At Own Cost

RSVP: 1 September 2021

The CSIRO Discovery Centre offers an interactive journey through CSIRO and Australian science history, showcasing innovative science and technology across areas such as energy, the environment, water, agriculture and food, space, oceans and many more. We will enjoy lunch at our leisure in the Discovery Café.

October

Tuesday
19 October

Cooma Monaro Railway

Time: Leaving Werri Nina at 10.00am

Activity: \$5.00 Per person **Transport:** \$5.00 Per person **Lunch:** At Own Cost

RSVP: 1 October 2021

Cooma Monaro Railway is an Australian Heritage railway based at Cooma Station. Cooma station and its railway link from Queanbeyan NSW was completed in 1889, with the southern extension to Bombala completed in the early 1920s. After exploring the railway we will enjoy lunch at the Cooma Ex-Services Club.

RSVP

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ARTS & CRAFTS

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.

August

**Wednesday
4 August**

Seagrass Planter

Location: Werri-Nina Centre
and Bombala Community Centre

RSVP: 27 July 2021

We all loved creating the seagrass planters previously so this week we'll try a different design. Not just limited to planters - magazine holders and baskets made from these mats are other stylish options. Be creative, use your imagination and embrace this satisfying craft.



**Wednesday
11 August**

Soap Dish

Location: Werri-Nina Centre
and Bombala Community Centre

RSVP: 27 July 2021

**Friday
13 August**

Soap Dish

Location: Nimmitabel
Community Centre

RSVP: 27 July 2021

Stamped clay bowls are a lovely craft project to make, being both beautiful and unique. Today we plan to use doilies as a stamping tool and create a soap dish for our beautifully decorated handmade soaps.



Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person

Time: 10:00am to 12:00pm or 2:00pm to 4:00pm (Werri-Nina Centre)
10:00 to 12:00pm (Bombala Community Centre and Nimmitabel Community Centre)

RSVP

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August

**Wednesday
18 August**

Beeswax Wraps Plus

Location: Werri-Nina Centre
and Bombala Community
Centre

RSVP: 3 August 2021

Today we'll create a little something to add to our Christmas gift selection. Beeswax wraps are both practical and environmentally friendly as they can be used instead of gladwrap and make lovely wrapping for gifts. We also have another round of handmade soap ready to be decorated as an addition to the lovely soap dishes we created recently.



**Wednesday
25 August**

Recycled Bottle Tops

Location: Werri-Nina Centre
and Bombala Community Centre

RSVP: 10 August 2021

Wait! Don't throw those bottle caps away just yet! Keep them out of land fill and use your imagination to create a unique piece of wall art.



Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person

Time: 10.00am to 12.00pm or 2.00pm to 4.00pm (Werri-Nina Centre)

10.00am to 12.00pm (Bombala Community Centre and Nimmitabel Community Centre)

RSVP

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September

**Wednesday
1 September**

Spring has sprung!

Location: Werri-Nina Centre
Cooma and Bombala
Community Centre

RSVP: 17 August 2021

Spring has sprung so it is time to tidy up the garden beds! Today we weed and plant out the beds ready for the summer veggies to grow.



**Wednesday
8 September**

Clay and Raffia Bowls

Location: Werri-Nina Centre
Cooma and Bombala
Community Centre

RSVP: 1 September 2021

**Friday
10 September**

Clay and Raffia Bowls

Location: Nimmitabel
Community Centre

RSVP: 3 September 2021

Let's expand on our clay work and add raffia to present a very individual creation. These bowls are a stylish addition to any home and will let you expand your imagination in the way you might add your raffia detail.



Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person

Time: 10.00am to 12.00pm *or* 2.00pm to 4.00pm (Werri-Nina Centre)

10.00am to 12.00pm (Bombala Community Centre and Nimmitabel Community Centre)

RSVP

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September

**Wednesday
15 September**

Pendant Jewellery

Location: Werri-Nina Centre
Cooma and Bombala
Community Centre

RSVP: 31 August 2021

Today we will become jewellers again and make two lovely pendants as Christmas gifts. Using bezel settings with glass cabochons (covers) we will create stylish pieces. You can make this as a keepsake by adding a photo of a loved one or simply a favourite flower, scene or colour - the choice is yours!



**Wednesday
22 September**

Scrap Booking Fun

Location: Werri-Nina Centre
Cooma and Bombala
Community Centre

RSVP: 24 August 2021

We all love receiving special cards so let us give them too. Today we will learn how to make a squash and fold personalised card/mini album to share with our loved ones. Bring photos you might like to incorporate into your card with the recipient in mind, using your imagination to make cards for any occasion. You could even start early and make your Christmas cards.



Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person

Time: 10.00am to 12.00pm or 2.00pm to 4.00pm (Werri-Nina Centre)

10.00am to 12.00pm (Bombala Community Centre and Nimmitabel Community Centre)

RSVP

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September

**Wednesday
29 September**

Time for some knotting

Location: Werri-Nina Centre Cooma
and Bombala Community Centre

RSVP: 14 September 2021

Want to make your own Macrame wall hanging? Piece of cake! You only need to know a basic knot to create your very own Macrame masterpiece. This wall hanging will be a useful and decorative piece for your home, providing an ideal tool for displaying personal photographs and objects d'art.



Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person

Time: 10.00am to 12.00pm or 2.00pm to 4.00pm (Werri-Nina Centre)

10.00am to 12.00pm (Bombala Community Centre and Nimmitabel Community Centre)

RSVP

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October

**Friday
8 October**

Pendant Jewellery

Location: Nimmitabel
Community Centre

RSVP: 22 September 2021

Today we will become jewellers again and make two lovely pendants as Christmas gifts. Using bezel settings with glass cabochons (cover) we will create stylish pieces. You can make this as a keepsake by adding a photo of a loved one or simply a favourite flower, scene or colour - the choice is yours!

**Wednesday
20 October**

Let's finish

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

RSVP: 5 October 2021

We have had a very busy few months and with some of our projects, it is not always possible to fully complete the task. Today we will take the opportunity to finish decorating any clay work, adding any final details to projects we have attempted and enjoy the social aspect of our craft sessions.

**Wednesday
27 October**

Hoot of a time:

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

RSVP: 13 October 2021

Today we plan to recycle, repurpose & reuse old kitchen gadgets, junk jewellery and anything else we might find useful to make an owl or two. These will look wonderful hanging from a tree, post or a wall. So go through all those cupboards and bring in what you do not use anymore so we can!



Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person

Time: 10.00am to 12.00pm or 2.00pm to 4.00pm (Werri-Nina Centre)

10.00am to 12.00pm (Bombala Community Centre and Nimmitabel Community Centre)

RSVP

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LUNCH CLUBS

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

August

**Tuesday
17 August**

Bombala Bingo
Bombala Community Centre
Time: 11.30am - 2.00pm
Lunch: \$20.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 3 August 2021

**Thursday
26 August**

Trivia
Werri Nina Centre, Cooma
Time: 11.30am - 2.00pm
Lunch: \$20.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 12 August 2021

**Tuesday
24 August**

Cooma Hotel, Cooma
Time: 12.00pm - 2.00pm
Lunch: At own cost
Activity: \$5.00
Community Transport: \$5.00
RSVP: 10 August 2021



RSVP

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

September

**Tuesday
21 September**

Bombala Bingo Bombala
Community Centre
Time: 11.30am - 2.00pm
Lunch: \$20.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 7 September 2021

**Thursday
23 September**

Trivia, Werri Nina Centre
Time: 11.30am - 2.00pm
Lunch: \$20.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 8 September 2021

October

**Tuesday
19 October**

Bombala Bingo, Bombala
Community Centre
Time: 11.30am - 2.00pm
Lunch: \$20.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 5 October 2021

**Tuesday
26 October**

Cooma Ex-Services Club, Cooma
Time: 12.00pm - 2.00pm
Lunch: At own cost
Activity: \$5.00
Community Transport: \$5.00
RSVP: 12 October 2021

**Thursday
28 October**

Trivia, Werri Nina Centre
Time: 11.30am - 2.00pm
Lunch: \$20.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 14 October 2021

RSVP

Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing.
Please phone **6451 1059** (Berridale), **6455 4000** (Cooma) or **6458 4620** (Bombala).

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

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CELEBRATING SENIORS

As we play catch up after 2020, we would like to include a belated visit to Seniors Week, and with this in mind, offer the opportunity to participate in workshops being held through our region. Enjoy morning or afternoon tea with other like-minded participants and gain new skills.

Friday 6 August 2021

Kokedama Workshop

Learn how to make a kokedama - "moss ball" - a form of Japanese garden art that is centuries old and tied into the practice of bonsai. The kokedama has experienced a resurgence as a modern art form useful for uniquely presented plants and flowers.

Location: Bombala Community Centre

Time: 10.00am - 12.00pm

RSVP: 23 July 2021



Tuesday 10 August 2021

Hanging Terrarium Workshop

Add a little green to your indoor space with an eye catching hanging terrarium! Not only are they a great oxygen booster but terrariums are also easy to create. Join us in this workshop and let your green thumb shine!

Location: Cooma Library

Time: 10.00am to 12.00pm

RSVP: 27 July 2021

Monday 16 August 2021

Kokedama Workshop

Learn how to make a kokedama - "moss ball" - a form of Japanese garden art that is centuries old and tied into the practice of bonsai. The kokedama has experienced a resurgence as a modern art form useful for uniquely presented plants and flowers.

Location: Werri Nina Centre

Time: 2.00pm to 4.00pm

RSVP: 2 August 2021

Bookings essential - places are limited!

Please phone

6451 1059 (Berridale), **6455 4000** (Cooma)

6458 4620 (Bombala)



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OVERNIGHT STAY MERIMBULA



TUESDAY 5 OCTOBER TO WEDNESDAY 6 OCTOBER 2021

This overnight stay will be focusing on the highly requested activity of whale watching. We will have a leisurely drive to Merimbula and you may enjoy some free time before we head out to dinner in the early evening. We will head to our whale watching adventure on Wednesday morning and hope to have lots of tales to tell after our sea voyage.

From August through to early December large numbers of humpback whales travel past the Sapphire Coast. Merimbula is a wonderful place to view whales. Within minutes of departure, whales can be sighted, often finding mothers and calves in Merimbula Bay. In the waters of the Sapphire Coast they can be seen lateral lunge feeding, one of the few places in the world where humpbacks can be observed doing this! A sight not to be missed! Mothers and their young calves also provide hours of entertainment as they journey past Merimbula.

Please note this outing will proceed subject to minimum numbers.

RSVP: Please see booking form attached to this newsletter

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OVERNIGHT STAY MERIMBULA



TUESDAY 5 OCTOBER TO WEDNESDAY 6 OCTOBER 2021

ITINERARY:

TUESDAY 5 OCTOBER 2021

12.30pm Depart Werri-Nina Centre
2.30pm Check into accommodation
6.00pm Depart for dinner

WEDNESDAY 6 OCTOBER 2021

8.30am Check out of accommodation
9.00am Whale watching cruise
11.30am Lunch at Oaklands Barn, Pambula
2.00pm Departure
4.00pm Arrive Werri Nina

RSVP: The booking form must be completed and handed in at Werri Nina Centre, Cooma or Berridale Community Services office, accompanied by payment for accommodation by **Wednesday, 1 September 2021.**

COST:

ACCOMMODATION:

\$195.00 per person for a single occupancy room
\$95.00 per person for a twin share room

TRANSPORT: \$30.00 per person

Includes return transport from Cooma to Merimbula and transport to/from organised activities.

DINING: At Own Cost (all meals/snacks).

WHALE WATCHING TICKETS: \$70.00 per person (concession)

ACTIVITY FEE: \$10.00

Please note this outing will proceed subject to minimum numbers.

RSVP: Please see booking form attached to this newsletter



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EDUCATION AND 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 is offering education and wellness sessions. If you receive funding through the Commonwealth Home Support Program (CHSP), you may be eligible for a subsidy to attend some sessions.

INFORMATION TECHNOLOGY

Information technology sessions with Creedence in Cooma & Peter Niven in Bombala. Bring along your electronic devices for tech support! Both Creedence & Peter can help you learn to use these well and operate social media such as Facebook.

Date: 1st and 3rd Monday of the month (excluding public holiday, Monday 4 October 2021)
Time: 10.30am to 12.30pm
Cost: \$10.00 per person subsidised rate;
\$20.00 non-subsidised.
Community Transport: \$5.00
Location: Werri-Nina Centre, 227 Sharp Street Cooma, and
Bombala Community Centre, 163 Maybe Street Bombala.

A NOVEL IDEA

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...but book clubs may offer more lifelong benefits than you realise, reading group discussions do wonders for your communication skills. They are 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.

Date: Monday 2 August 2021
Book: To be advised

Date: Monday 6 September 2021
Book: To be advised

Note: All novel idea sessions are held at 2.00pm via Zoom.

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LOCATIONS

Werri-Nina Centre

227 Sharp Street, Cooma

Bombala Community Centre

163 Maybe Street, Bombala

Nimmitabel Community Centre

Clarke Street, Nimmitabel

Cooma Ex-Services Club

106 Vale Street, Cooma

Cooma Monaro Railway

Short Street, Cooma

Cooma Hotel

79 Massie Street, Cooma

Cooma Library

61 Vale Street, Cooma

Questacon

King Edward Terrace, Parkes, ACT

Delegate History Museum

36 Bombala Street, Delegate

Tulip Top Gardens

20 Old Federal Highway Sutton, Bywong NSW
2621

CSIRO Discovery Centre at Black Mountain

North-science Road, Acton ACT 2601



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MEALS ON WHEELS



Meals on Wheels is expanding their hot meal delivery, offering extra meal options to support you at home while also supporting local businesses.

We are currently looking to expand the hot meal delivery service. If you are interested in receiving hot meals on additional days or are interested in receiving a hot meal in your town from a local business, please contact the Werri-Nina Centre on 6455 4000.

Current Hot Meal Delivery Options:

Cooma

Wednesday: Choice of two different bistro meals. The menu and your choices will vary weekly.

Friday: Fish and Chips.

Bombala

Hot meal delivery available 5 days per week.

Frozen Meal Delivery Options:

Frozen meals are available for delivery in all towns across our region.

Sandwich Packs

We are currently trialing sandwich packs in Cooma beginning in February. The packs will consist of fresh assorted sandwiches with either a piece of cake or fruit.

Meals on Wheels will be offering this service to other townships at a later date.



Funding eligibility criteria applies.

Please contact Werri-Nina Centre on 6455 4000 for more information.

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COVID-19 GROUP GUIDELINES



To ensure we comply with COVID-19 regulations around gatherings, there will be changes to the way our groups operate. These guidelines have been compiled under the advice of NSW Department of Health and are designed to keep us all safe. Please familiarise yourself with these guidelines prior to attending group activities.

- To ensure we comply with rules around capacity and social distancing, you must RSVP to attend group activities. If the number of people wishing to attend exceeds our capacity we may arrange additional groups to meet demand.
- You must wear a fitted face mask when you are in an indoor area of a non-residential premises in NSW. Please ensure to wear a mask when attending group activities. You are not required to wear a mask if you have a physical or mental health illness, or condition, or disability which makes wearing a mask unsuitable. If this applies to you please call to discuss with staff prior to attending group activities.
- Please do not attend if you have any of the following symptoms, even if they are only mild:
 - o Fever
 - o Shortness of breath
 - o Sore/scratchy throat
 - o Cough

NSW Department of Health advises that anybody displaying the above symptoms should be tested for COVID-19. You will be asked to declare that you are not displaying any of the above symptoms upon entering the Centre.

- Please sign in and out at reception when entering and leaving the Centre. Both Centres have Service NSW QR codes which can be used to check in using a smartphone. If you do not have a smartphone, reception staff will check you in using the Service NSW website. Please note that your details are stored securely with Service NSW and will only be used for contact tracing in the event of a confirmed case of COVID-19 at either venue.
- Please use hand sanitiser provided when entering and leaving the Centre.
- The Centres will only be open for group activities during the specified timeframes. Access will not be available to the centres outside of these times. This allows staff time for essential tasks such as sanitising surfaces before and after use by group participants.
- Please ensure you maintain a physical distance of at least 1.5 metres from others. To make this easier we ask that, unless using the bathroom, you remain seated whilst attending centres. Please do not enter the kitchen or access items from the cupboards. Our tables will be set up at appropriate distance and craft supplies, tissues and hand sanitiser will be provided at each table.
- Practice good hand hygiene by washing your hands thoroughly for at least 20 seconds with soap and water, or an alcohol based hand rub. Cover your nose and mouth when coughing or sneezing with a tissue or flexed elbow.
- To minimise cash handling we will be invoicing you for groups attendance and Community Transport on a monthly basis.

For further information please phone **6451 1059** (Berridale), **6455 4000** (Cooma) or **6458 4620** (Bombala).

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OVERNIGHT STAY WHALE WATCHING MERIMBULA



BOOKING FORM - OVERNIGHT STAY - WHALE WATCHING MERIMBULA TUESDAY 5 OCTOBER - WEDNESDAY 6 OCTOBER 2021

This form must be completed and handed in at Werri Nina, Cooma or Berridale Community Services office, accompanied by payment for accommodation by **Wednesday 1 September 2021**. Final payment for remaining costs should be provided by **WEDNESDAY 22 SEPTEMBER, 2021**.

CONTACT DETAILS:

Name: _____

Phone: _____

Address: _____

Pick up required from home YES NO

Meeting at Werri Nina YES NO

ACCOMMODATION:

Single room YES NO Cost: \$195.00 per person

Twin share room YES NO Cost: \$95.00 per person

(Cost of accommodation is non-refundable for cancellations made within 14 days of departure)

Transport cost: \$30.00

Activity cost: \$10.00

Whale Watching: \$70.00

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