



SNOWY MONARO
REGIONAL COUNCIL

COMMUNITY CONNECTIONS NEWSLETTER

May, June, July 2021





SNOWY MONARO REGIONAL COUNCIL

May, June and July 2021 Newsletter

Welcome to our May, June and July 2021 edition of the Community Connections Newsletter!

We've had a busy start to the year, taking advantage of reduced restrictions and getting out across our region and beyond. We will continue our adventures as we head into winter with a wide variety of outings and activities planned for this program.

To allow staff to plan and organise our activities, we have introduced a planning week into each program and extended the RSVP dates to at least two weeks before events. There will be no outings or activities during planning week at the Werri-Nina Centre or Bombala Community Centre. Please refer to flyers in this newsletter for RSVP dates for each outing/activity and give us a call if you would like to attend.

Many of you will be familiar with our yarn bombing community project. The project was originally designed to help keep everyone busy while staying at home during COVID-19. Due to its popularity and feedback from the participants, this idea was developed further to create the art installation entered in the Jindabyne Lakelight Sculpture Exhibition.

Our entry titled 'Seasons of Change' was inspired by the distinct seasons of the Snowy Monaro region and a quote from poet Anne Bradstreet: 'If we had no winter, the spring would not be so pleasant. If we did not taste adversity, then prosperity would not be so welcome', which we felt reflected our past year's experience.

We were delighted to receive the Lakelight Sculpture Encouragement Award for 'Seasons of Change'. With so many members of our groups, friends, family and Community Services staff contributing everything from knitted and crocheted squares, flowers, toadstools, autumn leaves, animals, insects and pom poms, this truly was a community project! The weather over Easter was perfect, and our colourful installation looked amazing in the day and stunning when illuminated in the evening. With over 150 entries in the exhibition, winning an award is a fantastic achievement and a lovely conclusion to our yarn bombing project.

A huge thank you and congratulations to all who contributed to this fabulous effort!



A Trusted Community Partner

JINDABYNE LAKELIGHT SCULPTURE EXHIBITION



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SNOWY MONARO COMMUNITY CONNECTIONS May 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY NOVEL IDEA	4 CARDS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	5 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	6	7 ART & CRAFT NIMMITABEL MAGGIE'S MUSIC	1 8
9	10 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY	11 LUNCH CLUB DELEGATE MEN'S GROUP	12 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	13	14	15
16	17 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY	18 LUNCH CLUB BOMBALA BINGO	19 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	20 CARDS - JINDABYNE	21	22
23	24 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY	25 COMBINED OUTING NATIONAL GALLERY OF AUSTRALIA CANBERRA	26 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	27 LUNCH CLUB TRIVIA TOURNAMENT WERRI NINA CENTRE	28	29
30	31 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY					



SNOWY MONARO COMMUNITY CONNECTIONS June 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CARDS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	2 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	3 COMBINED OUTING CANBERRA NATIONAL ZOO AND AQUARIUM	4	5
6	7 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY NOVEL IDEA	8 LUNCH CLUB JINDABYNE	9 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	10 ARTS AND CRAFTS ALPINE HOTEL COOMA	11 ARTS AND CRAFTS NIMMITABEL	12
13	14 PUBLIC HOLIDAY	15 LUNCH CLUB BOMBALA BINGO MEN'S GROUP	16 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	17 CARDS - JINDABYNE	18	19
20	21 EDUCATION & WELLNESS INFORMATION & TECHNOLOGY	22 LUNCH CLUB ADAMINABY	23 ARTS AND CRAFTS WERRI NINA CENTRE AND BOMBALA COMMUNITY CENTRE	24 LUNCH CLUB TRIVIA TOURNAMENT WERRI NINA CENTRE	25	26
27	28 PLANNING WEEK	29 PLANNING WEEK	30 PLANNING WEEK			



SNOWY MONARO COMMUNITY CONNECTIONS July 2021



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



Community Transport Scheduled Bus Trip Timetable | May 2021



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

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 | June 2021



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

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Community Transport Scheduled Bus Trip Timetable | July 2021



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

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CARDS DAY

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. Need a ride? Contact your local office to book. Time of pick up and drop off to be confirmed on booking.

May

**Tuesday
4th May**

Werri-Nina Centre, Cooma
Time: 10.00am - 1.30pm
Bombala Community Centre
Time: 10.00am - 12.00pm
RSVP: 20th April, 2021

**Thursday
20th May**

Jindabyne Bowling Club,
Jindabyne
Time: 10.00am - 2.00pm
RSVP: 6th May, 2021

June

**Tuesday
1st June**

Werri-Nina Centre, Cooma
Time: 10.00am - 1.30pm
Bombala Community Centre
Time: 10.00am - 12.00pm
RSVP: 18th May, 2021

**Thursday
17th June**

Jindabyne Bowling Club,
Jindabyne
Time: 10.00am - 2.00pm
RSVP: 3rd June, 2021

July

**Tuesday
6th July**

Werri-Nina Centre, Cooma
Time: 10.00am - 1.00pm
Bombala Community Centre
Time: 10.00am - 12.00pm
RSVP: 22nd June, 2021

**Thursday
22nd July**

Jindabyne Bowling Club,
Jindabyne
Time: 10.00am - 2.00pm
RSVP: 8th July, 2021

Maggie's Music

**Friday 7th
May**

Location to be advised
Time: 1.30pm - 3.30pm
Activity: \$4.00 per person
Community Transport: \$6.00
per person
RSVP: 23rd April, 2021

Cost for Cards

Werri-Nina Centre Cooma \$15.00 Lunch

Pubs/Clubs/Restaurants: Food and beverages at own cost

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

RSVP

Confirmation of your attendance and transport is required at least one week prior to outings.

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. Need a ride? Contact your local office to book. Time of pick-up and drop off to be confirmed on booking.

May

**Tuesday
25th May**

National Gallery of Australia

Location: The National Gallery of Australia, Canberra

Time: Leaving Werri-Nina at 9.00am

Cost: Community Transport \$15.00, Tickets: \$25.50 per person, Activity: \$5.00

Lunch: At Own Cost

RSVP: Monday 10th May, 2021

Botticelli to Van Gogh: Masterpieces from the National Gallery, London is the first time in its nearly 200-year history that the National Gallery, London has toured an exhibition of works internationally. Drawing on their collection's strengths, this exhibition offers a rare opportunity to see 61 paintings by some of Europe's most revered artists, including Botticelli, Rembrandt, Goya, Constable, Monet, Renoir, Cezanne and Van Gogh. Ticket cost is specific for entry into this exhibition. General admission to the Gallery is free; however, all tickets must be pre-ordered by the RSVP date. After spending time at the Gallery, we will venture to Snapper on the Lake for lunch.



RSVP

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June

**Thursday
3rd June**

Canberra National Zoo and Aquarium

Location: The National Zoo and Aquarium, Canberra

Time: Leaving Werri-Nina at 9.00am

Cost: Community Transport \$15.00, Tickets \$36.50 per person (Seniors/pensioner concession), Activity: \$5.00

Lunch: At Own Cost

RSVP: 17th May, 2021

The National Zoo and Aquarium (NZA) first opened in 1990 as the National Aquarium. The Aquarium consisted of approximately 30 different species, a large restaurant and function area, with its main feature being a significant 1.5 million litre aquarium with an underwater viewing tunnel. The underwater viewing tunnel was reportedly the first of its type in the world and was manufactured by a local Canberra company. The NZA is a privately owned 19-hectare zoo and Aquarium in the Australian capital city of Canberra. It is located in Yarralumla at the western end of Lake Burley Griffin, next to Scrivener Dam. Today will allow you to participate in a guided tour and explore at your leisure.

RSVP

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MEN'S GROUP

May

**Tuesday
11th May**

Cooma Monaro Historic Car Club

Location: Cooma Monaro Historic Car Club

Time: Leaving Werri-Nina at 10.00am

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

Lunch: At Own Cost

RSVP: 26th April, 2021

Previously known as the Classic and Historical Automobile Club of Monaro Region, the "Cooma Car Club" was officially incorporated as The Cooma Monaro Historic Automobile Club Inc. (a non-profit organization) on 8 March 2002.

The club was formed with the principal objective of bringing together persons with a common interest to encourage the use, maintenance and presentation of motor vehicles without prejudice to make, model, method of manufacture or country, and other vehicles of interest that are at least 30 years old. The principal is strongly observed today.

Today we will share morning tea and allow you to speak to members who get together at the club weekly and discuss the direction you would like the Men's Group to take with monthly outings.

Our visit to the Car Club will be followed by lunch at the Ex-Services Club, Cooma.

Upcoming Men's Group Dates are:

Tuesday 15th June, 2021 - location to be advised

Tuesday 20th July, 2021 - location to be advised



RSVP

Confirmation of your attendance and transport is required at least one week prior to outings.

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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.

May

**Wednesday
5th May**

Expression through Painting

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

RSVP: 21st April, 2021

**Wednesday
12th May**

Mosaic Tiles

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

RSVP: 28th April, 2021

**Friday
7th May**

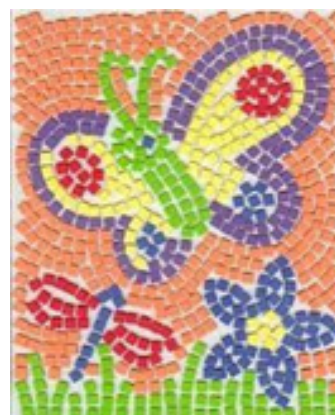
Expression through Painting

Location: Nimmitabel
Community Centre

RSVP: 23rd April, 2021

Recently we dabbled with paint to create some beautiful heart artworks. Today we revisit the use of string, chain, cotton buds or even paintbrushes as tools to create paintings of which we can be proud. This painting session will be a great warm-up for the upcoming "Pub Painting" event in July.

A mosaic is a picture or pattern produced by arranging small pieces of stone, tile, glass, etc. Let us have fun with mosaic's and design our own personalised mosaic that we will display outdoors in our gardens at the Bombala Community Centre and the Werri Nina Centre. Use your imagination, personalise with your initials and come up with your own design.



Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person

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

RSVP

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May

**Wednesday
19th May**

Biggest Morning Tea

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

Time: 10.00am to 12.00pm

RSVP: 5th May, 2021

**Wednesday
26th May**

Angel

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

Time: 10.00am to 12.00pm
or 2.00pm to 4.00pm

RSVP: 12th May, 2021

Australia's Biggest Morning Tea is a community event that raises vital funds to make a big difference for those impacted by cancer. This event has been running since 1994. Each year has been a resounding success, raising millions of dollars for the Cancer Council of Australia. We all know someone that has been impacted by cancer, so let's get together this morning and raise a little of those much-needed funds. There will be no activity fee charged for today, instead we ask that you bring a small donation to the Cancer Council of Australia.

Book folding is an art form that involves folding pages of a book — sometimes combined with cutting the paper — within the book's own binding. The finished work pops off the page three-dimensionally and may be hung on a wall or placed atop a table. Book folding is super easy. It is one of those crafts that looks so much harder than it actually is, and with a little patience and perseverance, you can transform a book into a piece of art.



Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person



RSVP

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June

Wednesday 2nd June

Mosaic Tiles

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

Activity: \$5.00 Per person

Time: 10.00am to 12.00pm *or*
2.00pm to 4.00pm

RSVP: 19th May, 2021

Today we will continue to work on our personalised mosaic tiles. A mosaic is a picture or pattern produced by arranging small pieces of stone, tile, glass, etc. Let us have fun with mosaic's and design our own individual personalised mosaic that we will display outdoors in our gardens at the Bombala Community Centre and the Werri Nina Centre.



Thursday 10th June

Pub Painting

Location: Alpine Hotel, Cooma

Activity: \$25.00 Per person

Time: 10.00am to 2.30pm

RSVP: 26th May, 2021

Today Dianne will be leading us in a painting exercise being held at the Alpine Hotel in Cooma. We will be gently guided until we can step back and (hopefully) be proud of our efforts. This is a fantastic opportunity to spend time with many familiar faces, also striving to complete a fabulous artwork and enjoy the day. Today we will follow up with lunch in the restaurant at the Alpine Hotel.



Cost

Community Transport: \$5.00 Per person

RSVP

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June

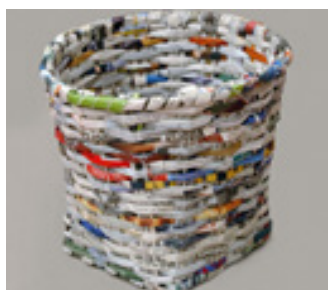
Wednesday 16th June

Recycled Magazine Basket

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

RSVP: 2nd June, 2021

These baskets are made using a traditional interweaving technique and uses up all those magazines we keep. You can use this basket to hold craft supplies, keys or just as a decorative piece of artwork.



Wednesday 23rd June

Button Art

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

RSVP: 9th June, 2021

Friday 11th June

Button Art

Location: Nimmitabel
Community Centre

RSVP: 28th May, 2021

It turns out there are all sorts of things you can do with buttons, from wall art to jewellery to thumbtacks. Buttons can be used for much more than clothing! This is precisely why it is a great idea to keep a big container of buttons on our craft shelves for button art ideas because Button crafts are fantastic; anyone can do them.

Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person

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

RSVP

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July

Wednesday 7th July

Decorative Garland

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

RSVP: 23rd June, 2021

Garlands have been a part of religious ritual and tradition from ancient times: the Egyptians placed garlands of flowers on their mummies as a sign of celebration in entering the afterlife; the Greeks decorated their homes, civic buildings, and temples with garlands and they have been used extensively over time as a feature when decorating during Christmas and other festivities. Use them to enhance your celebrations by decorating doors and or furniture.



Wednesday 14th July

Macrame Christmas Tree

Location: Werri-Nina
Centre Cooma and Bombala
Community Centre

RSVP: 30th June, 2021

Friday 9th July

Macrame Christmas Tree

Location: Nimmitabel
Community Centre

RSVP: 28th June, 2021

Germany is credited with starting the Christmas tree tradition, as we now know it, in the 16th century when devout Christians brought decorated trees into their homes. It is a widely held belief that Martin Luther, the 16th-century Protestant reformer, first added lighted candles to a tree. What a cute 'tree' that can be used all year! Neutral colours create a subtle outcome, and you can pop it on a small table or windowsill!

Cost

Activity: \$5.00 Per person

Community Transport: \$5.00 Per person

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

RSVP

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July

Wednesday 21st July

Christmas in July Luncheon

Location: Club Bombala

Activity: \$25.00 Per person

Time: 12.00pm to 2.00pm

RSVP: 7th July, 2021

'Christmas in July' is also known as Yulefest or Yuletide in Australia. July is generally the coldest month of winter, so celebrations emulate the northern hemisphere atmosphere; that means hearty food like roasts and warm drinks in front of fireplaces and bonfires. Christmas in July is an excellent excuse for us to get together for a party with a Christmas style luncheon, friends, music and all that comes with seasonal festivity!



Cost

Community Transport: \$5.00 Per person

Wednesday 28th July

Braiding Raffia

Location: Werri-Nina Centre Cooma and Bombala Community Centre

Activity: \$5.00 Per person

Time: 10.00am to 12.00pm or 2.00pm to 4.00pm

RSVP: 14th July, 2021

Today we will try our hand at braiding or plaiting raffia. Raffia is made from the leaves of the palm tree - Raphia ruffia. A wide variety of hats, mats, baskets, bags, and twine are made from this natural material. Once braided, the raffia can be used to make various items... Let your imagination take over. A small basket will be today's aim and we will discuss the possibility of a more complex project in the near future.



RSVP

Confirmation of your attendance and transport is required at least one week prior to outings.

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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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. Need a ride? Contact your local office to book. Time of pick-up and drop off to be confirmed on booking.

May

**Tuesday
11th May**

Delegate Cafe, Delegate
Time: 12.00pm - 2.00pm
Lunch: At own cost
Activity: \$5.00
Community Transport: \$5.00
RSVP: 27th April, 2021

**Tuesday
18th May**

Bombala Bingo
Bombala Community Centre
Time: 11.30am - 2.00pm
Lunch: \$15.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 4th May, 2021

**Thursday
27th May**

Trivia
Werri Nina Centre, Cooma
Time: 11.30am - 2.00pm
Lunch: \$15.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 13th May, 2021

RSVP

Confirmation of your attendance and transport is required at least one week prior to outings.

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June

Tuesday 8th June

Bacco Italian Restaurant,
Jindabyne
Time: 12.00pm - 2.00pm
Lunch: At Own Cost
Activity: \$5.00
Community Transport: \$5.00
RSVP: 25th May, 2021

Tuesday 15th June

Bombala Bingo
Bombala Community Centre
Time: 11.30am - 2.00pm
Lunch: \$15.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 1st June, 2021

Tuesday 22nd June

Snow Goose Hotel,
Adaminaby
Time: 12.00pm - 2.00pm
Lunch: At own cost
Activity: \$5.00
Community Transport: \$5.00
RSVP: 8th June, 2021

Thursday 24th June

Trivia
Werri Nina Centre, Cooma
Time: 11.30am - 2.00pm
Lunch: \$15.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 10th June, 2021

RSVP

Confirmation of your attendance and transport is required at least one week prior to outings.

Please phone **6451 1059** (Berridale), **6455 4000** (Cooma) or **6458 4620** (Bombala).

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LUNCH CLUBS

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July

**Tuesday
13th July**

Ex-Services Club, Cooma
Time: 12.00pm - 2.00pm
Lunch: At Own Cost
Activity: \$5.00
Community Transport: \$5.00
RSVP: 29th June, 2021

**Tuesday
20th July**

Bombala Bingo, Bombala
Community Centre
Time: 11.30am - 2.00pm
Lunch: \$15.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 6th July, 2021

**Tuesday
27th July**

Buckley's Crossing Hotel,
Dalgety
Time: 11.30am - 2.00pm
Lunch: At Own Cost
Activity: \$5.00
Community Transport: \$5.00
RSVP: 13th July, 2021

**Thursday
29th July**

Trivia
Werri Nina Centre, Cooma
Time: 11.30am - 2.00pm
Lunch: \$15.00
Activity: \$5.00
Community Transport: \$5.00
RSVP: 15th July, 2021

RSVP

Confirmation of your attendance and transport is required at least one week prior to outings.

Please phone **6451 1059** (Berridale), **6455 4000** (Cooma) or **6458 4620** (Bombala).

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OVERNIGHT STAY JOHNNY CASH AND JUNE CARTER SHOW



DINNER AND A SHOW - THURSDAY 15TH JULY - FRIDAY 16TH JULY 2021

This overnight foray into our capital allows us to immerse ourselves in just a little of the cultural opportunities available. We will partake in an early dinner before heading to The Q for a music-filled evening and follow up with a visit to our National Portrait Gallery the next day before heading home.

The Johnny Cash and June Carter show - take a step back in time to when country music told a true story of life, love and heartache. From the famous Walk The Line and Folsom Prison Blues to the iconic Ring of Fire. Now Jeff Carter, together with Brooke McMullen, bring to life a captivating and unforgettable musical concert. These two talented performers share an extraordinary onstage rapport, perfectly recreating the dynamic Johnny and June shared.

Please note numbers are strictly limited for this outing.

RSVP: - Please see booking form attached to this newsletter

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OVERNIGHT STAY JOHNNY CASH AND JUNE CARTER SHOW



THURSDAY 15TH JULY TO FRIDAY 16TH JULY 2021

ITINERARY:

THURSDAY 15TH JULY 2021

1.30pm Depart Werri-Nina Centre
3.30pm Check into accommodation
5.30pm Depart for dinner

FRIDAY 16TH JULY 2021

10.30am Check out of accommodation
11.00am National Portrait Gallery
2.00pm Departure
4.00pm Arrive Werri Nina

RSVP: Including accommodation payment in full by 1st June 2021.



COST:

ACCOMMODATION:

\$155.00 per person for a single occupancy room
\$80.00 per person for a twin share room
Accommodation at Quality Hotel, Dickson

TRANSPORT: \$30.00 per person

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

DINING: At Own Cost (breakfast, lunch, dinner and snacks).

SHOW TICKETS: \$54.00 per person (concession)

ACTIVITY FEE: \$10.00

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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. Need a ride? Contact our office to book.

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: Every Monday (excluding public holiday Monday 14th June)
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 3rd May, 2021
Book: Jessica - Bryce Courtenay, and The Guernsey Literary and Potato Peel Society - Mary Ann Shaffer

Date: Monday 7th June, 2021
Book: To be advised

Date: Monday 12th July, 2021
Book: To be advised

Note: All Novel Idea sessions are held at 2.00pm via Zoom.

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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 as our community becomes more active. 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.
- Please do not attend if you have any of the following symptoms, even if they are only mild:
 - o Fever
 - o Cough
 - o Sore/scratchy throat
 - o Shortness of breath

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. We now have Service NSW QR codes at both the Werri-Nina and Bombala Community Centres 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.

We look forward to seeing you again soon!

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

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LOCATIONS

Werri-Nina Centre

227 Sharp Street, Cooma

Bombala Community Centre

163 Maybe Street, Bombala

Jindabyne Bowling Club

2 Bay Street, Jindabyne

Delegate Cafe

64 Bombala Street, Delegate

Club Bombala

156 Maybe Street, Bombala

Bacco Italian Restaurant

Nuggetts Crossing Shopping Centre
10 Snowy River Avenue, Jindabyne

Nimmitabel Community Centre

Clarke Street, Nimmitabel

Snow Goose Hotel

7 Myack Street, Berridale

Cooma Ex-Services Club

106 Vale Street, Cooma

Alpine Hotel

170 Sharp Street, Cooma

Buckley's Crossing Hotel

1 Brierly Street, Dalgety

Cooma Monaro Historic Car Club

11 Bolaro Street, Cooma



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OVERNIGHT STAY DINNER AND A SHOW



BOOKING FORM - OVERNIGHT STAY - DINNER AND A SHOW THURSDAY 15TH JULY TO FRIDAY 16TH JULY, 2021

This form must be completed and handed in at Werri Nina, Cooma or Berridale HACC office, accompanied by payment for accommodation by **Tuesday 1ST JUNE, 2021**. Final payment for remaining costs should be provided by **Thursday 24TH JUNE, 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: \$155.00 per person

Twin share room YES NO Cost: \$80.00 per person

(Cost of accommodation is non-refundable)

Transport cost: \$30.00

Activity cost: \$10.00

Tour fees: \$15.00

RSVP including accommodation payment in full by TUESDAY 1ST JUNE, 2021.

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