

Community Connections Newsletter

What's on Calendar

May June July 2024



May | June | July 2024

Community Connections Newsletter

Welcome to the latest edition of the Community Connections Newsletter.

As the seasons change and cooler temperatures settle in, we're thrilled to bring you a collection of engaging activities to brighten your winter days.

With the autumn leaves beginning to colour our surroundings with vibrant hues, it's a perfect time to visit the picturesque South Coast. We have two options for you to choose from: a relaxing day trip to Oaklands at Pambula or an exciting overnight outing to Batemans Bay and Mogo Wildlife Park. Whether you're drawn to the tranquil surrounds of Oaklands or the captivating wildlife encounters at Mogo, these experiences promise to be filled with memorable moments and cherished connections.

Expand your knowledge of our local area and embark on a journey through time at the Cooma Railway Museum and Snowy Hydro Discovery Centre, learning about the fascinating history of our region's railways and hydroelectric endeavours. Alternatively, immerse yourself in the captivating world of ancient civilizations with a visit to the Discovering Ancient Egypt Exhibition at the National Museum of Australia in Canberra.

We're excited to introduce some new centre based activities to our program, designed to brighten your winter days. First up, we're happy to announce the expansion of our Garden Club to the Bombala Community Centre. Join us as we roll up our sleeves and prepare the garden beds and greenhouse for spring.

At the Werri-Nina Centre, join us for an afternoon of stitches and stories at our monthly 'Knitters & Natters' sessions. Whether you're a novice, expert or anywhere in between, come along to share your expertise, learn new skills, or simply enjoy the soothing rhythm of needles clacking and laughter filling the air. For those who prefer a different kind of leisure, we invite you to join us for our monthly Movie Afternoon at the Werri-Nina Centre! Settle into a cosy seat, grab some freshly popped popcorn, and sip on a steaming cup of hot chocolate as we enjoy an afternoon of entertainment!

Please read on to find out more about these exciting activities and much more. We aim to make this winter one to remember, filled with laughter, learning, and lasting memories.

Please note this issue does not include a Community Transport calendar for the month of July due to bus trips and prices being reviewed for the new financial year. Please contact Community Transport for more information about July outings on 6451 1054.

Community Support Programs Team

Community Connections

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		1 Arts and Crafts & Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre	2 Garden Club Werri-Nina Centre Dinner Club Alpine Hotel, Cooma	3	4	5
6 Chair Yoga Werri-Nina Centre	7 Combined Group Oaklands Pambula	8 Arts and Crafts Werri-Nina Centre & Bombala Community Centre Chair Yoga Werri-Nina Centre	9 Garden Club Werri-Nina Centre Cooma Community Garden Talk	10 Arts and Crafts Nimmitabel Community Centre	11	12
13 Chair Yoga Werri-Nina Centre Novel Idea Ex-Services Club Cooma	14 Lunch Club Cafe 123, Cooma	15 Arts and Crafts & Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre	16 Garden Club Werri-Nina Centre	17 Combined Group Bombala Bingo	18	19
20 Cards Werri-Nina Centre	21	22 Arts and Crafts Werri-Nina Centre & Bombala Community Centre Chair Yoga Werri-Nina Centre Coffee with a Cop Bombala Community Centre	23 Garden Club Werri-Nina Centre	24 Combined Group Craft Alive EPIC Canberra	25	26
27 Chair Yoga Werri-Nina Centre	28	29 O'night Outing Mogo/Batemans Bay	30 O'night Outing Mogo/Batemans Bay	31		

Community Connections

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
					1	2
3 Chair Yoga Werri-Nina Centre Novel Idea	4 Combined Group Cooma Railway Museum	5 Arts and Crafts & Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre	6 Garden Club Werri-Nina Centre Dinner Club Coffeys Hotel	7	8	9
10 Public Holiday	11 Lunch Club Monaro Seafood Cafe Cooma	12 Arts and Crafts Werri-Nina Centre & Bombala Community Centre Chair Yoga Werri-Nina Centre	13 Knitters & Natters Werri-Nina Centre	14 Arts and Crafts Nimmitabel Community Centre	15	16
17 Cards Ex-Services Club Cooma	18 Combined Group Music @ Midday Canberra	19 Arts and Crafts Werri-Nina Centre & Bombala Community Centre Chair Yoga Werri-Nina Centre	20 Garden Club Werri-Nina Centre Movie Werri-Nina Centre	21 Combined Group National Museum of Australia Canberra	22	23
24 Chair Yoga Werri-Nina Centre	25 Planning Week	26 Planning Week	27 Planning Week	28 Planning Week	29	30

Community Connections

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1 Drumming Werri-Nina Centre Chair Yoga Werri-Nina Centre Novel Idea	2	3 Arts and Crafts & Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre	4 Garden Club Werri-Nina Centre Dinner Club Cooma Hotel Cooma	5	6	7
8 Drumming Werri-Nina Centre Chair Yoga Werri-Nina Centre	9 Lunch Club Artesan Cafe Cooma	10 Arts and Crafts Werri-Nina Centre & Bombala Community Centre Chair Yoga Werri-Nina Centre	11 Knitters & Natters Werri-Nina Centre	12 Arts and Crafts Nimmitabel Community Centre	13	14
15 Cards Werri-Nina Centre	16 Combined Group Snowy Hydro Discovery Centre Cooma	17 Overnight Dinner & Show	18 Garden Club Werri-Nina Centre Movie Werri-Nina Centre	19	20	21
22 Drumming Werri-Nina Centre Chair Yoga Werri-Nina Centre	23	24 Combined Group Christmas in July Nimmitabel	25 Knitters & Natters Werri-Nina Centre	26	27	28
29 Drumming Werri-Nina Centre Chair Yoga Werri-Nina Centre	30 Combined Group Spotlight Queanbeyan	31 Arts and Crafts Werri-Nina Centre & Bombala Community Centre Chair Yoga Werri-Nina Centre				

Community Transport

May | 2024

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 Bombala to Cooma Bus \$10	14	15	16 Delegate to Bombala Bus \$10 Delegate/Bombala to Canberra Bus \$20	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 Bombala to Cooma Bus \$10	28	29	30 Delegate to Bombala Bus \$10 Delegate/Bombala to Bega Bus \$20	31 Bombala Township Bus \$7		

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

June | 2024

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

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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 7 May

Activity:	Oaklands Barn
Where:	Pambula
Time:	11am - 2pm
Cost:	Activity: \$5pp Transport: \$20pp Lunch at own cost
RSVP:	30 April 2024

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

Our trip today is all about relaxing in a charming rural atmosphere while enjoying a delicious lunch from the Oaklands Café. Lunch will be followed by a stroll through the extensive garden centre filled with beautiful plants, pots and all your gardening needs.

Take a look at the gift shop filled with homewares and rustic gifts, the art gallery showcasing local talents, and then head down to the chocolate and ice-cream shop filled with sweets and treats to tease the taste buds.

After an enjoyable visit, we will get back on the bus for the scenic trip home.

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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Friday 17 May

Activity:	Bingo
Where:	Club Bombala
Time:	11am - 2.30pm
Cost:	Activity \$5pp Transport \$10pp \$6 per Bingo Book
RSVP:	3 May 2024

Today we are getting our Bingo game face on.

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

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

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

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Craft Alive

CANBERRA

Friday 24 May

Activity:	Craft Alive
Where:	EPIC Canberra
Time:	11am to 2.30pm
Cost:	Activity: \$5pp Transport: \$20pp Entry: Adult \$20pp Concession \$18pp
	Lunch at own cost
RSVP:	10 May 2024

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

This is a fantastic opportunity to explore a wide variety of crafts, and let us know which ones you are most interested in trying. This will help expand our crafty repertoire and encourage us to improve our crafty skills.

Enjoy lunch at your leisure at the onsite café.

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Tuesday 4 June

Activity:	Cooma Railway Museum
Where:	Cooma
Time:	10.30am - 2pm
Cost:	Activity \$5pp Transport \$5pp
	Entry: Concession \$6pp, Adult \$10pp
	Lunch at own cost
RSVP:	22 May 2024

If you are a railway enthusiast or generally interested in locally significant historical venues then today is the day for you.

Established in 1991, the Cooma Monaro Railway (CMR) is an Australian Heritage Railway Museum and Tourist Railway, based out of Cooma Railway Station, one of the last remaining, fully complete regional railway yards in NSW. The CMR is dedicated to the development of the Cooma Monaro Railway Museum to preserve the rich railway heritage for generations to come.

We will have the opportunity to learn about the planned restoration of the railway line for tourist services between Snowy Junction to the north and heading south to the terminus at Bombala.

Following our visit to Cooma Railway Museum we'll enjoy lunch at the Cooma Ex-Services Club.

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Tuesday - 18 June

Activity:	Music at Midday
Where:	Canberra Theatre, Canberra Hellenic Club, Phillip ACT
Time:	11am to 2.30pm
Cost:	Activity: \$5pp Transport: \$20pp Lunch at own cost
Entry:	Gold Coin Donation
RSVP:	ASAP

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

Entry is a gold coin donation with all the proceeds raised going to a local charity.

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

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Friday 21 June

Activity:	Discovering Ancient Egypt
Where:	National Museum of Australia
Time:	11am - 2.30pm
Cost:	Activity: \$5pp Transport: \$20pp
	Entry: Concession \$20pp Adult: \$25pp
	Lunch at own cost
RSVP:	7 June 2024

Journey to the land of the pyramids to discover stunning objects from the remarkable collection of the Dutch National Museum of Antiquities (Rijksmuseum van Oudheden).

See ornate sculptures, rare Book of the Dead scrolls, exquisite jewellery along with 10 coffins, which reveal insights into the everyday life and culture of the ancient Egyptians. Discovering Ancient Egypt draws on centuries of study of the lived experiences of the ancient Egyptians. Explore their gods and society, creativity and belief in an eternal afterlife.

This outing gears up to provide us with a fascinating insight into Ancient Egypt. We will have ample time to immerse ourselves in the impressive exhibition, take lunch at our leisure in the Museum Cafe and if time allows, indulge in a walk through some of the permanent displays.

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Tuesday 16 July

Activity:	Snowy Hydro Discovery Centre
Where:	Cooma
Time:	11am - 2pm
Cost:	Activity: \$5pp Transport: \$5pp Lunch at own cost
RSVP:	2 July 2024

Take your time exploring the extensive detailed display in the Snowy Hydro Discovery Centre with others who also have an interest in this dynamic, integrated energy business.

View the Snowy Mountains and the mighty Snowy Scheme with a virtual flight in the state-of-the-art immersive theatre, with its 14m-wide screen and floor projections. Experience how Snowy Hydro operates today - find out about the pumped-hydro expansion mega project, Snowy 2.0. See the latest progress of the project and check out the 3m model tunnel boring machine with a moving cutter head.

Afterwards, we will enjoy a light lunch at the Discovery Centre Cafe.

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Wednesday 24 July

Activity:	Christmas in July
Where:	Nimmitabel Community Hall
Time:	12pm - 2pm
Cost:	Activity: \$5pp Transport: \$10pp Lunch \$25pp
RSVP:	10 July 2024

Celebrating Christmas in July is a whimsical and festive affair that brings the magic of the holiday season to the middle of our winter. It's a time when people embrace the joy of yuletide traditions with the spirit of Christmas filling the air. Families and friends take the opportunity to gather and indulge in traditional seasonal fare.

Today the Nimmitabel CWA ladies have worked hard preparing a tasty lunch and creating a warm Christmas atmosphere in the Nimmitabel Community Hall Supper Room for us to enjoy.

Carols to sing, bonbons to pull and silly jokes to be shared. Celebrating Christmas in July brings warmth, laughter and a sense of togetherness reminiscent of the December festivities

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Tuesday 30 July

Activity:	Retail Adventure
Where:	Queanbeyan
Time:	11am - 2.30pm
Cost:	Activity: \$5pp Transport: \$25pp Lunch at own cost
RSVP:	16 July 2024

Our retail adventure begins at Spotlight in Queanbeyan. Spotlight is a family-owned and operated business with stores throughout Australia, New Zealand and Asia – providing a huge variety of fabrics, craft and homewares to millions of customers each year.

Our next destination is Riverside Plaza, giving us a central meeting point that provides access to the many stores in the Centre and within a short walk of Kmart, Homebase and more.

Today will offer plenty of retail opportunities and the flexibility to have lunch at your leisure fitting in with your shopping experience.

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Overnight Stay

Our overnight stays offer a chance to venture beyond our local area and discover towns in different regions. Unwind and savour an evening away, experiencing new sights and enjoying good company.



Mogo Wildlife Park - Batemans Bay Overnight Stay

Wednesday 29 May - Thursday 30 May 2024

Our adventure begins with the beautiful drive that leads us to our first destination, Colombo Park, Bemboka, where we'll enjoy a picnic lunch before continuing our journey.

Batemans Bay, the initial destination for our overnight stay is nestled along the stunning South Coast, offering a delightful seaside retreat for visitors with pristine beaches and azure waters.

Our accommodation at the Batemans Bay Marina Resort offers cabins a stone's throw from the water and you will have ample time to walk along the beach if you choose. We will dine at Club Catalina and follow up with a games evening at our accommodation for those with a competitive streak.

Our return trip will be highlighted by a visit to Mogo Wildlife Park, founded with a strong passion for giving a home to the world's most endangered and curious species – you'll find lions, tigers, white rhinoceros, red pandas, and many more unique and endangered species. Mogo Wildlife Park is one of the most peaceful and spacious 'zoo experiences' you'll ever find. Carefully designed to emulate their natural habitats, the enclosures cater expertly to the wildlife and allow you to observe them more authentically than in a traditional city zoo.

Upon leaving the zoo we will make our way to the township of Mogo for those who may wish to lunch there or review the retail opportunities before we head for home on the final stretch of our overnight escape.

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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

Wednesday 29 May

10am	Depart Werri-Nina
11.15am	Arrive Colombo Park Bemboka
12.15pm	Depart Colombo Park Bemboka
2.45pm	Arrive Batemans Bay Marina Resort
5.30pm	Depart for dinner at Club Catalina
7.30pm	Games evening - Batemans Bay Marina Resort



Thursday 30 May

8.45am	Checkout Batemans Bay Marina Resort
9am	Arrive Mogo Wildlife Park
11.30am	Depart Mogo Wildlife Park
11.45pm	Arrive Mogo
1pm	Depart Mogo
5pm	Arrive at Werri-Nina



Costs Accommodation

Location:	Batemans Bay Marina Resort
\$130pp*:	Per Person - one bedroom cabin
\$80pp*:	Per Person - two bedroom cabin
Location:	The Esplanade, Bay Soldiers Club
Accessible accommodation \$220pp*:	
Per room - suit a couple \$210pp*:	
Per room - single person	

Both locations include continental breakfast

Other

\$20pp:	Activity fee - including light lunch Wednesday 29 May
\$35pp:	Concession entry Mogo Wildlife Park
\$50pp*:	Transport

All meals (excluding breakfast) at own cost

* Includes return transport from Cooma to Batemans Bay and transport to/from organised activities.

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This is Elvis - Dinner and a Show Overnight Stay

Wednesday 17 July - Thursday 18 July 2024

Attending an Elvis tribute show is like stepping into a time capsule of rock 'n' roll nostalgia. From the moment the lights dim and the music begins, the energy in the room surges with anticipation. As the performer takes the stage, adorned in sequined jumpsuits and slicked-back hair, the audience erupts with a cheer. With every hip shake and crooning note, it feels as though Elvis himself has been resurrected.

Ben Portsmouth achieved a historic milestone in August 2012 by winning the "Ultimate Elvis Tribute Artist Contest" organised by Elvis Presley Enterprises in Memphis, Tennessee. This victory crowned Ben as the "Worldwide Ultimate Elvis Tribute Artist," making him the first non-American artist to claim this esteemed title, he looked like Elvis, sang like Elvis and had an on-stage charisma that had audiences believing at times they were watching the King himself.

The Canberra Southern Cross Club offers a fabulous Dinner and a Show package providing us with premium seating for the show.

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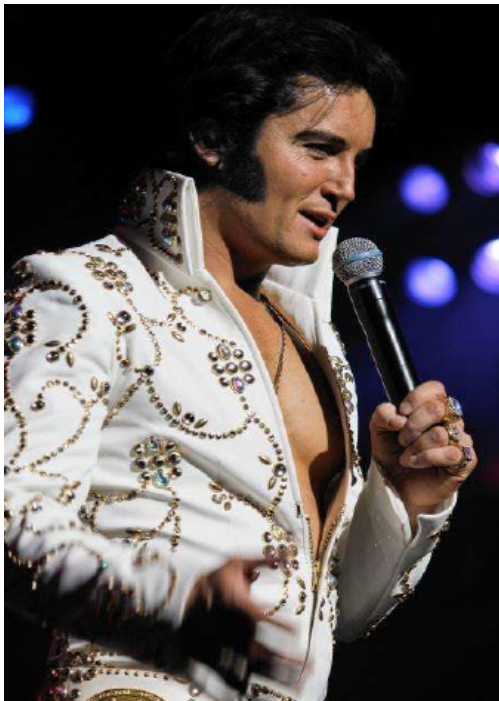
Itinerary

Wednesday 17 July

2pm	Depart Werri-Nina
3.30pm	Canberra Rex Hotel
5.30pm	Depart for Southern Cross Club Woden
10pm	Depart for Canberra Rex Hotel

Thursday 18 July

10am	Check out and depart Accommodation
11.45am	Arrive at Werri-Nina



Costs Accommodation

Location:	Canberra Rex Hotel
\$197pp*:	Per Person - single occupancy
\$110pp*:	Per Person - twin share
	* Includes full breakfast

Other

\$10pp:	Activity fee
\$116pp:	Ticket Dinner and Show This is Elvis - Ben Portsmouth
\$40pp*:	Transport
	* Includes return transport from Cooma to Canberra and transport to/from organised activities.

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Cards

Cards day is an opportunity to catch up with friends at various locations around our region. If you enjoy trying your hand at various card games, come and join us for a few games followed by lunch and a social catch up.

Monday 20 May

Activity: Cards
 Where: Werri-Nina Centre
 Time: 10.30am - 2pm
 Cost: Activity: \$5pp Transport: \$5pp
 Takeaway lunch at own cost
 RSVP: 6 May 2024



Monday 17 June

Activity: Cards
 Where: Ex-Services Club Cooma
 Time: 10.30am - 2pm
 Cost: Activity: \$5pp Transport: \$5pp
 Lunch at own cost
 RSVP: 3 June 2024



Monday 15 July

Activity: Cards
 Where: Werri-Nina Centre
 Time: 10.30am - 2pm
 Cost: Activity: \$5pp Transport: \$5pp
 Takeaway lunch at own cost
 RSVP: 1 July 2024

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Arts & Crafts - Werri-Nina Centre

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

Wednesday 1 May

Activity: Hearts Painted

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: ASAP

Australia's national heart health awareness week is held in the first week of May each year. To promote the importance heart health, we have decided to dedicate all the May craft sessions to this topic. Starting our heart-themed craft, we will paint a canvas of hearts. This colourful and creative canvas will bring to life how we each interpret the heart symbol. Once completed, we will display them together as one collage of hearts.

Wednesday 8 May

Activity: Hearts Macrame

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: ASAP

Macrame is a craft that uses knots to make intricate patterns and designs. Today we will be knotting macrame cord around a frame to create a whimsical heart with beautiful tassled edges. This piece will look stunning on the wall or given with love as a unique gift.

Wednesday 15 May

Activity: Hearts String

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 1 May 2024

Today's craft is a fun and creative way to continue our heart theme using yarns and string. We will wrap yarn around templates to create textured heart shapes in different sizes to either make a stand-out piece or mix and make a display of hearts.

Wednesday 22 May

Activity: Hearts Clay

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 8 May 2024

Following our heart theme we will be making hearts from clay and then decorating them using different mediums. Once completed and dried we will hang them as a part of our overall heart display.

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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 5 June

Activity: Wool Felt Balls

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 22 May 2024

The practice of using essential oils has been around for centuries with effects proven to be beneficial through the sense of smell by relieving stress and creating a sense of wellbeing.

Today we are creating felted balls of different sizes and colours. We will then string them together and sprinkle some essential oil to complete our diffuser to hang in a room to create a sense of welcoming calm.

Wednesday 12 June

Activity: Combined Group
Decoupage Frames

Where: Werri-Nina Centre

Time: 11am to 2.30pm

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

RSVP: 29 May 2024

Decoupage frames involves the process of decorating frames with various materials such as decorative paper, fabric or even magazine clippings. The completed pieces will be stored to become part of our Lake Light Sculpture competition entry in 2025.

Wednesday 19 June

Activity: Wool Felt Balls continued

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 5 June 2024

Today we will be following on with completing our essential oil diffuser felted balls, then we will make more of different sizes and colours for an upcoming craft later in the year.



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

Arts & Crafts - Werri Nina

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

Wednesday 3 July

Activity: Bee Bowls

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 19 June 2024

Bees are a crucial part of our well-being as humans.

Their hard work pollinating the flowers and trees, rewarding us with beautiful blooms and delicious fruits and vegetables.

As such an indispensable part of nature, we need to look after these little buzzing bees, so today we are making a bee bowl to place in your garden or pots to create a source of water and rest for our hard-working friends.

Wednesday 10 July

Activity: Christmas Trees & Stars

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 26 June 2024

It's starting to sound a lot like Christmas (in July!)

With our Christmas in July lunch approaching, we will create table decorations of string Christmas trees and stars. Our tables will look festive and cheery, afterwards you can take them to display in your home.

Wednesday 31 July

Activity: Bee Bowls continued

Where: Werri-Nina Centre

Time: 11am to 1pm

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

RSVP: 3 July 2024

Today we will continue finishing our Bee Bowl, once painted we will attach the stems ready for you to take home and place in your gardens.



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

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 1 May

Activity: Hearts Painted

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: ASAP

Australia's national heart health awareness week is held in the first week of May each year. To promote the importance heart health, we have decided to dedicate all the May craft sessions to this topic. Starting our heart-themed craft, we will paint a canvas of hearts. This colourful and creative canvas will bring to life how we each interpret the heart symbol. Once completed, we will display them together as one collage of hearts.

Wednesday 8 May

Activity: Hearts Macrame

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: ASAP

Macrame is a craft that uses knots to make intricate patterns and designs. Today we will be knotting macrame cord around a frame to create a whimsical heart with beautiful tassled edges. This piece will look stunning on the wall or given with love as a unique gift.

Wednesday 15 May

Activity: Hearts String

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 1 May 2024

Today's craft is a fun and creative way to continue our heart theme using yarns and string. We will wrap yarn around templates to create textured heart shapes in different sizes to either make a stand-out piece or mix and make a display of hearts.

Wednesday 22 May

Activity: Hearts Clay

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 8 May 2024

Following our heart theme we will be making hearts from clay and then decorating them using different mediums. Once completed and dried we will hang them as a part of our overall heart display.

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

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 5 June

Activity: Wool Felt Balls

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 22 May 2024

The practice of using essential oils has been around for centuries with effects proven to be beneficial through the sense of smell by relieving stress and creating a sense of wellbeing.

Today we are creating felted balls of different sizes and colours. We will then string them together and sprinkle some essential oil to complete our diffuser to hang in a room to create a sense of welcoming calm.

Wednesday 12 June

Activity: Combined Group
Decoupage Frames

Where: Werri-Nina Centre

Time: 11am to 2.30pm

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

RSVP: 29 May 2024

Decoupage frames involves the process of decorating frames with various materials such as decorative paper, fabric or even magazine clippings. The completed pieces will be stored to become part of our Lake Light Sculpture competition entry in 2025.

Wednesday 19 June

Activity: Wool Felt Balls continued

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 5 June 2024

Today we will be following on with completing our essential oil diffuser felted balls, then we will make more of different sizes and colours for an upcoming craft later in the year.

Wednesday 3 July

Activity: Bee Bowls

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 19 June 2024

Bees are a crucial part of our well-being as humans. Their hard work pollinating the flowers and trees, rewarding us with beautiful blooms and delicious fruits and vegetables.

As such an indispensable part of nature, we need to look after these little buzzing bees, so today we are making a bee bowl to place in your garden or pots to create a source of water and rest for our hard-working friends.

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

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 10 July

Activity: Christmas Trees & Stars

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 26 June 2024

It's starting to sound a lot like Christmas (in July)

With our Christmas in July lunch approaching, we will create table decorations of string Christmas trees and stars. Our tables will look festive and cheery, afterwards you can take them to display in your home.

Wednesday 31 July

Activity: Bee Bowls continued

Where: Bombala Community Centre

Time: 11am to 1pm

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

RSVP: 3 July 2024

Today we will continue finishing our Bee Bowl, once painted we will attach the stems ready for you to take home and place in your gardens.



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

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 May

Activity: Hearts Macrame

Where: Nimmitabel Community Centre

Time: 10am to 12pm

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

RSVP: 1 May 2024

Macrame is a craft that uses knots to make intricate patterns and designs. Today we will be knotting macrame cord around a frame to create a whimsical heart with beautiful tassled edges. This piece will look stunning on the wall or given with love as a unique gift.

Friday 12 July

Activity: Bee Bowls

Where: Nimmitabel Community Centre

Time: 10am to 12pm

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

RSVP: 28 June 2024

Bees are a crucial part of our well-being as humans. Their hard work pollinating the flowers and trees, rewarding us with beautiful blooms and delicious fruits and vegetables.

As such an indispensable part of nature, we need to look after these little buzzing bees, so today we are making a bee bowl to place in your garden or pots to create a source of water and rest for our hard-working friends.

Friday 14 June

Activity: Wool Felt Balls

Where: Nimmitabel Community Centre

Time: 10am to 12pm

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

RSVP: 31 May 2024

The practice of using essential oils has been around for centuries with effects proven to be beneficial through the sense of smell by relieving stress and creating a sense of well-being.

Today we are creating felted balls of different sizes and colours. We will then string them together and sprinkle some essential oil to complete our diffuser to hang in a room to create a sense of welcoming calm.



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

Lunch & Dinner Club

Meet with others in your community to enjoy good food and good company at Lunch Club! Held at various restaurants and eateries across the Snowy Monaro Region..

Lunch Club

Tuesday 14 May

Where: Cafe 123, Cooma

Time: 12pm to 2pm

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

RSVP: 1 May 2024

Dinner Club

Thursday 2 May

Where: Alpine Hotel Cooma

Time: 5.30pm to 7.30pm

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

RSVP: ASAP

Tuesday 11 June

Where: Monaro Seafood Cafe, Cooma

Time: 12pm to 2pm

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

RSVP: 28 May 2024

Thursday 6 June

Where: Coffeys Hotel, Cooma

Time: 5.30pm to 7.30pm

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

RSVP: 23 May 2024

Tuesday 9 July

Where: Artesan Cafe

Time: 12pm to 2pm

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

RSVP: 25 June 2024

Thursday 4 July

Where: Cooma Hotel, Cooma

Time: 5.30pm to 7.30pm

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

RSVP: 20 June 2024

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

Education & Wellness

Staying mentally and physically healthy will lead to a longer, stronger life. Snowy Monaro Regional Council are offering education and wellness sessions to support you in living an active life.

Chair Yoga Program

Activity: Chair Yoga

Where: Werri-Nina Centre

Time: Monday 11am to 12pm

Wednesday 2pm to 3pm

Cost: \$10pp per class

Transport: \$5pp

RSVP: ASAP

Chair Yoga Program Dates

Monday (11am to 12pm)

6 May

13 May

27 May

3 June

24 June

1 July

8 July

22 July

29 July

Wednesday (2pm to 3pm)

1 May

8 May

22 May

5 June

12 June

19 June

3 July

10 July

31 July

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.

Chair Yoga is 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!

Drumming Program

Activity: Drum Circle

Where: Werri-Nina Centre

Time: Monday 10am to 11am

Cost: \$10pp per class

Transport: \$5pp

RSVP: ASAP

Drumming Program Dates

Monday (10am to 11am)

1 July

8 July

22 July

29 July

Gathered in a circle we are connected as a group. It is well recognised that community drumming relaxes the body, reduces stress and tension, supports mindfulness, a sense of happiness and connections to one another - creating an atmosphere where barriers are opened and shared.

Drumming is an ancient tradition and is found in cultures all around the world. It is an integral part of music which is so important in all our lives. All of us have music within us. Our very heartbeat is a rhythm of life we all own.

Over the past 10 years Paul has had the privilege of sharing drumming in most schools on the Monaro for Monaro Family Support Service; an enriching experience chatting, sharing rhythms and time together.

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

Education & Wellness

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

Garden Club - Werri-Nina Centre

Where:	Werri-Nina Centre
Time:	Thursday 10am to 12pm - unless otherwise stated
Cost:	\$5pp Transport: \$5pp
RSVP:	ASAP

Thursday 9 May

Activity: Bee/Insects Talk

Today Kerry Dunlop, from The Cooma Community Garden program will be coming to talk about the importance of pollinators in our gardens. Also she will bring in a prototype of a bee / insect hotel that can be placed in the garden to offer protection and a safe resting place for our pollinators. Over a cuppa Kerry will answer any questions that may arise from the session. There will be a follow up session in spring when Kerry will talk about maintenance of the 'hotel' and the different flowers and plants that attract the pollinators needed to make our gardens flourish.

Thursday 16 May

Activity: Seed Propagation!

This week will start propagating some seeds ready for spring planting. We will start a mix of both flower and vegetable varieties. Once sown in trays we will place them in our hot house and watch them grow ready to transplant in spring.

Thursday 23 May

Activity: Scarecrow Spruce Up!

Now our tomatoes have released our scarecrow from their clutch we can give her a long overdue make-over with a nice winter outfit ready for the cold months ahead. We also will make sure we have planted all our spring bulbs in the garden beds ready for our spring time blooms.



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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Garden Club - Werri-Nina Centre

Thursday 6 June

Activity: Olla Watering Pots

Time: 1.30pm - 3.30pm

Olla (pronounced oya) means "pot" in Spanish, but the concept of using ollas as an irrigation system goes back thousands of years and has been used in countless cultures around the world. An olla watering system uses a unglazed clay pot that is buried beneath the soil with only a small amount sticking up above the surface and filled with water, the water then slowly seeps out to water your plants from the roots resulting in healthier and stronger plants. We will be making some olla pots to place in our beds throughout our garden to help retain moisture

Thursday 4 July

Activity: Kitchen Herb Bowl

Time: 1.30pm - 3.30pm!

Adding fresh home grown herbs to your cooking enhances the satisfaction of creating home cooked meals full of flavours and colour while helping to maintain a healthy diet. Herbs have so many beneficial uses not just in cooking but also for our general wellbeing. Their fragrance can bring a sense of calm to your kitchen and throughout your home, the beauty of bringing some green inside with the benefit of easy picking when required. Today we are going to create a window box full of herbs to enjoy from inside your kitchen.

Thursday 20 June

Activity: Mulching Time

With winter weather really upon us now we need to make sure our garden beds are well mulched to help protect our plant root system from the extreme temperatures and frosts. Winter mulching also helps retain moisture in the ground and preventing the growth of any unwanted weeds.

Thursday 18 July

Activity: Winter Maintenance!

Even though the cold weather keeps us out of the garden we still need to make sure our plants are happy and healthy. After a nice warm cuppa today we will do a check through our garden for any jobs that need to be done and start to discuss plans for the preparation of our spring garden plans.

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

Education & Wellness

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

Garden Club - Bombala Community Centre

Where: Bombala Community Centre

Time: Wednesday 1.30pm to 2.30pm

Cost: \$5pp

Transport: \$5pp

RSVP: ASAP

Wednesday 1 May

Activity: Mulching Time

With winter weather really upon us now we need to make sure our garden beds are well mulched to help protect our plant root system from the extreme temperatures and frosts. Winter mulching also helps retain moisture in the ground and preventing the growth of any unwanted weeds.

Wednesday 5 June

Activity: Winter Maintenance!

Even though the cold weather keeps us out of the garden we still need to make sure our plants are happy and healthy. After a nice warm cuppa today we will do a check through our garden for any jobs that need to be done and start to discuss plans for the preparation of our spring garden plans.

Thursday 15 May

Activity: Scarecrow Spruce Up!

Now our garden beds have been given some TLC and prepared for the winter ahead let's give our resident scarecrow a long overdue make-over with a nice winter outfit ready for the cold months ahead. We also will make sure we have planted all our spring bulbs in the garden beds ready for our spring time blooms.

Wednesday 3 July

Activity: Seed Propagation!

This week will start propagating some seeds ready for spring planting. We will start a mix of both flower and vegetable varieties. Once sown in trays we will place them in our hot house and watch them grow ready to transplant in spring.

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

Education & Wellness

Staying mentally and physically healthy will lead to a longer, stronger life. Snowy Monaro Regional Council are offering education and wellness sessions to support you in living an active life.

Coffee with a Cop - Bombala

Wednesday 22 May 2024

Activity: Coffee with a Cop
 Where: Bombala Community Centre
 Time: 1pm to 3pm
 Cost: Transport: \$5pp.
 RSVP: 8 May 2024

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

Novel Idea - Teleconference

Second Monday of the month

Activity: Book Club
 Where: Via Teleconference
 Time: 2pm

You might think that reading groups are simply an arena for book worms to indulge in their favourite passion or for you to have an enjoyable argument about your favourite story or characters with like-minded individuals. However, book clubs may offer more lifelong benefits than you realise, reading group discussions do wonders for your communication skills. Book clubs are also a wonderful breeding ground for ideas and motivate you to pen your own literary masterpiece and offer the opportunity to meet and befriend new people from all walks of life.

May:	Make Me	Author: Lee Child
June:	The Nowhere Child	Author: Christian White
July:	The Happiest Refugee	Author: Anh Do

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

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

Education & Wellness

Staying mentally and physically healthy will lead to a longer, stronger life. Snowy Monaro Regional Council are offering education and wellness sessions to support you in living an active life.

Knitters & Natters - Werri-Nina Centre

Activity:	Knitting/Crocheting	Knitters & Natters Dates
Where:	Werri-Nina Centre	Thursday 13 June 2024
Time:	10am to 12pm	Thursday 11 July 2024
Cost:	\$5pp	Thursday 25 July 2024
	Transport: \$5pp.	
RSVP:	ASAP	

Are you a keen knitter? Would you like to have a go? Do you envy the crocheting prowess of others? Welcome one and all – whether you wish to share knowledge, are an absolute beginner or just wish to bring along a project that you are working on and have a natter – come along and join our fledgling group.

Our first get together Thursday 13 June, will offer the opportunity to perfect the crocheted granny square for those who have limited crochet skills and a basic introduction for absolute first timers – regardless of whether you are left or right handed – with subsequent sessions focusing on incorporating trying our hand at knitting for beginners.

Movie Afternoon - Werri-Nina Centre

Activity:	Movie Afternoon	Movie Afternoon Dates
Where:	Werri-Nina Centre	Thursday 20 June 2024
Time:	1pm to 3pm	Thursday 18 July 2024
Cost:	\$5pp	
	Transport: \$5pp.	
RSVP:	ASAP	

Winter is here and it gets harder to convince ourselves to get out and about. Movie afternoons filled with the scent of freshly made hot chocolate and popcorn as a film plays on the screen, captivating hearts and minds, momentarily transporting viewers to distant lands or bygone eras; each scene drawing everyone deeper into the storyline. A cherished moment of togetherness, where the chill of winter is forgotten in the warmth and shared experiences and the magic of cinema.

Join us for a movie afternoon at Werri-Nina and get drawn into the world of cinema. Please phone for details and further information.

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

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

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.

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.

Fridays: Fish and chip Friday

BOMBALA

Frozen Meal Delivery Options: Frozen meals, desserts and soups are available in all towns across our region.

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.



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/Library
163 Maybe St, Bombala

Nimmitabel Community Centre
Clarke St, Nimmitabel

Cooma Library
61 Vale St, Cooma

Canberra Theatre
Civic Square, London Cct, Canberra

Alpine Hotel
170 Sharp St, Cooma

Café 123
123 Sharp St Cooma

Cooma Railway Museum
Bradley St Cooma

National Museum of Australia
Lawson Cres Acton ACT

Cooma Ex-Services Club
Vale St, Cooma

Batemans Bay Marina Resort
46 Beach Rd, Batemans Bay

Catalina Club
154 Beach Rd, Batemans Bay

Artisan Kebab
92A Sharp St Cooma

Spotlight
6 Bungendore Rd Queanbeyan

Oaklands Barn
3456 Princess Hwy, Pambula

Alpine Hotel
170 Sharp St Cooma

Hellenic Club
1 Matilda St, Phillip ACT

Coffeys' Hotel
6 Short St Cooma

Exhibition Park in Canberra
Flemington Rd, Mitchell ACT

Mogo Wildlife Park
222 Tomakin Rd Mogo

Monaro Seafoods
131 Sharp St Cooma

Canberra Southern Cross Club
92-96 Corinna St Phillip ACT

Snowy Hydro Discovery Centre
1 Monaro Hwy Cooma

Club Bombala
156 Maybe St, Bombala

Riverside Plaza
131 Monaro St Queanbeyan

Canberra Rex Hotel
150 Northbourne Ave Canberra

Batemans Bay - Mogo Overnight Stay

BOOKING FORM

Batemans Bay Overnight Stay

Wednesday 29 May - Thursday 30 May 2024

This form must be completed and handed in at Werri-Nina, Cooma - accompanied by payment for accommodation by Tuesday 8 May 2024. Final payment for remaining costs should be made by Monday 20 May 2024.

Name: _____

Phone: _____

Address: _____

Pick up required from home YES NO

Meeting at Werri-Nina YES NO

ACCOMMODATION: Batemans Bay Marina Resort

Single - one bedroom cabin YES NO Cost: \$130pp

Twin share - two bedroom cabin YES NO Cost: \$80pp

* Includes continental breakfast

ACCOMMODATION: The Esplanade - Bay Soldiers Club

Single - per room YES NO Cost: \$210per room

Couple share - per room YES NO Cost: \$220per room

* Includes continental breakfast

Transport: \$50pp Including transport from Cooma to Batemans Bay and to and from organised activities

Mogo Wildlife Park: \$35pp Concession

Activity fee: \$20pp - Includes light lunch at Colombo Park, Bemboka

All meals (excluding breakfast) at own cost.

RSVP including accommodation payment due by Tuesday 8 May 2024.

Please Note: This outing will proceed subject to minimum numbers being met. In the event you are unable to attend, we will endeavour to secure a refund for the accommodation to another participant but if this is not possible, please be advised that a refund will not be issued.

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

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

This is Elvis - Dinner and a Show Overnight Stay

BOOKING FORM

Dinner and a Show Overnight Stay

Wednesday 17 July - Thursday 18 July 2024

This form must be completed and handed in at Werri-Nina, Cooma - accompanied by payment for Dinner and a Show ticket by Tuesday 7 May 2024 Final payment for remaining costs including accommodation should be made by Friday 5 July 2024.

Name:

Phone:

Address:

Pick up required from home	YES	NO	
Meeting at Werri-Nina	YES	NO	
ACCOMMODATION:	Canberra Rex Hotel		
Single room	YES	NO	Cost: \$197pp
Twin share -	YES	NO	Cost: \$110pp

* Includes buffet breakfast

Transport: \$40pp Including transport from Cooma to Canberra and to and from organised activities

This is Elvis - Ben Portsmouth \$116pp Dinner and a Show ticket

Activity fee: \$10pp

RSVP including Dinner and a Show ticket payment due by Tuesday 7 May 2024.

Please Note: This outing will proceed subject to minimum numbers being met. In the event you are unable to attend, we will endeavour to secure a refund for the accommodation to another participant but if this is not possible, please be advised that a refund will not be issued.

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

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

May 23 is Australia's Biggest Morning Tea



Cancer Council
Australia's Biggest
Morning Tea

When: Thursday 23 May

Where: Bombala Library / Werri-Nina Cooma

Time: 11am to 1pm

Every dollar raised helps support those impacted by cancer.

Come along, enjoy some morning tea and make a donation to the Cancer Council.