

WELCOME!

Welcome to another month at **Your Space: A Virtual Hub For Seniors**. We are glad to see our online community growing and encourage you to continue participating and trying new things. For those who would like to participate in an activity but are unable to join online, there is the option to dial in via landline or mobile phone. You will not be able to see the group, but you will be part of the conversation. If you would like to dial in, please advise us at the time of booking. Please read the description of each activity to see if this option is available.

These activities are designed for clients to maintain engagement with one another in a lighthearted, fun manner. In addition to seeing each other as participants, you will recognise a few familiar and friendly faces running these activities. If you have a skill and would like to run an activity, whether as a series or a one-off, give us a call. We would love to include you in the next calendar!

FRENCH SPEAKING LESSONS - EXPRESSION OF INTEREST

Bonjour! Parlez-vous Francais? If not and you would like to, or would like to brush up on your French speaking, listening and writing skills please express your interest and we will organise a class for you. Please call **1300 134 332** to speak to **Jennifer**.



WHAT ELSE IS ON?

KNITTING FOR A CAUSE

Do you want to get tangled up in a knitting project this lockdown? Bring out your needles and yarn to create something warm and fuzzy, for example, beanies, scarves, blankets, possum pouches, stuffed toys, etc. We are currently looking for reputable charities and organisations who are in need of woollen goods. If this sounds like an activity you would like to participate in please let us know by calling **1300 134 332** or emailing **customercare@yourside.org.au** We will supply you with the resources to complete your creation.

We would also love to hear your ideas and suggestions.



RETURN TO SOCIAL OUTINGS – WATCH THIS SPACE...

Your Side is still planning to return trips in the community and would love to hear your thoughts and suggestions. Please call us on **1300 134 332** to speak to **Jennifer**.

MON	TUES	WEDS	THURS	FRI
<p>3</p> <p>"YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients</p>	<p>4</p> <p>"COOKING WITH JEN" 10am – 11am \$2</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p>	<p>5</p> <p>"SPEAK SPANISH WITH AMPARO – TERM 2" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p>	<p>6</p> <p>"GENTLE EXERCISE" 10am – 11am \$2</p> <p>"ZOOM TRAINING" 2pm – 3:30pm FREE</p>	<p>7</p> <p>"FRIDAY CHIT CHAT" 10am – 11:30am FREE</p> <p>"YOGA" 2pm – 3pm \$2</p>
<p>10</p> <p>"YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients</p>	<p>11</p> <p>"COOKING WITH JEN" 10am – 11am \$2</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p>	<p>12</p> <p>"SPEAK SPANISH WITH AMPARO – TERM 2" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p>	<p>13</p> <p>"GENTLE EXERCISE" 10am – 11am \$2</p> <p>"SHUTTERBUG PHOTOGRAPHY " 2pm – 3:30pm FREE</p>	<p>14</p> <p>"BOOKWORMS BOOK CLUB" 10am – 11:30am \$8</p> <p>"YOGA" 2pm – 3pm \$2</p>
<p>17</p> <p>"YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients</p>	<p>18</p> <p>"COOKING WITH JEN" 10am – 11am FREE</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p>	<p>19</p> <p>"SPEAK SPANISH WITH AMPARO – TERM 2" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p>	<p>20</p> <p>"GENTLE EXERCISE" 10am–11am \$2</p> <p>"ZOOM TRAINING" 2pm – 3:30pm FREE</p>	<p>21</p> <p>'MUSICAL FRIDAY' 10am – 11:30am FREE</p> <p>"YOGA" 2pm – 3pm \$2</p>

To register call **1300 134 332** or
Email: customercare@yourside.org.au

MON	TUES	WEDS	THURS	FRI
<p>24</p> <p>"YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients</p>	<p>25</p> <p>"COOKING WITH JEN" 10am – 11am \$2</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p>	<p>26</p> <p>"SPEAK SPANISH WITH AMPARO – TERM 2" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p>	<p>27</p> <p>"GENTLE EXERCISE" 10am – 11am \$2</p> <p>"SHUTTERBUG PHOTOGRAPHY" 2pm – 3:30pm FREE</p>	<p>28</p> <p>"FRIDAY CHIT CHAT" 10am – 11:30am FREE</p> <p>"YOGA" 2pm – 3pm \$2</p>
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DATES:	Mondays and Fridays
EVENT:	YOGA
DESCRIPTION:	Improve your balance and increase your strength through fluid movement sequences and yoga postures. The class is designed to adapt to all fitness levels. A 5-minute assessment of your physical health will be conducted at the time of booking.
COST:	\$2
TIMES	Monday: 10:30am - 11:30am Friday: 2pm - 3pm



DATES:	Mondays
EVENT:	EVENING CHOIR
DESCRIPTION:	For the songbirds and Rock 'n' Rollers at heart, join us on Monday evenings to practice your vocals to pop, world music and folk songs, with a pianist or in an acapella, under the instruction of your choir mistress, Naomi.
COST:	\$6 for CHSP SS clients and \$15 for private clients
TIMES	6pm - 7:30pm





DATES:	Tuesdays
EVENT:	COOKING WITH JEN
DESCRIPTION:	This series is aimed at the cook at heart to talk about recipes, cooking techniques and healthy eating options. Some sessions will include demonstrations by yours truly where clients can join in their own kitchen, or simply watch the fun and provide tips. Clients are welcome to cook these same recipes at their own time and share images with the group. Because, even if we can't sit at the same table, we can still eat the same meal!
COST:	\$2
TIMES	10am - 11am



DATES:	Tuesdays
EVENT:	NEW MOVES DANCE
DESCRIPTION:	Join in the fun with Pauline as she guides you through gentle dance movements to increase your fitness and lift your spirits.
COST:	\$4
TIMES	4pm - 5:30pm





DATES:	Wednesdays
EVENT:	THINK SPANISH WITH AMPARO AND FRIENDS
DESCRIPTION:	<p>New members are welcome!</p> <p>A course for beginners and those wanting to freshen up and practice their Spanish speaking skills. Learn in a relaxed environment with fellow Social Support client, Amparo, who will guide you through her native tongue with reference material and exercises emailed/sent to you. For a comprehensive cultural experience, guest speakers will pop in to share stories of their Spanish influenced homeland. No previous knowledge required. For regulars this is a continuation of material previously learnt with additional vocabulary.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
COST:	\$2
TIMES	10am - 11:30am

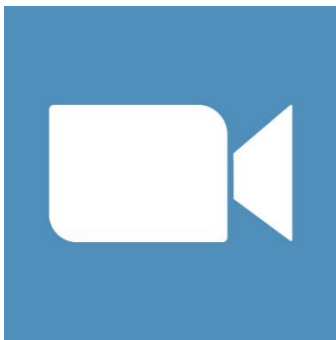


DATES:	Wednesdays
EVENT:	HUMPDAY TRIVIA
DESCRIPTION:	<p>How many notes in an octave? Who wrote <u>To Kill A Mocking Bird</u>? Who is the longest standing Australian Prime Minister? If you know the answer to these or keen to find out, join us for an afternoon of trivia.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
COST:	\$2
TIMES	2pm - 4pm





DATES:	Thursdays
EVENT:	GENTLE EXERCISES WITH SERGIO
DESCRIPTION:	Join us for a fun session of gentle exercises to improve your health and fitness. Benefits includes improvements to balance, flexibility, strength and endurance. Exercises will be modified to your own fitness levels and there is need to purchase equipment as you can use canned goods and bottles for weights. A 5-minute assessment of your physical health will be conducted at the time of booking.
COST:	\$2
TIMES	10am - 11am



DATES:	Alternate Thursdays
EVENT:	ZOOM TRAINING
DESCRIPTION:	Learn how to use Zoom, the online platform we will be using to deliver our group based activities. Book in for a session to test out how easy it can be! You are welcome to join as many sessions as it'll take to build your confidence so you can focus on hanging out with your mates and participating in the activities.
COST:	FREE
TIMES	2pm - 3:30pm



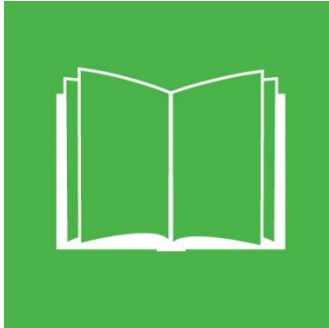


DATES:	Alternate Thursdays
EVENT:	SHUTTERBUG PHOTOGRAPHY
DESCRIPTION:	<p>Are you an avid photographer? Do you like the thrill of capturing the right moment? If so, you may like to join our newest interest group: The Shutterbugs. Each fortnight we will share tips and tricks in photography, and set compelling exercises to broaden your perspective of the world through the camera lens.</p> <p>We may be at home everyday but there is beauty in the mundane.</p>
COST:	FREE
TIMES	2pm – 3:30pm

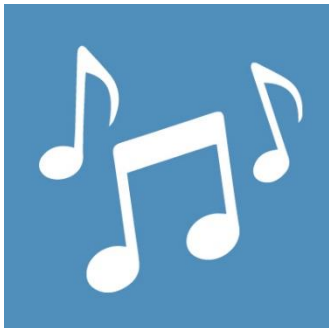


DATES:	1 st and 4 th Friday of the month
EVENT:	FRIDAY CHIT CHAT
DESCRIPTION:	<p>After a long week, why not unwind with a cuppa and have a yarn with old mates. Use this time to share news of that week, recipes tried and tested, and keep up to date with the latest Netflix series! To ensure everyone has a say and people can be heard, conversations will be guided by a facilitator.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
COST:	FREE
TIMES	10am - 11:30am





DATES:	2nd Friday of the month
EVENT:	BOOKWORMS
DESCRIPTION:	<p>For lovers of the written word, join us on the 2nd Friday of the month for a discussion on the group’s latest chosen read. For the first meeting, come with your top picks for the group to explore and decide on a list.</p> <p>For the month of July members are reading “The Unlikely Pilgrimage of Harold Fry” by Rachel Joyce.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
COST:	\$8 (includes cost of book – either hard copy and postage or e-book)
TIMES	10am - 11:30am



DATES:	Every 3rd Friday of the month
EVENT:	MUSICAL FRIDAY
DESCRIPTION:	<p>Join us in the fun of a group sing-a-long in a casual environment amongst friends. With songs you grew up with, fell in love to, and classical hits played on the piano by Gaga, this activity will end your week on a high note!</p>
COST:	FREE
TIMES	10am – 11:30pm

