

MON	TUES	WEDS	THURS	FRI
<p>2</p> <p>YOGA 10:30am - 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm NEW DAY</p> <p>EVENING CHOIR 6pm - 7:30pm</p>	<p>3</p> <p>COOKING WITH JEN LIVE COOKING DEMONSTRATION : FALAFELS 10am - 11am</p> <p>NEW MOVES DANCE CLASS 4pm - 5:30pm</p>	<p>4</p> <p>THINK SPANISH WITH AMPARO - TERM 4 10am - 11:30am</p> <p>SOCIAL OUTING GERANIUM COTTAGE LUNCH ALL DAY</p>	<p>5</p> <p>GENTLE EXERCISE 10am - 11am</p> <p>ZOOM TRAINING 2pm - 3:30pm</p> <p>ART ENGAGEMENT PROJECT 2pm - 3:30pm</p>	<p>6</p> <p>SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH <u>NEVER TOO LATE</u> 10am - 3pm</p> <p>YOGA 2pm - 3pm</p>
<p>9</p> <p>YOGA 10:30am - 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm</p> <p>EVENING CHOIR 6pm - 7:30pm</p>	<p>10</p> <p>COOKING WITH JEN 10am - 11am</p> <p>NEW MOVES DANCE CLASS 4pm - 5:30pm</p>	<p>11</p> <p>THINK SPANISH WITH AMPARO—TERM 4 10am - 11:30am</p> <p>SOCIAL OUTING VAN GOGH ALIVE AND LUNCH AT THE ENTERTAINMENT QUARTER ALL DAY</p>	<p>12</p> <p>GENTLE EXERCISE 10am - 11am</p> <p>SHUTTERBUG PHOTOGRAPHY 2pm - 3:30pm</p> <p>ART ENGAGEMENT PROJECT 2pm - 3:30pm</p>	<p>13</p> <p>SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH <u>RADIOACTIVE</u> 10am - 3pm</p> <p>BOOKWORMS BOOK CLUB 10am - 11:30am</p> <p>YOGA 2pm - 3pm</p>
<p>16</p> <p>YOGA 10:30am - 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm</p> <p>EVENING CHOIR 6pm - 7:30pm</p>	<p>17</p> <p>COOKING WITH JEN LIVE COOKING DEMONSTRATION: TBC 10am - 11am</p> <p>NEW MOVES DANCE CLASS 4pm - 5:30pm</p>	<p>18</p> <p>SOCIAL OUTING VAN GOGH ALIVE AND LUNCH AT THE ENTERTAINMENT QUARTER ALL DAY</p>	<p>19</p> <p>GENTLE EXERCISE 10am - 11am</p> <p>ZOOM TRAINING 2pm - 3:30pm</p> <p>ART ENGAGEMENT PROJECT 2pm - 3:30pm</p>	<p>20</p> <p>SOCIAL OUTING VAUCLUSE HOUSE AND WATSONS BAY HOTEL LUNCH ALL DAY</p> <p>YOGA 2pm - 3pm</p>
<p>23</p> <p>YOGA 10:30am - 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm</p> <p>EVENING CHOIR 6pm - 7:30pm</p>	<p>24</p> <p>COOKING WITH JEN 10am - 11am</p> <p>NEW MOVES DANCE CLASS 4pm - 5:30pm</p>	<p>25</p>	<p>26</p> <p>GENTLE EXERCISE 10am - 11am</p> <p>SHUTTERBUG PHOTOGRAPHY 2pm - 3:30pm</p> <p>ART ENGAGEMENT PROJECT 2pm - 3:30pm</p>	<p>27</p> <p>SOCIAL OUTING VAUCLUSE HOUSE AND WATSONS BAY HOTEL LUNCH ALL DAY</p> <p>YOGA 2pm - 3pm</p>
<p>30</p> <p>YOGA 10:30am - 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm</p> <p>EVENING CHOIR 6pm - 7:30pm</p>	<p>To register call 1300 134 332 or email customecare@yourside.org.au</p> <p>Activities will run on Zoom online unless otherwise stated as a “social outing”.</p> <p>Social outings in PINK will pick up from Hornsby, North Ryde, Lane Cove and Chatswood.</p> <p>Social outings in BLUE will pick up from Narrabeen, Brookvale, Forestville, Frenchs Forest and Neutral Bay</p> <p>Social outings in GREEN will pick up from any of the above destinations.</p> <p>Social outings in BLACK do not include transport.</p> <p><i>Please refer to the booklet for details.</i></p>			

WELCOME!

This November we will continue to deliver your favourite online sessions plus a social outing in the community on most Wednesdays and Fridays.

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 able to be a 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.

MONDAY TRIVIA

In response to an the growing interest in the social outings, Humpday Trivia is now moving to Mondays.

FRENCH SPEAKING VIRTUAL LESSONS - UPDATE

We are still taking expressions of interest to run a virtual class. If you are interested in participating, please let us know.



SOCIAL OUTINGS

The return of social outings in October has proven to be a hit as all activities reached capacity very quickly! We are very glad to see some familiar faces after a long hiatus and assure you that with this opportunity we are committed to your wellbeing and safety. Please be reminded of the precautionary steps we are taking to address this:

What to expect?

- On the day before the event, a staff member will call you for a health screen.
- A temperature check on the day of the event.
- We encourage you to wear a mask, with medical conditions exempt. Staff and Volunteers will wear masks at all times.
- Clients and staff to maintain 1.5m social distancing where possible, this will include whilst on the bus, and at the venue.
- Your Side reserves the right to deny participation should you present symptoms of COVID-19.
- There will be a strict maximum of 12 on the bus. If an activity proves to be popular, please be assured that we will run it again next month for those who missed out initially.

CANCELLATIONS

All bookings are final, and generally, any cancellation will incur a 50% cancellation fee. The exception is in the event you express concerns around COVID-19.

Your Side monitors the COVID-19 situation daily, and we reserve the right to suspend or cancel community based activities if there is a reasonable or growing risk to Your Side clients, staff and volunteers. There will be no penalties if an event is cancelled.

WHAT ELSE IS ON?



IT SET UP IN THE HOME

For those who received either an iPhone or iPad to help reconnect with others during isolation, we are providing 1:1 assistance in your home to help with basic set up. This includes:

- How to insert a SIM card
- How to set up an account
- How to set up/connect email
- How to use basic apps like camera, calendar, etc.
- How to get other apps
- How to access the internet

With these basic skills you will be set up to learn how to use Zoom and hopefully join us in Your Space: A Virtual Hub For Seniors. All you'll need to do is join us in one of our Zoom Training classes!

CREATE FACE MASKS FOR YOURSELF AND OTHERS

If you would like to make your own face mask to help protect yourself and others from the spread of COVID-19 Your Side would like to assist by providing you with a list of instructions developed by the NSW Department of Health and all the materials you need.

If you would also like to give back and have the time, perhaps you would like to make face masks for others? Fellow Your Side clients who are receiving services in the home may not have enough masks and the ability to obtain them. Again, we will supply you with the materials you need.



If you would like to participate in any of these activities, please call **1300 134 332 or email customer care@yourside.org.au**

SOCIAL OUTING PICK UP POINTS

These central pick up points were allocated due to their close proximity to public transport and/or unlimited parking facilities.

Order of pick up is dependent on final destination and the quickest route possible.

If you are unable to access the following locations please do not hesitate call **1300 134 332** to discuss alternative options.

Pick up points for PINK group:

- Outside Chatswood RSL, 446 Victoria Avenue, Chatswood.
- Macquarie Centre bus stop located on Herring Road, North Ryde.
- Lane Cove Library, corner of Central Avenue and Longueville Road, Lane Cove.
- Outside Hornsby RSL, 4 High Street, Hornsby.

Pick up points for BLUE group:

- Either outside the Tramshed Arts and Community Centre, 1395A Pittwater Road, Narrabeen (north bound) **OR** bus stop on the opposite side of the road (south bound).
- Bus stop on Pittwater Road, Brookvale, opposite **OR** in front of Warringah Mall. Direction pending location of final destination.
- Bus stop on Starkey Street opposite Jamieson Square, Forestville. For long day trips that require a pit stop, the pick up location is at the car park outside Forestville Library.
- Bus stop Military Rd, before Wycombe Rd (west bound) **OR** Military Rd, after Young St (east bound) Neutral Bay.
- Bus stop near 11 Aquatic Drive, Frenchs Forest.

Pick up points for GREEN group:

- All of the pick up points are available for use unless specified. Please be mindful that the bus ride may longer than normal.



DATES:	Friday 6 November – Never Too Late Friday 13 November – Radioactive
EVENT:	ROSEVILLE MOVIE AND LUNCH
DESCRIPTION:	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, in one or both of our cherished independent theatres, then share your ideas or simply catch up for lunch down the road. Transport not provided.</p> <p><i>Never Too Late:</i> <i>When a nursing home stands in the way of a 50-year courtship, four grumpy old Vietnam Vets unite to re-enact the great escape. They may have lost their memory and speed, but these renegades prove it's never too late for new adventures, even if you have to break rules to break free. Never Too Late has an all-star cast including Academy Award Nominee Jacki Weaver and Academy Award Nominee James Cromwell, Shane Jacobson, Jack Thompson, Roy Billing and Dennis Waterman.</i></p> <p><i>Radioactive:</i> <i>After the death of her beloved husband, Marie Curie's commitment to science remains strong as she tries to explain previously unknown radioactive elements. But it soon becomes terrifyingly evident that her work could lead to applications in medicine that could save thousands of lives -- or applications in warfare that could destroy them by the billions.</i></p>
ADDRESS:	Roseville Cinema, 112 Pacific Highway, Roseville Roseville Club, 64 Pacific Highway, Roseville
COST:	\$10
TIMES:	Movie: 10am Lunch: 12 noon/12:30pm



DATES:	Wednesday 4 November – any of the usual pick up points
EVENT:	GERANIUM COTTAGE LUNCH
DESCRIPTION:	Gather with old friends over lunch at the beautiful and scenic Geranium Cottage in Dural. At your leisure, have a wander through the gardens and browse through the jam shop, antique barn and geranium nursery.
COST:	\$10 (please pay for your own lunch at the venue. Cash and cards are accepted).
TIMES:	11:45am – 2:30pm. Transport times to be advised.



DATES:	Wednesday 11 November – Pink Group Wednesday 18 November – Blue Group
EVENT:	VAN GOGH ALIVE AND LUNCH AT THE ENTERTAINMENT QUARTER
DESCRIPTION:	<p>Van Gogh’s works have been displayed and enjoyed around the world for over a century – but never like this. From the moment you enter, a powerful and vibrant symphony of light, colour and sound compels you to leave your world behind and immerse yourself in his paintings – an experience that is simultaneously enchanting, entertaining and educational.</p> <p>We are permitted 60-90 mins at the exhibition with freedom to exit and enter at any point. Please be aware that are very limited places to sit.</p> <p>Lunch at the Entertainment Quarter</p>
COST:	\$25 – This covers the cost of transport and entry. Please pay for your own lunch at the venue.
TIMES:	12noon – lunch 2pm - exhibition Transport times to be advised.



DATES:	Friday 20 November – Pink Group Friday 27 November – Blue Group
EVENT:	VAUCLUSE HOUSE AND WATSONS BAY HOTEL LUNCH
DESCRIPTION:	Vaucluse House is one of Sydney’s few 19th-century mansions still surrounded by its original gardens and wooded grounds. When the towering colonial explorer, barrister and politician William Charles Wentworth bought the house in 1827, it was a single-storey cottage in a secluded valley of partly cleared coastal scrub. Enjoy the tour at your own pace, audio guides included. Lunch at Watsons Bay Hotel.
COST:	\$15 – This covers the cost of transport and entry. Please pay for your own lunch at the venue.
TIMES:	11:30am - lunch 1:30pm - exhibition Transport times to be advised.



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 for CHSP clients and \$12 for HCP/private clients
TIMES:	Monday: 10:30am - 11:30am Friday: 2pm - 3pm



DATES:	Mondays
EVENT:	MONDAY TRIVIA MADNESS
DESCRIPTION:	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. <i>Clients are welcome to dial in via landline or mobile phone.</i>
COST:	\$2
TIMES:	2pm - 4pm



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, 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



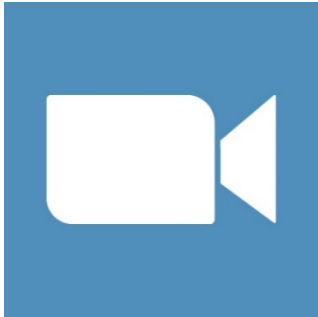
DATES:	Wednesdays
EVENT:	THINK SPANISH WITH AMPARO AND FRIENDS
DESCRIPTION:	A course for beginners and those wanting to freshen up and practice their Spanish speaking skills. Learn in a relaxed environment with fellow Social Support client, Amparo, who will guide you through her native tongue with reference 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. <i>Clients are welcome to dial in via landline or mobile phone.</i>
COST:	\$2
TIMES:	10am - 11:30am



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:	Thursdays
EVENT:	ART ENGAGEMENT PROJECT
DESCRIPTION:	<p>A creative program for adults, online.</p> <p>The Art Gallery of NSW would like to share their collection, exhibitions and passion for art. Enjoy some time immersed in the pleasures of art while connecting with like minded people.</p> <p>The month of November will cover Australian Art. In each session, an experienced facilitator from the Art Gallery of New South Wales will guide you through key artworks, with an emphasis on noticing what you see, being in the moment and exploring personal connections.</p>
COST:	\$2
TIMES	2pm – 3:30pm



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:	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, setting compelling exercises to broaden your way of viewing the world through the camera lens. We may be at home everyday but there is beauty in mundane.
COST:	FREE
TIMES:	2pm – 3:30pm



DATES:	2 nd Friday of the month
EVENT:	BOOKWORMS BOOK CLUB
DESCRIPTION:	For lovers of the written word, join us on the 2 nd Friday of the month for a discussion on the group's latest chosen read. For the first meet, come with your top picks for the group to explore and decide on a list. Participation can be casual, and you can find out the titles of the month's read by giving us a call. <i>Clients are welcome to dial in via landline or mobile phone.</i>
COST:	\$8 (includes cost of book – either hard copy and postage or e-book)
TIMES:	10am - 11:30am