

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 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.

ART GALLERY OF NSW VIRTUAL TOUR- EXPRESSION OF INTEREST

For those missing our tour groups, we have a solution that's close to the real thing. With enough numbers we may run virtual art gallery and museum tours with a live tour guide from October. Please call for details.

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.

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



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 a sufficient amount of masks and the ability to obtain them. Again, we will supply you with the materials you need.

MON	TUES	WEDS	THURS	FRI
<p>"YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients</p>	<p>1 "COOKING WITH JEN" 10am – 11am \$2</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p>	<p>2 "THINK SPANISH WITH AMPARO –TERM 3" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p>	<p>3 "GENTLE EXERCISE" 10am – 11am \$2</p> <p>"ZOOM TRAINING" 2pm – 3:30pm FREE</p>	<p>4 "FRIDAY CHIT CHAT – LEARN HOW TO PLAY SUDOKU" 10am – 11:30am FREE</p> <p>"YOGA" 2pm – 3pm \$2</p>
<p>7 "YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients</p>	<p>8 "COOKING WITH JEN" 10am – 11am \$2</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p>	<p>9 "THINK SPANISH WITH AMPARO – TERM 3" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p>	<p>10 "GENTLE EXERCISE" 10am – 11am \$2</p> <p>"SHUTTERBUG PHOTOGRAPHY " 2pm – 3:30pm FREE</p>	<p>11 "BOOKWORMS BOOK CLUB" 10am – 11:30am \$8</p> <p>"YOGA" 2pm – 3pm \$2</p>
<p>14 "YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients</p>	<p>15 "COOKING WITH JEN" 10am – 11am FREE</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p>	<p>16 "THINK SPANISH WITH AMPARO – TERM 3" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p>	<p>17 "GENTLE EXERCISE" 10am–11am \$2</p> <p>"ZOOM TRAINING" 2pm – 3:30pm FREE</p>	<p>18 '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>21</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>22</p> <p>"COOKING WITH JEN" 10am – 11am \$2</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p>	<p>23</p> <p>"THINK SPANISH WITH AMPARO – TERM 3" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p>	<p>24</p> <p>"GENTLE EXERCISE" 10am – 11am \$2</p> <p>"SHUTTERBUG PHOTOGRAPHY" 2pm – 3:30pm FREE</p>	<p>25</p> <p>"FRIDAY CHIT CHAT" 10am – 11:30am FREE</p> <p>"YOGA" 2pm – 3pm \$2</p>
<p>28</p> <p>"YOGA" 10:30am – 11:30am \$2</p>	<p>29</p> <p>"COOKING WITH JEN" 10am – 11am \$2</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p>	<p>30</p> <p>"THINK SPANISH WITH AMPARO – TERM 3" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$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 recipies, 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 recipies 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:	<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

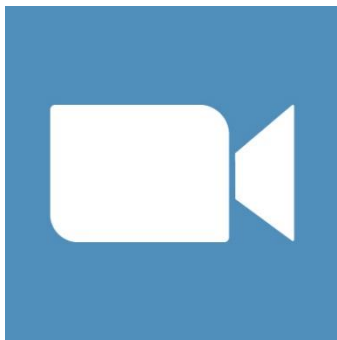


DATES:	Wednesdays
EVENT:	HUMPDAY TRIVIA
DESCRIPTION:	<p>How many notes in an octave? Who wrote <u>To Kill A Mocking Bird</u>? Who is the longest standing Australian Prime Minister? If you know the answer to these or keen to find out, join us for an afternoon of trivia.</p> <p><i>Clients are welcome to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



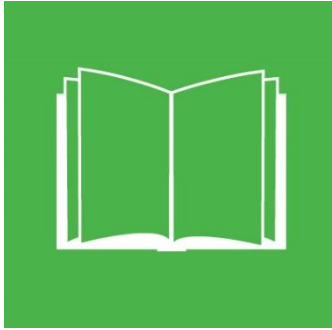


DATES:	Alternate Thursdays
EVENT:	SHUTTERBUG PHOTOGRAPHY
DESCRIPTION:	<p>Are you an avid photographer? Do you like the thrill of capturing the right moment? If so, you may like to join our newest interest group, The Shutterbugs. Each fortnight we will share tips and tricks in photography, setting compelling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

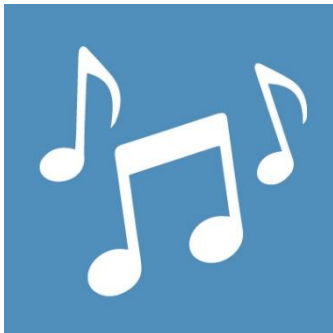


DATES:	1 st and 4 th Friday of the month
EVENT:	FRIDAY CHIT CHAT
DESCRIPTION:	<p>After a long week, why not unwind with a cuppa and have a yarn with old mates. Use this time to share news of that week, recipes tried and tested, and keep up to date with the latest Netflix series! To ensure everyone has a say and people can be heard, conversations will be guided by a facilitator.</p> <p>As a one off, the first Friday will be held to teach Sudoku. A game of logic and not of math and numbers, this is an addictive challenge to get in to.</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:	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



DATES:	Every 3rd Friday of the month
EVENT:	MUSICAL FRIDAY
DESCRIPTION:	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 is set to end your week on a high note!
COST:	FREE
TIMES	10am – 11:30pm

