

MON	TUES	WEDS	THURS	FRI
			1 "GENTLE EXERCISE" 10am – 11am \$2 "ZOOM TRAINING" 2pm – 3:30pm FREE	2 "FRIDAY CHIT CHAT – LEARN HOW TO PLAY SUDOKU" 10am – 11:30am FREE "YOGA" 2pm – 3pm \$2
5 PUBLIC HOLIDAY	6 "COOKING WITH JEN" 10am – 11am \$2 "NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4	7 "LEARN HOW TO USE YOUR IPHONE OR IPAD" 10am – 11:30am \$2 "HUMPDAY TRIVIA" 2pm – 4pm \$2	8 "GENTLE EXERCISE" 10am – 11am \$2 "SHUTTERBUG PHOTOGRAPHY" 2pm – 3:30pm FREE	9 "BOOKWORMS BOOK CLUB" 10am – 11:30am \$8 "YOGA" 2pm – 3pm \$2
12 "YOGA" 10:30am – 11:30am \$2 "EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients	13 "COOKING WITH JEN" 10am – 11am FREE "NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4	14 "LEARN HOW TO USE YOUR IPHONE OR IPAD" 10am – 11:30am \$2 "HUMPDAY TRIVIA" 2pm – 4pm \$2	15 "GENTLE EXERCISE" 10am–11am \$2 "ZOOM TRAINING" 2pm – 3:30pm FREE	16 "MUSICAL FRIDAY" 10am – 11:30am FREE "YOGA" 2pm – 3pm \$2

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19 "YOGA" 10:30am – 11:30am \$2 "EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients	20 "COOKING WITH JEN" 10am – 11am \$2 "NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4	21 "ROSEVILLE MOVIE AND LUNCH – <u>DIRT MUSIC</u>" 10am – 3pm \$10 "HUMPDAY TRIVIA" 2pm – 4pm \$2	22 "GENTLE EXERCISE" 10am – 11am \$2 "SHUTTERBUG PHOTOGRAPHY" 2pm – 3:30pm \$2	23 "GERANIUM COTTAGE LUNCH – BLUE GROUP" 11:45am – 2:30pm \$10 "YOGA" 2pm – 3pm \$2
26 "YOGA" 10:30am – 11:30am \$2 "EVENING CHOIR" 6pm – 7:30pm \$6 CHSP SS clients \$15 for private clients	27 "COOKING WITH JEN" 10am – 11am \$2 "NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4	28 "GERANIUM COTTAGE LUNCH – PINK GROUP" 11:45am – 2:30pm \$10 "HUMPDAY TRIVIA" 2pm – 4pm \$2	29 "GENTLE EXERCISE" 10am – 11am \$2 "ZOOM TRAINING" 2pm – 3:30pm FREE	30 "ROSEVILLE MOVIE AND LUNCH – <u>RAMS</u>" 10am – 3pm \$10 "YOGA" 2pm – 3pm \$2

Social outings are in blue.

WELCOME!

We are very excited to announce that we will be **holding face to face social outings starting mid October!** Our online events will continue to be delivered on Zoom.

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 - DUE TO START OCTOBER

We are still taking expressions of interest to run a virtual tour at the Art Gallery of New South Wales. Arrangements are being made as we speak and for those who have expressed interest in participating, you will be contacted with the dates and times of the session. We estimate that this series will start in October.

FRENCH SPEAKING LESSONS - UPDATE

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

RETURN TO SOCIAL OUTINGS

To ensure the safety of our clients, staff and the community, we have put in place procedures to follow.

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.

By doing this we can make sure we can run the events you love to attend.

To ensure Your Side adheres to social distancing rules, attendance numbers will be kept to a strict maximum of 10 on the bus. If an activity proves to be popular, please be assured that we will run it again next month, for those who miss 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 a sufficient amount of 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**



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, 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 7 th and 14 th October
EVENT:	LEARN HOW TO USE YOUR IPAD AND IPHONE
DESCRIPTION:	Technology is a fantastic device when we know how to use to it. For those with a new iPhone or iPad, come join the class to learn how to use their common apps and features. To help us tailor this class to your needs, advise us at the time of booking of what you would like to learn.
COST:	\$2
TIMES:	10am – 11:30am



DATES:	Wednesdays
EVENT:	HUMPDAY TRIVIA
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:	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>We may be at home everyday but there is beauty in mundane.</p>
COST:	FREE
TIMES:	2pm – 3:30pm



DATES:	1st 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>Due to popular demand, for this session we will continue teaching the concept and skills of 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 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



DATES:	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





DATES:	Wednesday 21st October – Dirt Music Friday 30th October – Rams
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>Dirt Music:</i> <i>The stunning landscape of Western Australia is the backdrop for an impassioned tale of love and grief in Gregor Jordan's adaptation of the acclaimed novel by Tim Winton. Georgie, the heroine of the book, becomes fascinated while watching a stranger attempting to poach fish in an area where nobody can maintain secrets for very long; disillusioned with her relationship with the local fisherman legend Jim Buckridge, she contrives a meeting with the stranger and soon passion runs out of control between two bruised and emotionally fragile people.</i></p> <p><i>Rams:</i> <i>In remote Western Australia, two estranged brothers, Colin (Sam Neill) and Les (Michael Caton), are at war. Raising separate flocks of sheep descended from their family's prized bloodline, the two men work side by side yet are worlds apart. When Les's prize ram is diagnosed with a rare and lethal illness, authorities order a purge of every sheep in the valley. While Colin attempts to stealthily outwit the powers that be, Les opts for angry defiance. But can the warring brothers set aside their differences and have a chance to reunite their family, save their herd, and bring their community back together?</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:	Friday 23 rd October – Blue Group Wednesday 28 th October – Pink Group
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.



PICK UP POINTS

These central pick up points were allocated due to their close proximity to public transport and 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.

