

MON	TUES	WEDS	THURS	FRI
<p>YOGA 10:30am - 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm</p> <p>EVENING CHOIR 6pm - 7:30pm</p>	<p>1</p> <p>COOKING WITH JEN LIVE COOKING DEMONSTRATION : FALAFELS 10am - 11am</p> <p>NEW MOVES DANCE CLASS 4pm - 5:30pm</p>	<p>2</p> <p>SOCIAL OUTING SOCIAL SUPPORT CHRISTMAS PARTY AT OPERA BAR 12 noon- 3pm</p>	<p>3</p> <p>GENTLE EXERCISE 10am - 11am</p> <p>ZOOM TRAINING 2pm - 3:30pm</p> <p>ART ENGAGEMENT PROJECT 2pm - 3:30pm</p>	<p>4</p> <p>SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH "MISBEHAVIOUR" 10am - 3pm</p> <p>YOGA 2pm - 3pm</p>
<p>7</p> <p>YOGA 10:30am - 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm</p> <p>EVENING CHOIR 6pm - 7:30pm</p>	<p>8</p> <p>COOKING WITH JEN 10am - 11am</p> <p>NEW MOVES DANCE CLASS 4pm - 5:30pm</p> <p>SOCIAL OUTING MALE CARERS CHRISTMAS PARTY Times to be advised</p>	<p>9</p> <p>SOCIAL OUTING SOCIAL SUPPORT CHRISTMAS PARTY AT OPERA BAR 12 noon- 3pm</p>	<p>10</p> <p>GENTLE EXERCISE 10am - 11am</p> <p>SHUTTERBUG PHOTOGRAPHY 2pm - 3:30pm</p> <p>ART ENGAGEMENT PROJECT 2pm - 3:30pm</p>	<p>11</p> <p>SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH "IN THE NAME OF THE LAND" 10am - 3pm</p> <p>BOOKWORMS BOOK CLUB 10am - 11:30am</p> <p>YOGA 2pm - 3pm</p>
<p>14</p> <p>YOGA 10:30am - 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm</p> <p>EVENING CHOIR 6pm - 7:30pm</p>	<p>15</p> <p>COOKING WITH JEN LIVE COOKING DEMONSTRATION: TBC 10am - 11am</p> <p>NEW MOVES DANCE CLASS 4pm - 5:30pm</p>	<p>16</p> <p>SOCIAL OUTING SOCIAL SUPPORT CHRISTMAS PARTY AT OPERA BAR 12 noon- 3pm</p>	<p>17</p> <p>GENTLE EXERCISE 10am - 11am</p> <p>ZOOM TRAINING 2pm - 3:30pm</p> <p>ART ENGAGEMENT PROJECT 2pm - 3:30pm</p>	<p>18</p> <p>SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH "THE WITCHES" 10am - 3pm</p> <p>YOGA 2pm - 3pm</p>
<p>21</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm</p>	<p>22</p> <p>COOKING WITH JEN 10am - 11am</p> <p>SOCIAL SUPPORT ONLINE CHRISTMAS PARTY 2pm-4pm</p> <p>MALE CARERS ONLINE CHRISTMAS PARTY 12 noon-1pm</p>	<p>23</p> <p>SOCIAL OUTING SOCIAL SUPPORT CHRISTMAS PARTY AT OPERA BAR 12 noon- 3pm</p>	<p>24</p> <p>CHRISTMAS EVE</p> <p>GENTLE EXERCISE 10am - 11am</p>	<p>25</p> <p>CHRISTMAS DAY</p>
<p>28</p> <p>MONDAY TRIVIA MADNESS 2pm - 4pm</p>	<p>29</p> <p>COOKING WITH JEN 10am - 11am</p> <p>NEW MOVES DANCE CLASS 4pm - 5:30pm</p>	<p>30</p>	<p>31</p> <p>NEW YEARS EVE</p> <p>GENTLE EXERCISE 10am - 11am</p>	<p>NEW YEARS DAY</p>

To register call **1300 134 332** or email customecare@yourside.org.au

Activities will run on Zoom online unless otherwise stated as a "social outing".

Social outings in **PINK** will pick up from Hornsby, North Ryde, Lane Cove and Chatswood.

Social outings in **BLUE** will pick up from Narrabeen, Brookvale, Forestville, Frenchs Forest and Neutral Bay

Social outings in **BLACK** do not include transport.

Please refer to the booklet for details.

WELCOME!

2020 sure has been a year unlike any other. No doubt it was a year of rapid change and with the launch of our online program, we thank you for adapting so quickly along with us. From Zoom training to online yoga, we've acquired new skills and shared laughs. As we look towards 2021, we hope to continue this spirit and as always, deliver services you enjoy.

Whilst we cannot host our very much loved and popular Christmas parties as a big group, we are still offering the opportunity for you to meet up with friends and acquaintances one last time in true Your Side fashion, with a lot of laughter, great conversation, joyous music and delicious food.

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.

CHRISTMAS BREAK

The following zoom sessions will be on break during the Christmas period:

Monday Evening Choir: The last session will be held 14 December. The new year will resume 1 February 2021.

New Moves with Pauline: The last session will be held 15 December. The new year will resume 12 January 2021.

Yoga: The last session will be held on 18 December. The new year will resume 11 January 2021.

SOCIAL OUTINGS

Since bringing back our social events, we have been met with such an overwhelmingly, positive response. Your Side staff and volunteers are grateful to you for working and complying with our safety precautions in this extraordinary time.

With the increased awareness of your responsibilities on whether to attend or not attend an event being so successful, **you will no longer receive a phone call 24 hours before your event. Instead, a reminder email will be sent with Health Check questions for you to consider. Should you not be eligible to attend, please contact our team.**

What to expect now?

- A reminder email will be sent to you the day before an event, which includes a health checklist to determine if you should attend.
- A temperature check on the day of the event will remain.
- 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.
- Your Side reserves the right to deny participation should you present symptoms of COVID-19.

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:	Tuesday 8th December
EVENT:	MALE CARERS CHRISTMAS PARTY
DESCRIPTION:	The Male Carer Group is a peer support group for men in a caring role. Once a month the group meets for a catch up in the community, to have a yarn, a laugh and a meal. This month, we will be celebrating Christmas and the end of 2020 with a festive party! And of course, there will be fun activities. Location to be advised.
COST:	To be advised
TIMES:	To be advised



DATES:	Wednesday 2nd and 16th December – Pink Group Wednesday 9th and 23rd December – Blue Group
EVENT:	SOCIAL SUPPORT CHRISTMAS PARTY AT OPERA BAR
DESCRIPTION:	Celebrate the end of 2020 with a small group of friends in the heart of the Sydney’s spectacular harbour, at the Opera Bar, located at the Opera House. Zhuzh it up in your favourite Christmas get up. Best prize for most creative and outlandishly dressed! There will be games, bon bons, Christmas cheer and of course, great food.
COST:	\$10 for Social Support clients. (please pay for your own lunch at the venue. Cards are accepted). \$60 for Home Care Packaged clients. (This covers the cost of transport. Please pay for your own lunch at the venue. Cards are accepted).
TIMES:	12pm – 3pm. Transport times to be advised.



DATES:	Friday 4th December - 'Misbehaviour' Friday 11th December - 'In The Name of The Land' Friday 18th December - 'The Witches'
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>Misbehaviour:</i> A group of women part of the Women's Liberation Movement create a plan in order to disrupt the 1970 Miss World beauty competition in London.</p> <p><i>In The Name of The Land:</i> A box office hit in its home country, this French family drama follows the life of a man who returns to France, marries the woman of his dreams, and lives a humble farm life with their children. Twenty years later, the business starts to fall, putting their idyllic family life at risk. English subtitles.</p> <p><i>The Witches:</i> A young orphaned boy and his grandmother encounter some deceptively glamorous but thoroughly diabolical witches; she wisely whisks him away to a seaside resort. Regrettably, they arrive at precisely the same time that the world's Grand High Witch has gathered her fellow cronies from around the globe -- under cover -- to carry out her nefarious plans. A Roald Dahl classic.</p>
ADDRESS:	Roseville Cinema, 112 Pacific Highway, Roseville Roseville Club, 64 Pacific Highway, Roseville
COST:	\$10 for Social Support clients \$30 for Home Care Package clients (\$10 movie, \$20 lunch)
TIMES:	Movie: 10am Lunch: 12 noon/12:30pm



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 <i>To Kill A Mocking Bird</i> ? 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



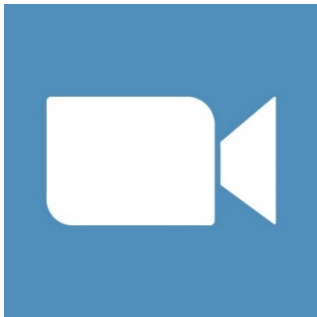
DATES:	Tuesdays
EVENT:	NEW MOVES DANCE
DESCRIPTION:	Join in the fun with Pauline as she guides you through gentle dance movements to increase your fitness and lift your spirits.
COST:	\$4
TIMES:	4pm - 5:30pm



DATES:	Tuesday 22 nd December
EVENT:	MALE CARERS ONLINE CHRISTMAS PARTY
DESCRIPTION:	The Male Carer Group is a peer support group for men in a caring role. Once a month the group meets for a catch up online to have a yarn and a laugh. This month, we will be celebrating Christmas and the end of 2020 with a festive party! And of course, there will be games, bon bons and fun activities.
COST:	\$2
TIMES:	12pm – 1pm



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:	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:	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>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:	2 nd Friday of the month
EVENT:	BOOKWORMS BOOK CLUB
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 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.</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