

MON	TUES	WEDS	THURS	FRI
1 YOGA 10:30am - 11:30am MONDAY TRIVIA MADNESS 2pm - 4pm EVENING CHOIR 6pm - 7:30pm	2 COOKING WITH JEN LIVE COOKING DEMONSTRATION: TBC 10am - 11:30am NEW MOVES DANCE CLASS 4pm - 5:30pm	3 SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH MY SALINGER YEAR 10:45am - 3:45pm	4 GENTLE EXERCISE 10am - 11am ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm - 3:30pm	5 SOCIAL OUTING HYDE PARK BARRACKS MUSEUM TOUR AND LUNCH YOGA 2pm - 3pm
8 YOGA 10:30am - 11:30am MONDAY TRIVIA MADNESS 2pm - 4pm EVENING CHOIR 6pm - 7:30pm	9 SOCIAL OUTING MALE CARERS GROUP COFFEE AND A MOVIE Times to be advised NEW MOVES DANCE CLASS 4pm - 5:30pm	10 SOCIAL OUTING HAWKESBURY MUSEUM TOUR AND LUNCH	11 GENTLE EXERCISE 10am - 11am ZOOM TRAINING HOW TO HOST A ZOOM SESSION 2pm - 3:30pm	12 SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH WILD MOUNTAIN THYME 10:45am - 3:45pm BOOKWORMS BOOK CLUB 10am - 11:30am YOGA 2pm - 3pm
15 YOGA 10:30am - 11:30am MONDAY TRIVIA MADNESS 2pm - 4pm EVENING CHOIR 6pm - 7:30pm	16 COOKING WITH JEN LIVE COOKING DEMONSTRATION: TBC 10am - 11:30am NEW MOVES DANCE CLASS 4pm - 5:30pm	17 SOCIAL OUTING BELGENNY FARM TOUR AND LUNCH AT CAMDEN INN	18 GENTLE EXERCISE 10am - 11am ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm - 3:30pm	19 SOCIAL OUTING BOBBIN HEAD WATERSHED BISTRO LUNCH AND STROLL YOGA 2pm - 3pm
22 YOGA 10:30am - 11:30am MONDAY TRIVIA MADNESS 2pm - 4pm EVENING CHOIR 6pm - 7:30pm	23 NEW MOVES DANCE CLASS 4pm - 5:30pm	24 SOCIAL OUTING BELGENNY FARM TOUR AND LUNCH AT CAMDEN INN	25 GENTLE EXERCISE 10am - 11am ZOOM TRAINING HOW TO HOST A ZOOM SESSION 2pm - 3:30pm	26 YOGA 2pm - 3pm

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.

This program is open to people in the Commonwealth Home Support
Programme, Social Support, who are:

- 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people)
- 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) and on a low income, homeless, or at risk of being homeless
- Living in the Northern Sydney region

For eligibility you must be screened by My Aged Care. You can call
them on: **1800 200 422**

WELCOME!

We are well into 2021 and what a start we've had! With the pre-Christmas COVID-19 break out, we thank you for your patience and understanding around the temporary hold of our social outings. This hold was lifted on Monday 18 January given the ongoing low case numbers in Sydney. Please read our section on 'Social Outings' for more details.

You will find another jam-packed calendar for the month of February with lots in store for all kinds of interest. We encourage you to have a look and see what tickles your fancy!

YOUR SPACE: A VIRTUAL HUB FOR SENIORS

All our popular online activities are now back as of 1 February. We hope our attendants had a lovely break, as well as our facilitators who very much deserved it after all their hard work for the past year.

NEW ZOOM SESSIONS UPDATES:

Zoom Training Basics: How to Attend a Zoom Session: A class for those new to Zoom. We encourage those who have received an iPad under the IT Offer for Social Connect campaign so that you can join in on the fun with your fellow clients.

How to Host a Zoom Session: Due to popular demand, we are running sessions on how to host your own Zoom session. A class for those who are have had practice and are confident with Zoom.

SOCIAL OUTINGS

Your Side will continue to adhere to the NSW Health COVID-19 regulations including wearing masks unless eating and social distancing.

If you have any symptoms or have been to any sites listed on the NSW Health lists here: <https://www.nsw.gov.au/covid-19/latest-news-and-updates> you will be asked not to come and to follow health advice to isolate and test.

SOCIAL OUTINGS PUT ON HOLD

From the 22 December 2020 - 17 January 2021, all social outings were put on hold due to the Northern Beaches COVID-19 outbreak. You will find that we have postponed the bus trips during this time to a later date in February. If you were booked to attend a cancelled event in January and wish to attend it on the rescheduled date in February, your booking will be prioritised. Out of courtesy to others, please call to book as early as you can. Unfortunately, we were not able to reschedule the Social Support Christmas Party at the Opera Bar, nor the Roseville Movie and Lunch "Summerland".

What to expect before an event:

- 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.
- 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 OFFER FOR SOCIAL CONNECTION

Your Side will continue to provide IT equipment to the Commonwealth Home Support Programme (CHSP) to ensure those who are isolated can connect with their family, friends and social groups. This offer is available until 1 June 2021.

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!

If you would like to participate in any of these activities:



Call: 1300 134 332 or



Email: customercare@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 Stand A on Pittwater Road, Brookvale, opposite Warringah Mall. **OR** in front of B-Line Bus stop in front of Warringah Mall.
- Bus stop on Starkey Street near Memorial Hall, Forestville. For long day trips that require a pit stop, the pick up location is at the car park outside Forestville Library.
- Bus stop Stand A on Military Road, Neutral Bay Junction **OR** bus stop Stand E on Military Rd, Neutral Bay Junction
- 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:	Wednesday 3 February – “My Salinger Year” Friday 12 February – “Wild Mountain Thyme”
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><u>My Salinger Year:</u> While working for literary agent Phyllis Westberg, aspiring writer Joanna Rakoff receives personal advice from reclusive author J.D. Salinger.</p> <p><u>Wild Mountain Thyme:</u> Headstrong farmer Rosemary Muldoon has her heart set on winning her neighbour Anthony Reilly's love. The problem is, Anthony seems to have inherited a family curse, and remains oblivious to his beautiful admirer. Stung by his father's plans to sell the family farm to his American nephew, Anthony is jolted into pursuing his dreams.</p>
ADDRESS:	Roseville Cinema, 112 Pacific Highway, Roseville Roseville Club, 64 Pacific Highway, Roseville
CONTRIBUTION:	CHSP SS clients: \$10 Home Care Package clients: \$30 (\$10 movie, \$20 lunch)
TIMES:	Movie: 10am Lunch: 12 noon/12:30pm



DATES:	Friday 5 February – Blue Group
EVENT:	HYDE PARK BARRACKS MUSEUM TOUR AND LUNCH
DESCRIPTION:	<p>A UNESCO World Heritage-listed site in the heart of historic Sydney, the Hyde Park Barracks is an extraordinary living record of early colonial Australia. Originally built to house convicts, the Barracks has also served as an immigration depot, asylum, law courts and government offices. Today it is a cutting-edge museum where you will have the luxury to wander through at your own pace with the use of audio guides.</p> <p>Lunch is a 2 minute stroll to Da Capo Courtyard Café.</p>
CONTRIBUTION:	<p>CHSP SS clients: \$20. please pay for your own lunch.</p> <p>Home Care Package clients: Transport - \$70. Tour - \$16. Please pay for your own lunch.</p>
TIMES:	<p>Lunch: 12pm – 1:15pm</p> <p>Tour: 1:45pm – 3:15pm</p>



DATES:	Wednesday 10 February – Pink Group
EVENT:	HAWKESBURY MUSEUM TOUR AND LUNCH
DESCRIPTION:	<p>Here you can see things you won't find anywhere else, from the celestial globe that belonged to John Tebbutt, an internationally-renowned astronomer who lived his whole life in the Hawkesbury, to the diary kept by a member of HMAS Hawkesbury during World War II and recording the Japanese surrender. Not to mention that uniquely Hawkesbury creation, the Flabbit. The Museum is made up of a purpose-built building and historic Howe House. This Georgian house has been fitted out with furnishings and displays that reflect its many uses over more than 200 years of history.</p> <p>Lunch is a 4 minute stroll to The Church Bar, a church renovated into a bistro.</p>
CONTRIBUTION:	<p>CHSP SS clients: \$10. Please pay for your own lunch.</p> <p>Home Care Package clients: Transport - \$70. Tour - \$2. Please pay for your own lunch.</p>
TIMES:	<p>Lunch: 11:45am – 1:15pm</p> <p>Tour: 1:30am – 3pm</p>



DATES:	Wednesday 17 February – Blue Group Wednesday 24 February – Pink Group
EVENT:	BELGENNY FARM TOUR AND LUNCH AT CAMDEN INN
DESCRIPTION:	Belgenny Farm is the ideal location for groups wanting to learn more about the history of Australia, agriculture, and the role of John and Elizabeth Macarthur in this area - all situated within an hour of Sydney. Come along and visit Australia's oldest set of intact farm buildings: the 'Home Farm' of the Macarthur dynasty. The tour includes a visit to the Belgenny Farm museum, the Creamery and the new "Women's work" display should time allow. Lunch at Camden Valley Inn.
CONTRIBUTION:	CHSP SS clients: \$18. Please pay for your own lunch. Home Care Package clients: Transport - \$70. Tour - \$10. Please pay for your own lunch.
TIMES:	Lunch: 12pm – 1:15pm Tour: 1:30 – 3pm



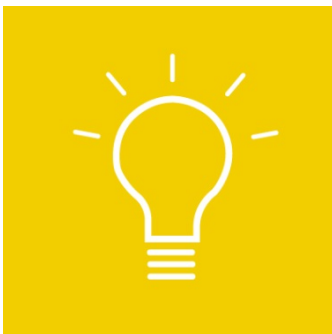
DATES:	Friday 19 February – Pink Group
EVENT:	BOBBIN HEAD WATERSHED BISTRO LUNCH AND STROLL
DESCRIPTION:	Located within the impressive yet welcoming Empire Marina Bobbin Head in the pristine Ku-ring-gai Chase National Park, enjoy a tasty meal of generous proportions and freshly repasted coffee coasted on the premises. Afterwards, enjoy a stroll along the marina to admire the boats.
CONTRIBUTION:	CHSP SS clients: \$8. Please pay for your own lunch. Home Care Package clients: Transport - \$70. Please pay for your own lunch.
TIMES:	12pm – 1:30pm



DATES:	Tuesday 9 February
EVENT:	MALE CARERS GROUP COFFEE AND A MOVIE
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 the group will meet to watch the latest film at Roseville Club and have a coffee.
ADDRESS:	Roseville Cinema, 112 Pacific Highway, Roseville
CONTRIBUTION:	CHSP SS clients: \$6
TIMES:	TBA



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.
CONTRIBUTION:	CHSP SS clients: \$2 HCP/private clients: \$12
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>
CONTRIBUTION:	\$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.
CONTRIBUTION:	CHSP SS clients: \$6 Private clients: \$15
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. Sessions are live cooking 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!
CONTRIBUTION:	\$2
TIMES:	10am – 11:30am



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.
CONTRIBUTION:	CHSP SS clients: \$4 Private clients: \$15
TIMES:	4pm - 5:30pm



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.
CONTRIBUTION:	\$2
TIMES:	10am – 11am



DATES:	Alternate Thursdays
EVENT:	ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION
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.
CONTRIBUTION:	FREE
TIMES:	2pm - 3:30pm



DATES:	Alternate Thursdays
EVENT:	ZOOM TRAINING: HOW TO HOST A ZOOM SESSION
DESCRIPTION:	Now that you're skilled in participating in a Zoom session, learn how to schedule and host your own sessions. A great way to stay connected with family and friends and impress the grandkids!
CONTRIBUTION:	\$2
TIMES:	2pm - 3:30pm



DATES:	Second Friday of the month
EVENT:	BOOKWORMS BOOK CLUB
DESCRIPTION:	<p>For lovers of the written word, join us on the second 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>In February we will explore the world of maths through "Humble Pi" by Matt Parker. The book is a comedic look into how maths works behind the scenes in our world.</p> <p><i>What makes a bridge wobble when it's not meant to? How do billions of dollars mysteriously vanish into thin air? How does a building rock when its resonant frequency matches a gym class leaping to Snap's 1990 hit I've Got The Power? The answer is maths. Or, to be precise, what happens when maths goes wrong in the real world.</i></p> <p><i>As Matt Parker shows us, our modern lives are built on maths: computer programmes, finance, engineering. And most of the time this maths works quietly behind the scenes, until ... it doesn't. Exploring and explaining a litany of glitches, near-misses and mishaps involving the internet, big data, elections, street signs, lotteries, the Roman empire and a hapless Olympic shooting team, Matt Parker shows us the bizarre ways maths trips us up, and what this reveals about its essential place in our world. This book shows how, by making maths our friend, we can learn from its pitfalls. It also contains puzzles, challenges, geometric socks, jokes about binary code and three deliberate mistakes. Getting it wrong has never been more fun.</i></p> <p>Clients are welcome to dial in via landline or mobile phone.</p>
CONTRIBUTION:	\$8 (includes cost of book – either hard copy and postage or e-book)
TIMES:	10am - 11:30am