

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 THE TRUFFLE HUNTERS 10am - 3pm	4 GENTLE EXERCISE 10am – 11am ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	5 SOCIAL OUTING TOUR OF NSW PARLIAMENT HOUSE AND LUNCH 12pm – 4pm 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 Times to be advised NEW MOVES DANCE CLASS 4pm – 5:30pm	10 SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH NOMADLAND 10am – 3pm	11 GENTLE EXERCISE 10am – 11am ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm	12 BOOKWORMS BOOK CLUB 10am – 11:30am SOCIAL OUTING TOUR OF NSW PARLIAMENT HOUSE AND LUNCH 12pm – 4pm YOGA 2pm – 3pm
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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!

Welcome to the start of Autumn! This month is jam packed with fun things to do in Sydney, like lunch in the Botanical Gardens and a tour to reflect on the extraordinary story of architect Marion Mahony Griffin. Plus, due to popular demand we have organised additional weekends away, this time to the thriving region of Bathurst!



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.

MALE CARERS GROUP

After many years as the facilitator of the Male Carers Group, Roger has decided to move onto green pastures in NDIS sphere. It is very sad to see him go, but we wish him all the best. In the meantime, we are in the process of recruiting a new facilitator and will advise you all as soon as possible. Therefore, our next community meet up on Tuesday 9 March will be confirmed closer to the date.

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.

HANDA OPERA ON SYDNEY HARBOUR 'LA TRIVATA'

WEDNESDAY 21 APRIL

Calling all theatre-goers! Handa Opera have rescheduled the showing of 'La Traviata', the tale of a courtesan with a heart of gold to March and April of this year. You have the chance to experience the joy and heartache of the world's most popular opera at Sydney's best night out on Wednesday 21 April. Spots and pick up points are limited. Please read the description enclosed for further details.

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:	<p>Wednesday 3 March – “The Truffle Hunters”</p> <p>Wednesday 10 March – “Nomadland”</p> <p>Wednesday 24 March – “Love, It Was Not”</p>
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>The Truffle Hunters:</u> Deep in the forests of Piedmont, Italy, a handful of men, seventy or eighty years young, hunt for the rare and expensive white Alba truffle—which to date has resisted all of modern science's efforts at cultivation. They're guided by a secret culture and training passed down through generations, as well as by the noses of their cherished and expertly-trained dogs. They live a simpler, slower way of life, in harmony with their loyal animals and their picture-perfect land, seemingly straight out of a fairy tale. They're untethered to cell phone screens or the internet, opting instead to make their food and drink by hand and prioritizing in-person connections and community.</p> <p>The demand for white truffles increases year after year, even as the supply decreases. As a result of climate change, deforestation, and the lack of young people taking up the mantle, the truffle hunters' secrets are more coveted than ever. However, as it soon becomes clear, these ageing men may just hold something much more valuable than even this prized delicacy: the secret to a rich and meaningful life.</p>
ADDRESS:	<p>Roseville Cinema, 112 Pacific Highway, Roseville</p> <p>Roseville Club, 64 Pacific Highway, Roseville</p>
CONTRIBUTION:	CHSP SS clients: \$10
TIMES:	Please see calendar for details



DATES:	<p>Wednesday 3 March - "The Truffle Hunters"</p> <p>Wednesday 10 March – "Nomadland"</p> <p>Wednesday 24 March – "Love, It Was Not"</p>
EVENT:	ROSEVILLE MOVIE AND LUNCH
DESCRIPTION:	<p><u>Nomadland:</u> Following the economic collapse of a company town in rural Nevada, Fern (Frances McDormand) packs her van and sets off on the road exploring a life outside of conventional society as a modern-day nomad. The third feature film from director Chloé Zhao, Nomadland features real nomads Linda May, Swankie and Bob Wells as Fern's mentors and comrades in her exploration through the vast landscape of the American West.</p> <p><u>Love, It Was Not:</u> Love is blind. In March 1942, Helena Citrónová was among the first thousand Jewish women who were transported from Czechoslovakia to Auschwitz. The dogs are barking and the guards are laughing as Helena is undressed and shaved. The humiliations of the concentration camp only get worse as the weeks go by, until the SS officer Franz Wunsch hears her sing and falls head over heels in love with the young woman, who in turn falls for her captor.</p> <p>Love, It Was Not is the true story of an unlikely affair which managed to sprout amidst the horrors of war. Through photo collages, diary entries and interviews with the survivors, the whole process is reproduced, from the arrival in Auschwitz to thirty years later, when Helena is summoned as a witness in the trial against Franz. Can she allow herself to denounce the flame of her youth, who saved her from certain death in the gas chambers – or should she let a war criminal go free? A both tragic and moving reminder of guilt, forgiveness and, not least, fatal love.</p>
ADDRESS:	<p>Roseville Cinema, 112 Pacific Highway, Roseville</p> <p>Roseville Club, 64 Pacific Highway, Roseville</p>
CONTRIBUTION:	CHSP SS clients: \$10
TIMES:	Please see calendar for details



DATES:	Friday 5 March – Blue Group Friday 12 March – Pink Group
EVENT:	TOUR OF NSW PARLIAMENT HOUSE AND LUNCH
DESCRIPTION:	Over one hour, a friendly guide will take you through the Legislative Chambers and the historic Parkes, Wentworth and Jubilee rooms. You will experience first-hand the beautiful colonial architecture while learning more about the role, history and work of the Parliament. Lunch at the Parliament House Public Café. Meals range between \$5.50 and \$20. A 10% discount applies to seniors with a seniors card.
CONTRIBUTION:	CHSP SS clients: \$10. Please pay for your own lunch.
TIMES:	12pm – 4pm



DATES:	Wednesday 17 March – Blue Group Wednesday 31 March – Pink Group
EVENT:	INBLOOM EXHIBIT AT THE CALYX, ROYAL BOTANICAL GARDENS AND LUNCH
DESCRIPTION:	Explore a world of colour and light with inBLOOM at The Calyx! This new exhibition will allow you to immerse yourself in a spectrum of visible delights surrounded by flowers of every colour and beyond — into a mysterious world. inBLOOM has over 20,000 plants on display, and one of the largest living green walls in the Southern Hemisphere. Curated by the horticultural team at the Royal Botanic Garden Sydney, the display will heighten every sense as you wander through a breathtaking world of light and colour. Lunch at Botanic House. Meals range between \$8.50 and \$24.
CONTRIBUTION:	CHSP SS clients: \$12. Please pay for your own lunch.
TIMES:	11:30am – 3:30pm



DATES:	Friday 19 March – Pink Group Friday 26 March – Blue Group
EVENT:	PARADISE ON EARTH TOUR AND LUNCH
DESCRIPTION:	<p>Paradise on Earth is a celebration of the career and legacy of Marion Mahony Griffin that will enchant visitors of all ages. Imagine a place where the natural and built world exist in perfect balance; where the sounds, colours and smells of Sydney’s bush and harbour meld into a sensual fusion of vitality and mystery. In 1920s Sydney, architect Marion Mahony Griffin, in collaboration with her husband and creative partner, Walter Burley Griffin, created this ideal at Castlecrag, a ‘model residential suburb’ built on the picturesque shores of Middle Harbour.</p> <p>Located throughout the Museum of Sydney, the exhibition explores Mahony’s architectural beginnings and aesthetic sensibility; her collaboration with Walter Burley Griffin; and key projects in Australia, including Canberra, the Capitol Theatre and Café Australia, with a special focus on the life and community of Castlecrag. A newly produced film examines Mahony’s ongoing impact and the experience of living in the experimental suburb of Castlecrag in more depth, through interviews with current and former owners of Griffin homes and a selection of architects and other experts in the field.</p> <p>Lunch at Veranda Bar. Meals range from \$17</p>
CONTRIBUTION:	CHSP SS clients: \$22. Please pay for your own lunch.
TIMES:	12pm – 4pm



DATES:	Tuesday 9 March -TENTATIVE
EVENT:	SOCIAL OUTING MALE CARERS GROUP
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 and a laugh. Activity and venue to be confirmed.
ADDRESS:	TBC
CONTRIBUTION:	CHSP SS clients: \$6
TIMES:	TBC



DATES:	Wednesday 21 April
EVENT:	HANDA OPERA BY THE HARBOUR 'LA TRAVIATA'
DESCRIPTION:	<p>Raise your glass, flutter those lashes. He's staring at you, he's singing for you... Are you tempted? Violetta is the life of every party. A courtesan with a heart of gold, she's free and free-spirited. Could a little love change everything?</p> <p>Experience the joy and heartache of the world's most popular opera at Sydney's best night out. Fireworks light up the sky at every performance. A giant chandelier shimmers over the harbour stage. Handa Opera on Sydney Harbour is "the ultimate Sydney experience". In 2021, we present La Traviata: the story that inspired Moulin Rouge.</p>
CONTRIBUTION:	<p>CHSP SS clients: \$50. Please pay for your own dinner</p> <p>Payment up front is required to attend this event. Clients will be waitlisted if numbers are reached.</p>
TIMES:	<p>Dinner: 6pm</p> <p>Production: 7:30pm – 10pm</p>
PICK UP POINTS:	Hornsby, Chatswood, Forestville and Brookvale
RSVP:	13 March 2021



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
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:	Friday 12 March
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>In March we will be reviewing <u>Hamnet</u> by Maggie O'Farrell.</p> <p><i>Drawing on Maggie O'Farrell's long-term fascination with the little-known story behind Shakespeare's most enigmatic play, Hamnet is a luminous portrait of a marriage, at its heart the loss of a beloved child.</i></p> <p><i>Warwickshire in the 1580s. Agnes is a woman as feared as she is sought after for her unusual gifts. She settles with her husband in Henley street, Stratford, and has three children: a daughter, Susanna, and then twins, Hamnet and Judith. The boy, Hamnet, dies in 1596, aged eleven. Four years or so later, the husband writes a play called Hamlet.</i></p> <p><i>Award-winning author Maggie O'Farrell's new novel breathes full-blooded life into the story of a loss usually consigned to literary footnotes, and provides an unforgettable vindication of Agnes, a woman intriguingly absent from history.</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



DATES:	Friday 9 April
EVENT:	BOOKWORMS BOOK CLUB
DESCRIPTION:	<p>Book in early now for our April Bookworms Book Club session.</p> <p>In April we will reviewing <u>Becoming</u> by Michelle Obama.</p> <p><i>In her memoir, a work of deep reflection and mesmerising storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her - from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it - in her own words and on her own terms.</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