

MON	TUES	WEDS	THURS	FRI
			1 GENTLE EXERCISE 10am – 11am ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	2 GOOD FRIDAY
5 EASTER MONDAY	6 SOCIAL OUTING MALE CARERS GROUP 11am–2pm NEW MOVES DANCE CLASS 4pm – 5:30pm	7 SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH ‘THE COURIER’ 10am – 3pm	8 GENTLE EXERCISE 10am – 11am ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm	9 SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH ‘THE FATHER’ 10am – 3pm BOOKWORMS BOOK CLUB 10am – 11:30am YOGA 2pm – 3pm
12 YOGA 10:30am – 11:30am MONDAY TRIVIA MADNESS 2pm – 4pm EVENING CHOIR 6pm – 7:30pm	13 COOKING WITH RON LIVE COOKING DEMONSTRATION: TBC 10am – 11:30am NEW MOVES DANCE CLASS 4pm – 5:30pm	14 SOCIAL OUTING THE ROCKS DISCOVERY MUSEUM AND LUNCH AT THE ORIENT HOTEL 11:30am - 3pm	15 GENTLE EXERCISE 10am – 11am ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	16 SOCIAL OUTING SENIORS FESTIVAL LUNCH CRUISE 11:30am - 3:30pm 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 **GREEN** include all pick up points unless specified.

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 watching the opera under the stars, going on a harbour cruise, cooking a storm with Ron and may more. This month for our Weekend Away, we will be visiting the scenic Blue Mountains, staying in Katoomba.

YOUR SPACE: A VIRTUAL HUB FOR SENIORS

NEW MOVES DANCE – EVERY TUESDAY AT 4PM

This is a fun and easy fitness class for mature people where you can work at your own pace.

Each class is a surprise but will include

- Exercises to help you in your everyday life: sitting, standing, walking, bending with improved core strength and posture
- Fun, free dancing that allows you to dance in your own home, raising your heart rate, exercising your muscles and making you smile
- Simple choreographed routines that anyone can do! These routines promote good brain health, developing the very parts of the brain that can deteriorate with age
- Relaxation techniques including breathing, massage and meditation to bring more serenity into your life, improving mental health

New Moves is a friendly, welcoming community that develops connection and reduces isolation and loneliness. Dr Pauline Manley, the facilitator, is a mature woman with decades of teaching experience and a PhD in movement practices.

“I understand the ageing body and so I can assist you to age with grace, strength, awareness and happiness. I want my classes to be full of laughter, uplifting the spirits.”



‘COOKING WITH JEN’ HAS A NEW CHEF & NEW NAME!

Tuesday’s ‘Cooking With Jen’ has recruited a certified and very experienced former chef a restaurant in the Northern Sydney suburbs to take the reins and guide you on a culinary adventure of delicious heights. Welcome Ron! With a multitude of tips and tricks up his sleeve, Ron is sure to help you increase your repertoire in the kitchen!

SOCIAL OUTINGS

In adherence to the NSW Health COVID-19 regulations, social distancing on our buses do not apply. This means the number of participants at our social outings can reach bus capacity. To continue helping the spread of COVID-19, passengers are still required to wear masks on the bus.

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.

MALE CARERS GROUP

It is with great pleasure that I welcome our new facilitator of the Male Carers Group, **Lars Weber**. Lars is a carer for his son with a disability and founder of Better Life For Carers, a service designed to help carers better care for themselves. With his wealth of knowledge, compassion and positivity I am sure that Lars will be a fantastic enabler to the group.

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?

YOUR SPACE: RESOURCES FOR SENIORS

To help keep you up to date with the latest news and information on aged care related issues and services, Your Space will expand to include a series of educational webinars. Every three weeks you will be emailed a new video, starting with the topic of **'Dementia in Real Life'** and **'Continence'**. If we do not have your email address and would like to receive this information, please call us on **1300 134 332**.

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 April 7 - 'The Courier'</p> <p>Friday April 9 - 'The Father'</p> <p>Friday April 30 - 'Six Minutes to Midnight'</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>Six Minutes to Midnight:</u> UK, Aug. 15, 1939: 17 days before WWII, an English teacher and his camera disappear on a coastal boarding school with 20 German teen girls. Miller gets the job 6 days later, secretly trying to find out what happened.</p> <p><u>The Father:</u> A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.</p> <p><u>The Courier:</u> Cold War spy Greville Wynne and his Russian source try to put an end to the Cuban Missile Crisis.</p>
ADDRESS:	<p>Roseville Cinema, 112 Pacific Highway, Roseville</p> <p>Roseville Club, 64 Pacific Highway, Roseville</p>
CONTRIBUTION:	CHSP SS clients: \$10
TIMES:	10am – 3pm



DATES:	Wednesday 14 April – Blue Group Wednesday 28 April - Pink Group
EVENT:	THE ROCKS DISCOVERY MUSEUM AND LUNCH AT THE ORIENT HOTEL
DESCRIPTION:	You'll love The Rocks Discovery Museum; packed with thousands of years of history! Housed in a restored 1850s sandstone warehouse, the museum is home to a unique collection of images and archaeological artefacts found in The Rocks – some of which you can even hold. You can learn about the area's traditional custodians, the establishment of the English colony and the time when sailors, whalers and traders made The Rocks their home; through to the 1970s union-led protests which preserved this unique part of Sydney for future generations to explore and enjoy. Lunch at the Orient Hotel. Prices for a main meal start at \$16.50.
CONTRIBUTION:	CHSP SS clients: \$10. Please pay for your own lunch.
TIMES:	11:30am - 3pm



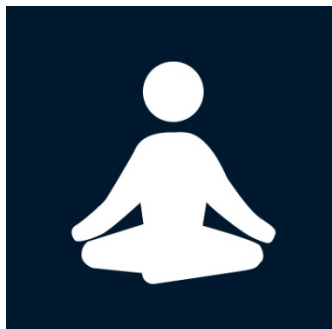
DATES:	Friday 16 April - Pink Group – BOOKINGS CLOSE 9 APRIL Friday 23 April - Blue Group – BOOKINGS CLOSE 16 APRIL
EVENT:	SENIORS FESTIVAL LUNCH CRUISE
DESCRIPTION:	Set sail around the Sydney Harbour with friends to celebrate Seniors Week. Surrounded by beautiful views you will be pampered with a 2-course ala carte dining. Places are limited and clients who have not accessed the program since outings resumed in October will be prioritized. You will be notified of the outcome by the following Tuesday.
CONTRIBUTION:	CHSP SS clients: \$35
TIMES:	11:30am – 3:30pm



DATES:	Tuesday 6 April
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. This month the male carers will be catching the light rail from Circular Quay to Randwick. Lunch at Randwick Hotel.
ADDRESS:	Meet At Circular Quay Light Rail station.
CONTRIBUTION:	CHSP SS clients: \$6
TIMES:	11am – 2pm



DATES:	Wednesday 21 April 2021 – SORRY, BOOKINGS ARE CLOSED.
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:	CHSP SS clients: \$50. Please pay for your own dinner Payment up front is required to attend this event. Clients will be waitlisted if numbers are reached.
TIMES:	Dinner: 6pm Production: 7:30pm – 10pm
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 RON
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 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



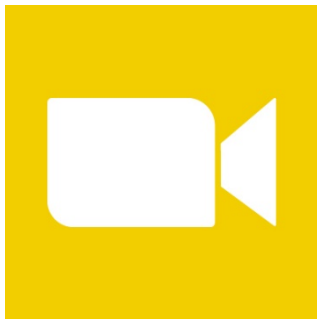
DATES:	Tuesdays
EVENT:	NEW MOVES DANCE
DESCRIPTION:	Join in the fun with Pauline as she guides you through gentle dance movements to increase your fitness and lift your spirits.
CONTRIBUTION:	CHSP SS clients: \$4 Private clients: \$15
TIMES:	4pm - 5:30pm



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 no 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:	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:	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:	FREE
TIMES:	2pm - 3:30pm



DATES:	Friday 9 April
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 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