

MON	TUES	WEDS	THURS	FRI
3 YOGA 10:30am – 11:30am MONDAY TRIVIA MADNESS 2pm – 4pm EVENING CHOIR 6pm – 7:30pm	4 SOCIAL OUTING MALE CARERS GROUP 1:15pm—3:15pm NEW MOVES DANCE CLASS 4pm – 5:30pm	5 SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH 'SUPERNOVA' 10am – 3pm	6 GENTLE EXERCISE 10am – 11am ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	7 SOCIAL OUTING THE GROUNDS OF ALEXANDRIA 12—3pm YOGA 2pm – 3pm
10 YOGA 10:30am – 11:30am MONDAY TRIVIA MADNESS 2pm – 4pm EVENING CHOIR 6pm – 7:30pm	11 COOKING WITH RON LIVE COOKING DEMONSTRATION: TBC 10am – 11:30am NEW MOVES DANCE CLASS 4pm – 5:30pm	12 SOCIAL OUTING THE GROUNDS OF ALEXANDRIA 12—3pm	13 GENTLE EXERCISE 10am – 11am ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm	14 BOOKWORMS BOOK CLUB 10am – 11:30am YOGA 2pm – 3pm
17 YOGA 10:30am – 11:30am MONDAY TRIVIA MADNESS 2pm – 4pm EVENING CHOIR 6pm – 7:30pm	18 NEW MOVES DANCE CLASS 4pm – 5:30pm	19 SOCIAL OUTING CREMORNE MOVIE AND LUNCH 'THE MAN IN THE HAT' Times to be advised closer to the date.	20 GENTLE EXERCISE 10am – 11am ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	21 SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH 'JUNE AGAIN' 10am – 3pm YOGA 2pm – 3pm
24 YOGA 10:30am – 11:30am MONDAY TRIVIA MADNESS 2pm – 4pm EVENING CHOIR 6pm – 7:30pm	25 COOKING WITH RON LIVE COOKING DEMONSTRATION: TBC 10am – 11:30am NEW MOVES DANCE CLASS 4pm – 5:30pm	26 SOCIAL OUTING YUM CHA AT RHODES PHOENIX CHINESE RESTAURANT AND RIVERCAT FERRY RIDE 11:45pm - 4pm	27 GENTLE EXERCISE 10am – 11am ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm	28 SOCIAL OUTING YUM CHA AT RHODES PHOENIX CHINESE RESTAURANT AND RIVERCAT FERRY RIDE 11:45pm - 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!

This May we bring to you a calendar that takes advantage of the freshness of an Autumn sunny day, from a ferry ride on Parramatta River to a cosy lunch at the Grounds of Alexandria.

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.

IMPORTANT CHANGES TO BOOKINGS

It is fantastic to see many clients confidently venturing into the world again by participating in the Social Support outings. We are thrilled to know that you trust in our service to meet your social needs.

The Social Support program services just over 200 clients in the Northern Sydney region and we run social outings nearly every Wednesday and Friday. Due to the increasing number of people accessing the program and limited capacity, we will need to introduce a fairer system to ensure everyone has a chance to participate in an outing.

BUS OUTINGS:

- Please call **1300 134 332** or email customercare@yourside.org.au to **express your interest**.
- Please be mindful of closing date for each event. This can be found in the event details.
- You will be contacted by a Your Side staff member and be advised of whether your expression of interest was successful.
 - For Wednesday bus outings, you will be contacted on the Monday before.
 - For Friday bus outings, you will be contacted the Wednesday before.
 - If we are unable to reach you, your seat will be given to the next client on the list.
 - If you know that you will be hard to contact on the day, please call us.
 - If successful, you will be advised of your pickup time, location and any other details related to the outing.
- Priority will be given to clients who have participated in less bus outings than the others.
- We ask that you refrain from making multiple changes to your expression of interest to avoid complications.
- Booking can be paid with a Your Side staff member any time after confirmation.
- We ask that you contact us at your earliest convenience if you need to cancel your expression of interest. You are also allowed to cancel your expression of interest at the time you are contacted by the volunteer, ie, on the Monday or Wednesday. However, if you cancel your booking after it has been confirmed, you will incur a 50% cancellation fee. The exception is in the event you express concerns around COVID-19.

MOVIE AND LUNCH OUTINGS:

- There is no limit to the number of participants for each event.
- Please call **1300 134 332** or email customercare@yourside.org.au to make your booking.
- Bookings close the day before the event.
- Please refrain from turning up without first booking your spot as tickets and lunch reservations need to be arranged.
- 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.

If you have any questions about these new changes, please give us a call on **1300 134 332** to discuss.

What to expect before an event:

- If successful, a reminder email will be sent to you 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.

YOUR SPACE: A VIRTUAL HUB FOR SENIORS

New Moves Dance

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 Dance 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." – Dr. Pauline Manley

CANCELLATIONS

Please see specific details for bus outings and the Movie and Lunches in the previous page.

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?

WEEKENDS AWAY

It goes without saying that the weekends away have proven to be a hit! The staff attending have witnessed new friendships bloom, old ones deepen, a general sense of relaxation and excitement in people's faces to rediscover the wonders of our own backyard!

Whilst we have been lucky to extend our program to include these activities, moving forward, we will offer them once or twice a year. This is to ensure that we have capacity to continue offering the other activities of Social Support.

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



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 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 5 May - 'Supernova'. Bookings close Tuesday 4 May Friday 21 May - 'June Again'. Bookings close Thursday 20 May.
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>Supernova:</u> Sam and Tusker partners of 20 years, who are traveling across England in their old RV visiting friends, family and places from their past. Since Tusker was diagnosed with early-onset dementia two years ago, their time together is the most important thing they have.</p> <p><u>June Again:</u> In the heartfelt comedy June Again, a twist of fate gives family matriarch June a reprieve from a debilitating illness. Much to their amazement, June re-enters the lives of her adult children, Ginny and Devon and learns that 'things haven't gone according to plan'. With limited time but plenty of pluck, she sets about trying to put everything, and everyone, back on track. When her meddling backfires, June sets out on a romantic journey of her own and discovers she needs help from the very people she was trying to rescue.</p>
ADDRESS:	Roseville Cinema, 112 Pacific Highway, Roseville Roseville Club, 64 Pacific Highway, Roseville
CONTRIBUTION:	CHSP SS clients: \$10 HCP clients: \$30
TIMES:	10am – 3pm



DATES:	Wednesday 19 May - 'The Man In The Hat'. Bookings close Tuesday 18 May.
EVENT:	CREMORNE MOVIE AND LUNCH
DESCRIPTION:	<p>Join us 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>The Man In The Hat: A man journeys through France in a Fiat 500 accompanied by a framed photograph of an unknown woman. He is pursued by five angry men in a Citroën Dyane. English subtitles.</p> <p>Lunch at Khao Hom Thai Restaurant to the value of \$20 per person. Drinks not included.</p>
ADDRESS:	<p>Movie: Hayden Orpheum Picture Palace, 372A Military Rd, Cremorne</p> <p>Lunch: Khao Hom Thai Restaurant, 372A Military Rd, Cremorne</p>
CONTRIBUTION:	<p>CHSP SS clients: \$10</p> <p>HCP clients: \$30</p>
TIMES:	To be advised closer to date.



DATES:	<p>Friday 7 May - Pink Group. Expressions of interest close Monday 3 May.</p> <p>Wednesday 12 May – Blue Group. Expressions of interest close Friday 7 May.</p>
EVENT:	THE GROUNDS OF ALEXANDRIA
DESCRIPTION:	Set in the middle of industrial inner west, escape to the Grounds Of Alexandria; built into the remnants of a heritage-listed warehouse and spilling into an enormous courtyard and organic garden. You will even have time to explore the Grounds Farm to see the chickens and goats.
CONTRIBUTION:	<p>CHSP SS clients: \$10. Please pay for your own lunch. Meals are from \$20.</p> <p>HCP clients: Transport - \$70. Please pay for your lunch.</p>
TIMES:	12 noon – 3pm



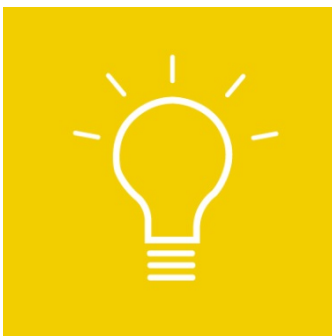
DATES:	Wednesday 26 May – Pink Group. Expressions of interest close Friday 21 May. Friday 28 May – Blue Group. Expressions of interest close Monday 24 May.
EVENT:	YUM CHA AT RHODES PHOENIX CHINESE RESTAURANT AND RIVERCAT FERRY RIDE
DESCRIPTION:	Join us for a yum cha banquet feast at Phoenix Chinese Restaurant followed by a Rivercat ferry ride from Meadow Bank to Barangaroo. Please be mindful that the walk from Barangaroo Wharf to the bus is on flat terrain but may be too far for some, at approximately 500m. Please bring your Opal card to board the ferry.
CONTRIBUTION:	CHSP SS clients: \$25. Fee covers the cost of lunch. Please bring your Opal card. HCP clients: Transport - \$70. Lunch - \$30. Total - \$100. Please bring your Opal card.
TIMES:	11:45am - 4pm



DATES:	Tuesday 4 May
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 please join us to officially bid farewell and say thanks to long term facilitator and friend, Roger Dayle.
ADDRESS:	Chatswood RSL, 446 Victoria Avenue, Chatswood
CONTRIBUTION:	CHSP SS clients: \$6 Private clients: \$15
TIMES:	1:15pm – 3:15pm



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:	CHSP SS clients: \$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:	CHSP SS clients: \$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



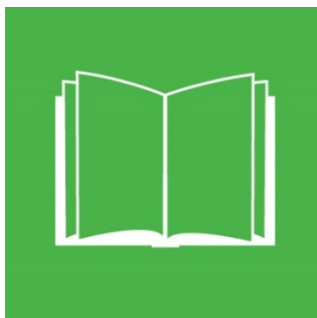
DATES:	Thursdays
EVENT:	GENTLE EXERCISES WITH SERGIO
DESCRIPTION:	Join us for a fun session of gentle exercises to improve your health and fitness. Benefits includes improvements to balance, flexibility, strength and endurance. Exercises will be modified to your own fitness levels and there is no need 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:	CHSP SS clients: \$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 14 May
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 May we will reviewing 'The Island of Sea Women' by Lisa See.</p> <p>Set on the Korean island of Jeju, The Island of Sea Women follows Mi-ja and Young-sook, two girls from very different backgrounds, as they begin working in the sea with their village's all-female diving collective. Over many decades—through the Japanese colonialism of the 1930s and 1940s, World War II, the Korean War, and the era of cellphones and wet suits for the women divers—Mi-ja and Young-sook develop the closest of bonds. Nevertheless, their differences are impossible to ignore: Mi-ja is the daughter of a Japanese collaborator, forever marking her, and Young-sook was born into a long line of haenyeo and will inherit her mother's position leading the divers. After hundreds of dives and years of friendship, forces outside their control will push their relationship to the breaking point.</p> <p>This beautiful, thoughtful novel illuminates a unique and unforgettable culture, one where the women are in charge, engaging in dangerous physical work, and the men take care of the children. A classic Lisa See story—one of women's friendships and the larger forces that shape them—The Island of Sea Women introduces readers to the fierce female divers of Jeju Island and the dramatic history that shaped their lives.</p> <p>Clients are welcome to dial in via landline or mobile phone.</p>
CONTRIBUTION:	CHSP SS clients: \$8 (includes cost of book – either hard copy and postage or e-book)
TIMES:	10am - 11:30am