

MON	TUES	WEDS	THURS	FRI
			<b>1</b>  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	<b>2</b>  SOCIAL OUTING YUM CHA AT RHODES PHOENIX CHINESE RESTAURANT AND RIVERCAT FERRY RIDE 11:45pm - 4pm  YOGA 2pm – 3pm
<b>5</b>  YOGA 10:30am – 11:30am  MONDAY TRIVIA MADNESS 2pm – 4pm	<b>6</b>  COOKING WITH RON LIVE COOKING DEMONSTRATION 10am – 11:30am  MALE CARERS GROUP 11am—1:30pm  NEW MOVES DANCE CLASS 4pm – 5:30pm	<b>7</b>  SOCIAL OUTING YUM CHA AT RHODES PHOENIX CHINESE RESTAURANT AND RIVERCAT FERRY RIDE 11:45pm - 4pm	<b>8</b>  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm	<b>9</b>  SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH 'THE MOLE AGENT' 10am - 3pm  BOOKWORMS BOOK CLUB 10am – 11:30am  YOGA 2pm – 3pm
<b>12</b>  YOGA 10:30am – 11:30am  MONDAY TRIVIA MADNESS 2pm – 4pm  EVENING CHOIR 6pm – 7:30pm	<b>13</b>  NEW MOVES DANCE CLASS 4pm – 5:30pm	<b>14</b>  SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH 'BUCKLEY'S CHANCE' 10am - 3pm	<b>15</b>  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	<b>16</b>  SOCIAL OUTING CHRISTMAS IN JULY IN LEURA 12 noon - 4pm  YOGA 2pm – 3pm
<b>19</b>  YOGA 10:30am – 11:30am  MONDAY TRIVIA MADNESS 2pm – 4pm  EVENING CHOIR 6pm – 7:30pm	<b>20</b>  COOKING WITH RON LIVE COOKING DEMONSTRATION 10am – 11:30am  NEW MOVES DANCE CLASS 4pm – 5:30pm	<b>21</b>  SOCIAL OUTING THE ROCKS DISCOVERY MUSEUM AND LUNCH AT THE ORIENT HOTEL 11:30am - 3pm	<b>22</b>  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm	<b>23</b>  SOCIAL OUTING ROSEVILLE MOVIE AND LUNCH 'PERFUMES' 10am - 3pm  YOGA 2pm – 3pm
<b>26</b>  YOGA 10:30am – 11:30am  MONDAY TRIVIA MADNESS 2pm – 4pm  EVENING CHOIR 6pm – 7:30pm	<b>27</b>  NEW MOVES DANCE CLASS 4pm – 5:30pm	<b>28</b>  SOCIAL OUTING THE ROCKS DISCOVERY MUSEUM AND LUNCH AT THE ORIENT HOTEL 11:30am - 3pm	<b>29</b>  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	<b>30</b>  SOCIAL OUTING CHRISTMAS IN JULY IN LEURA 12 noon - 4pm  YOGA 2pm – 3pm

To register call **1300 134 332** or  
email [customecare@yourside.org.au](mailto: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!

With the second half of 2021 fast approaching, be prepared for a jam-packed calendar of activities. We have received so many suggestions of places to visit and things to do that it's hard to know what to start the new financial year with! In saying that, it's just natural to take the lead from the season and continue our annual tradition of celebrating Christmas in July in Leura. Due to popular demand, we are running Yum Cha at Rhodes for those who missed out in May; and as we were unable to run the Rocks Discovery Museum in April, we are running it again.

## SOCIAL OUTINGS

As advised by NSW Health, wearing a face mask in situations where you cannot physically distance (public transport or indoors at a public place) is strongly recommended.

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.

## VOLUNTEERS AND STUDENTS

The Social Support program relies heavily on students and volunteers to deliver the best service to you. Our students usually study Social Work at university and have come to Your Side on fieldwork placement to put theory into practice and develop skills that cannot be taught in the classroom; whilst our volunteers are individuals who are dedicated to giving back to the community during their spare. All who assist are kindhearted souls with something to offer.

From July we have a new batch of students in training from the College of Applied Psychology. **Meet the team:**

Anju



**My name is Anju** currently studying for a Masters in Social work from ACAP. I am a fun-loving girl who loves to meet diverse and multicultural groups and learn from them. Besides that, I love travelling and eating. Throughout my placement I would love to learn about professional skills, engaging with clients and applying my theoretical knowledge into practice. I am working in aged care and as a part of my work we have lifestyle activities like bingo, bus trips, musical concerts, and exercise. I get involved with clients to ensure they are safe and happy.

Alana



**My name is Alana**, and I am currently in my final year studying a Bachelor of Social Work. Something interesting about myself is that I have always dreamed of learning to samba dance and then partake in an annual carnival, in Brazil. Whilst on placement, I look forward to learning more about the clients plus assisting with social gatherings and other support tasks. I would like to give back to the Social Support clients by bringing some good team spirit, being well-organised and I'm open to learning lots.

Santa



**I am Santa**, a Social Work student from Australian College of Applied Psychology (ACAP). I am from Nepal and pursuing a masters degree in Australia and this is my first placement. Since Your Side works with the elderly, people with disabilities and mental health, I am looking forward to learning more about the policies and programs. I'm eager to see how an aged care agency like Your Side operate and deliver its service to elderly people in Australia. I am keen to learn and enhance my skills and I believe I can achieve it by being focused and committed to what I do at Your Side.

I love doing adventurous activities like trekking, short hikes and so on. In the past, I have trekked to some of the most beautiful places in Nepal and I am planning to explore some places here in Australia. I enjoy reading books, watching documentaries and movies, and listening to music.

Sagar



**I am Sagar** and I am currently studying Master of Social Work (MSW) at Australian College of Applied Psychology (ACAP). I would like to introduce myself as a critical thinker, decent and honest individual who loves to engage with people and to help out where I can. For leisure, I enjoy playing guitar, listening to music (mostly Elvis Presley, Anne Murray, Neil Diamond, George Strait etc) traveling and reading books.

I am commencing my second field education placement here at Your Side. I hope to learn practical skills to serve humanity in a professional way. I would love to work in social services and wish to contribute to human welfare.

**EVENING CHOIR - EXPRESSIONS OF INTEREST**

Every Monday evening between 6pm and 7:30pm, a group of passionate singers meet to practice their vocals to pop, world music and folk songs, with a pianist or in an acapella, under the instruction of Naomi, choir mistress.

You may know their songs from the Christmas Activity Pack, where they kindly donated their time and skill to produce a delightful melody of Christmas carols for you to enjoy.

Whilst the group currently meets online on Zoom, it originally met same day and time at Wahroonga. We are reviewing the possibility of resuming practice in the community from July and are calling for expressions of interest. If you would like to join this group, please give us a call on **1300 134 332** by 18 June.

This activity is open to adults with a sincere passion for singing who would like to participate with a group of friendly people.

**NEEDS AND GOAL ASSESSMENT**

From the month of June, you may be contacted for your annual Social Support Needs and Goals Assessment. Along with updating your information, this will be the time to review achievements made whilst participating in the program, and what you would like to achieve in the future. This assessment is done at least once a year so if you have already been contacted in the past twelve months you will not be contacted this time.

**CANCELLATIONS**

All bookings are final after they have been confirmed. 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 social outings 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.

**PAYMENT**

Payment for either social outings or activities online can be accepted after you have received confirmation. You can also opt to have an invoice sent to you at the end of the month and pay for all events at the one go.

Methods of payment include providing us with your debit card or credit card over the phone, internet banking, visiting your local branch or direct debit. Providing us with your bank details over the phone at the time of payment does not mean that we keep your bank details. If you wish for payments to be made directly from your account, please fill out the direct debit form attached and return it to us the reply-paid envelope.

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



**Call: 1300 134 332 or**



**Email: [customercare@yourside.org.au](mailto: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:	Friday 9 July - 'The Mole Agent'. Bookings close Thursday 8 July. Wednesday 14 July – 'Buckley's Chance'. Bookings close Tuesday 13 July. Friday 23 July – 'Perfumes'. Bookings close Thursday 22 July.
EVENT:	<b>ROSEVILLE MOVIE AND LUNCH</b>
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><b><u>Mole Agent:</u></b> Sergio is a Chilean spy. Sort of. He is recruited to infiltrate a retirement home for a client who suspects her mother is being abused. However, Sergio is 83, not 007 but he is a keen student, looking for ways to distract himself after recently losing his wife. Sergio grows close to several residents and realises that the menacing truth beneath the surface is not what anyone suspected. English subtitles.</p> <p><b><u>Buckley's Chance:</u></b> After the loss of his father, the young boy Ridley is forced to move to the Australian outback to live with his estranged Grandfather. During his adventures he becomes lost and befriends a dingo excluded from its own pack. A strong bond is formed in the harsh Australian outback as the two try to make their way home.</p> <p><b><u>Perfumes:</u></b> Anne Walberg was once the star of her industry – a perfumer whose ability to produce enticing new fragrances was second to none. However, her intemperate behaviour has made her difficult. When she strikes up an unlikely friendship with her equally troubled new driver, Anne sees a way to return to the top, which might offer a solution to both their problems. English subtitles.</p>
ADDRESS:	Roseville Cinema, 112 Pacific Highway, Roseville Roseville Club, 64 Pacific Highway, Roseville
CONTRIBUTION:	<b>CHSP SS clients:</b> \$10
TIMES:	Approx. 10am – 3pm. Start times range between 10:15am and 10:45am. You will be notified of sessions times closer to the date.



<b>DATES:</b>	Friday 2 July – Blue Group. Wednesday 7 July – Pink Group.  These events were created for clients who previously missed out. Unfortunately, we have reached capacity and cannot accept any more bookings.
<b>EVENT:</b>	<b>YUM CHA AT RHODES PHOENIX CHINESE RESTAURANT AND RIVERCAT FERRY RIDE</b>
<b>DESCRIPTION:</b>	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 at approximately 500m it may be too far for some.  Please bring your Opal card to board the ferry.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients:</b> \$25. Please bring your Opal card.
<b>TIMES:</b>	11:45am - 4pm



<b>DATES:</b>	<b>Tuesday 6 July</b>
<b>EVENT:</b>	<b>MALE CARERS GROUP</b>
<b>DESCRIPTION:</b>	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 group will meet to plan the next lot of activities whilst having lunch at the Italian Street Kitchen on 19 Grosvenor Street, Neutral Bay. Lunch covered in client contribution. Please bring along ideas on what you would like to do in the future.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients:</b> \$6 <b>Private clients:</b> \$15
<b>TIMES:</b>	11am - 1:30pm





DATES:	Friday 16 July – Blue Group. Expressions of interest close Friday 23 June. Friday 30 July – Pink Group. Expressions of interest close Friday 23 June.
EVENT:	<b>CHRISTMAS IN JULY IN LEURA</b>
DESCRIPTION:	Rug up in your Winter Woollies for a Your Side Social Support annual favourite! Enjoy the magic of a Traditional "Northern Hemisphere" Christmas 3 course feast at Bygone Beautys Treasured Teapot Museum & Tearooms, nestled in the picturesque village of Leura. There will be Christmas bon bons and serviettes adorn decorated tables to create a fun festive atmosphere. Look forward to a complimentary "Teapot Talk" as well as a visit from a special guest!
CONTRIBUTION:	<b>CHSP SS clients:</b> \$35
TIMES:	12 noon – 4pm

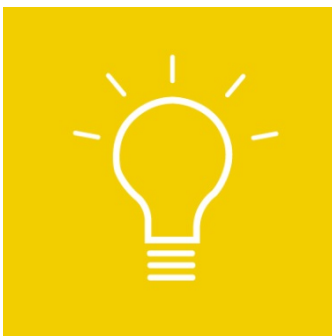


DATES:	Wednesday 21 July – Pink Group. Expressions of interest close Friday 23 June. Wednesday 28 July – Blue Group. Expressions of interest close Friday 23 June.
EVENT:	<b>THE ROCKS DISCOVERY MUSEUM AND LUNCH AT THE ORIENT HOTEL</b>
DESCRIPTION:	You'll love The Rocks Discovery Museum packed with thousands 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:	<b>CHSP SS clients:</b> \$10. Please pay for your own lunch.
TIMES:	11:30am – 3pm





<b>DATES:</b>	<b>Mondays and Fridays</b>
<b>EVENT:</b>	<b>YOGA</b>
<b>DESCRIPTION:</b>	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.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: \$2</b>
<b>TIMES:</b>	<b>Monday: 10:30am - 11:30am</b> <b>Friday: 2pm - 3pm</b>



<b>DATES:</b>	<b>Mondays</b>
<b>EVENT:</b>	<b>MONDAY TRIVIA MADNESS</b>
<b>DESCRIPTION:</b>	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>
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: \$2</b>
<b>TIMES</b>	<b>2pm - 4pm</b>



<b>DATES:</b>	<b>Mondays</b>
<b>EVENT:</b>	<b>EVENING CHOIR</b>
<b>DESCRIPTION:</b>	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.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: \$6</b> <b>Private clients: \$15</b>
<b>TIMES:</b>	<b>6pm - 7:30pm</b>



DATES:	Tuesdays
EVENT:	<b>COOKING WITH RON</b>
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:	<b>CHSP SS clients:</b> \$2
TIMES:	10am – 11:30am



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



DATES:	Thursdays
EVENT:	<b>GENTLE EXERCISES WITH SERGIO</b>
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:	<b>CHSP SS clients:</b> \$2
TIMES:	10am – 11am



<b>DATES:</b>	Thursdays
<b>EVENT:</b>	<b>ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION</b>
<b>DESCRIPTION:</b>	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.
<b>CONTRIBUTION:</b>	FREE
<b>TIMES:</b>	2pm - 3:30pm



<b>DATES:</b>	Thursdays
<b>EVENT:</b>	<b>ZOOM TRAINING: HOW TO HOST A ZOOM SESSION</b>
<b>DESCRIPTION:</b>	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!
<b>CONTRIBUTION:</b>	FREE
<b>TIMES:</b>	2pm - 3:30pm



<b>DATES:</b>	Friday 9 July
<b>EVENT:</b>	<b>BOOKWORMS BOOK CLUB</b>
<b>DESCRIPTION:</b>	<p>For lovers of the written word, join us on the 2<sup>nd</sup> Friday of the month for a discussion on the group's latest chosen read. For the first meeting, come with your top picks for the group to explore. Participation can be casual, and you can find out what we're reading for this month by giving us a call.</p> <p>In July we will reviewing '<u>Lapsed</u>' by Monica Dux:</p> <p>Losing your religion is harder than it looks... From devout ten-year-old performing the part of Jesus in a primary school play to blaspheming, undergraduate atheist, Monica Dux and her attitude to the Catholic Church changed profoundly over a decade. Eventually, she calmed down and was just 'lapsed'. Then, on a family trip to Rome, her young daughter expressed a desire to be baptised. Monica found herself re-examining her own childhood and how Catholicism had shaped her. Was it really out of her system or was it in her blood for life?</p> <p>With wry humour and razor-sharp observations, Lapsed is the story of one woman's attempt to exorcise her religious upbringing, and to answer the question, is Catholicism like a blood group and, if so, is it possible to get a total transfusion?</p> <p>Clients are welcome to dial in via landline or mobile phone.</p>
<b>CONTRIBUTION:</b>	<b>CHSP SS clients:</b> \$8 (includes cost of book – either hard copy and postage or e-book)
<b>TIMES:</b>	10am - 11:30am