

MON	TUES	WEDS	THURS	FRI
<p>2</p> <p>YOGA 10:30am – 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm – 4pm</p> <p>EVENING CHOIR 6pm – 7:30pm</p>	<p>3</p> <p>COOKING WITH RON LIVE COOKING DEMONSTRATION 10am – 11:30am</p> <p>MALE CARERS GROUP 11am – 1:30pm</p> <p>NEW MOVES DANCE 4pm – 5:30pm</p>	<p>4</p>	<p>5</p> <p>GENTLE EXERCISE 10am – 11am</p> <p>ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm</p>	<p>6</p> <p>YOGA 2pm – 3pm</p>
<p>9</p> <p>YOGA 10:30am – 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm – 4pm</p> <p>EVENING CHOIR 6pm – 7:30pm</p>	<p>10</p> <p>ARCHIBALD PRIZE EXHIBITION ART GALLERY OF NSW 10am – 11am</p> <p>NEW MOVES DANCE 4pm – 5:30pm</p>	<p>11</p>	<p>12</p> <p>GENTLE EXERCISE 10am – 11am</p> <p>ICONIC SYDNEY MOMENTS JIGSAW PUZZLE SESSION 2pm – 3pm</p> <p>ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm</p>	<p>13</p> <p>BOOKWORMS BOOK CLUB 10am – 11:30am</p> <p>YOGA 2pm – 3pm</p>
<p>16</p> <p>YOGA 10:30am – 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm – 4pm</p> <p>EVENING CHOIR 6pm – 7:30pm</p>	<p>17</p> <p>COOKING WITH RON LIVE COOKING DEMONSTRATION 10am – 11:30am</p> <p>NEW MOVES DANCE 4pm – 5:30pm</p>	<p>18</p>	<p>19</p> <p>GENTLE EXERCISE 10am – 11am</p> <p>ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm</p>	<p>20</p> <p>YOGA 2pm – 3pm</p>
<p>23</p> <p>YOGA 10:30am – 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm – 4pm</p> <p>EVENING CHOIR 6pm – 7:30pm</p>	<p>24</p> <p>HILMA AF KLINT EXHIBITION ART GALLERY OF NSW 10am – 11am</p> <p>NEW MOVES DANCE 4pm – 5:30pm</p>	<p>25</p>	<p>26</p> <p>GENTLE EXERCISE 10am – 11am</p> <p>ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm</p>	<p>27</p> <p>YOGA 2pm – 3pm</p>
<p>30</p> <p>YOGA 10:30am – 11:30am</p> <p>MONDAY TRIVIA MADNESS 2pm – 4pm</p> <p>EVENING CHOIR 6pm – 7:30pm</p>	<p>31</p> <p>COOKING WITH RON LIVE COOKING DEMONSTRATION 10am – 11:30am</p> <p>NEW MOVES DANCE 4pm – 5:30pm</p>			

To register call **1300 134 332** or
email customecare@yourside.org.au

Due to NSW Health restrictions our social outings are on hold until further notice. As such, all August events will be running online on Zoom. We apologise as we know how loved our social outings are. We thank you for your understanding and continued support.

As we are all at home, now is a great time to jump online to try out a new skill if you haven't. We know this lockdown has been particularly hard so this is also a great opportunity to stay connected.

Please refer to the booklet for event 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!

It goes without saying that the second half of 2021 opened with a surprising and disappointing turn of events. In response to the struggle NSW continues to face with the latest COVID-19 outbreak, we have cancelled all social outings for July and, where possible, postponed them to a later date. We will provide details in due course. This may mean receiving an updated version of the August Social Support Calendar, so please keep your eyes peeled for emails or letters in the mail.

For the time being, we will continue to provide all our online activities, along with some new ones.

BOOKINGS

Please continue to call or email to book your attendance at our Zoom sessions. Your bookings will allow us to determine if there are enough people to run the class.

EMAIL AND POST

Unfortunately, we cannot print and send large amounts of the calendar at this time due to government orders to work from home unless essential. We apologise for the inconvenience caused.

CANCELLATIONS

From 1 July, cancellation fees no longer apply for online activities. We still ask that you call ahead to cancel your booking. If you are not present at a scheduled session, you will be contacted by one of our students to ensure everything is well.

NEEDS AND GOAL ASSESSMENT

For the month of August, 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.

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 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 call to request a direct-debit form sent to you.

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



Call: 1300 134 332 or



Email: customer care@yourside.org.au

SEPTEMBER CHALLENGE

Join us in September for a challenge that will improve your physical and mental health whilst raising money for people with cerebral palsy!

For over 70 years, the Cerebral Palsy Alliance, formally known as The Spastic Centre, has supported the lives of people with cerebral palsy. With your efforts, various initiatives and programs will be made available for thousands of individuals. Some include:

- Early intervention therapy
- Early detection of cerebral palsy
- Centre-based and over the digitally delivered therapy and equipment for people living in regional and rural areas
- Research and development

ARE YOU UP FOR THE CHALLENGE?

The challenge is to do at least 30 minutes of physical activity most days of the week. The number of days is up to you and if necessary, your GP. Suggestions include:

- Group exercise such as our online classes: gentle exercise, yoga and new moves dance
- Aqua aerobics
- Swimming
- Brisk walking
- Dancing
- Golf
- Lawn bowls
- Pilates
- Tai chi

A TEAM EFFORT

We will be participating as one team to support and motivate each other. If government restrictions lift, opportunities to do group walks will be added to the September calendar. Other forms of support include online and over the phone check ins. If you have any ideas for a group activity, we would love to hear from you!

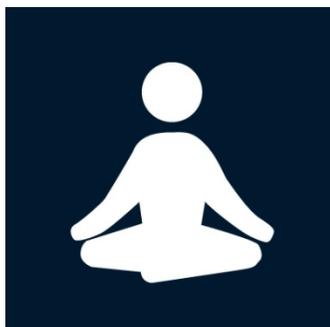
Raising funds to support the cause can be done by finding people to sponsor you. Details on how will be provided after registration. If you cannot find or are too shy to find sponsors, don't worry, as a team we can come up with fundraising ideas!

HOW TO JOIN

Joining is simple. Please email with your expression of interest to Jennifer at customercare@yourside.org.au or call **1300 134 332**. **Registration is free and close 5pm Monday 26 July**. You will be sent an email with further details.

We encourage you to book as quickly as you can and apologise if you receive this information past the registration date. If that is the case and you would like to join, please contact Jennifer to make arrangements.

*“Let the enthusiasm and energy of the group
be your fuel” - Susan, trainer.*



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



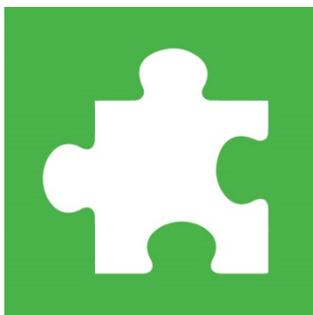
DATES:	Tuesdays
EVENT:	NEW MOVES DANCE
DESCRIPTION:	Join in the fun with Pauline as she guides you through gentle dance movements to increase your fitness and lift your spirits.
CONTRIBUTION:	CHSP SS clients: \$4 Private clients: \$15
TIMES:	4pm - 5:30pm



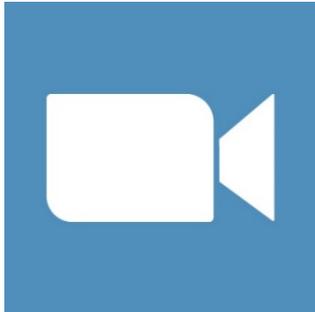
DATES:	Thursdays
EVENT:	GENTLE EXERCISES WITH SERGIO
DESCRIPTION:	Join us for a fun session of gentle exercises to improve your health and fitness. Benefits includes improvements to balance, flexibility, strength and endurance. Exercises will be modified to your own fitness levels and there is no need 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:	Tuesday 10 and 24 August
EVENT:	ART ENGAGEMENT WITH THE ART GALLERY OF NSW
DESCRIPTION:	<p>Enjoy spending time immersed in the pleasures of art while connecting with others. In each session, an experienced facilitator from the Art Gallery of New South Wales will guide you through key artworks from the Art Gallery of NSW.</p> <p>Archibald, Wynne and Sulman Prizes 2021: <i>"The Archibald Prize is awarded to the best portrait painting, it's a who's who of Australian culture. The Wynne Prize is awarded to the best landscape painting of Australian scenery, or figure sculpture, while the Sulman Prize is given to the best subject painting, genre painting or mural project in oil, acrylic, watercolour or mixed media."</i> - from The Art Gallery of NSW.</p> <p>Hilma af Klint 'Secret Paintings': <i>"No one had created paintings like hers before – so monumental in scale, with such radiant colour combinations, enigmatic symbols and other-worldly shapes. The exhibition also shines a light on her early botanical studies, experimental drawings, and a large selection of abstract watercolours."</i> - from The Art Gallery of NSW.</p>
CONTRIBUTION:	CHSP SS clients: \$2
TIMES:	10am – 11am



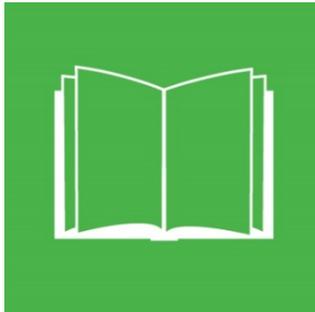
DATES:	Thursday 12 August
EVENT:	ICONIC SYDNEY MOMENTS JIGSAW PUZZLE SESSION
DESCRIPTION:	Play in pairs or on your own. You will have several jigsaw puzzles to choose from, each an iconic image from the City of Sydney Archives. User friendly technology allows you to move the pieces across the screen and all pieces are upright. You can even choose how many pieces to set your puzzle to, from 6 to 1014!
CONTRIBUTION:	FREE
TIMES:	2pm - 3pm



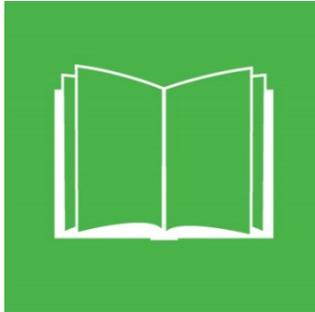
DATES:	Thursdays
EVENT:	ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION
DESCRIPTION:	Learn how to use Zoom, the online platform we will be using to deliver our group based activities. Book in for a session to test out how easy it can be! You are welcome to join as many sessions as it'll take to build 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 13 August
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 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 August we will review "Romulus, My Father" by Raimond Gaita</p> <p>Tragic events were to overtake the boy's life, but Raimond Gaita has an extraordinary story to tell about growing up with his father amid the stony paddocks and flowing grasses of country Australia.</p> <p>Written simply and movingly, Romulus, My Father is about how a compassionate and honest man taught his son the meaning of living a decent life. It is about passion, betrayal and madness, about friendship and the joy and dignity of work, about character and fate, affliction and spirituality.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
CONTRIBUTION:	CHSP SS clients: \$8 (includes cost of book – either hard copy and postage or e-book)
TIMES:	10am - 11:30am



DATES:	Friday 10 September
EVENT:	BOOKWORMS BOOK CLUB
DESCRIPTION:	<p>Book in early for September where we will review "Shuggie Bain" by Douglas Stewart</p> <p>1981. Glasgow. The city is dying. Poverty is on the rise. People watch the lives they had hoped for disappear from view. Agnes Bain had always expected more. She dreamed of greater things: a house with its own front door, a life bought and paid for outright. When her philandering husband leaves, she and her three children find themselves trapped in a mining town decimated by Thatcherism.</p> <p>As Agnes increasingly turns to alcohol for comfort, her children try their best to save her. Shuggie Bain is a blistering and heartbreaking debut, and an exploration of the unsinkable love that only children can have for their damaged parents.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
CONTRIBUTION:	CHSP SS clients: \$8 (includes cost of book – either hard copy and postage or e-book)
TIMES:	10am - 11:30am



DATES:	Tuesday 3 August
EVENT:	MALE CARERS GROUP
DESCRIPTION:	The Male Carers Group is a peer support group for men in a caring role. Once a month the group meets for a catch up to have a yarn and a laugh. This month the group will meet online to plan the next lot of activities.
CONTRIBUTION:	CHSP SS clients: \$6 Private clients: \$15
TIMES:	11:30am - 1:30pm