

MON	TUES	WEDS	THURS	FRI
		1  STEPTEMBER CHALLENGE OPENING CEREMONY DISCO FEVER WITH ABBY 11am - 12 noon	2  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm	3  YOGA 2pm – 3pm
6  YOGA 10:30am – 11:30am  MONDAY TRIVIA MADNESS 2pm – 4pm  EVENING CHOIR 6pm – 7:30pm	7  MALE CARERS ART GALLERY OF NSW 11am – 12:30pm  NEW MOVES DANCE 4pm – 5:30pm	8  STEPTEMBER WEEKLY CHALLENGE GENTLE EXERCISE WITH KIRRALIE 11am - 12 noon	9  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	10  BOOKWORMS BOOK CLUB 10am – 11:30am  YOGA 2pm – 3pm
13  YOGA 10:30am – 11:30am  MONDAY TRIVIA MADNESS 2pm – 4pm  EVENING CHOIR 6pm – 7:30pm	14  COOKING WITH RON LIVE COOKING DEMONSTRATION 10am – 11:30am  NEW MOVES DANCE 4pm – 5:30pm	15  STEPTEMBER WEEKLY CHALLENGE MOVE LIKE A LATINO ON THE DANCE FLOOR WITH SERGIO 11am - 12 noon	16  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm	17  YOUR SIDE MOVIE AND LUNCH “SNOW CAKE” 11:30am – 12:30pm  YOGA 2pm – 3pm
20  YOGA 10:30am – 11:30am  MONDAY TRIVIA MADNESS 2pm – 4pm  EVENING CHOIR 6pm – 7:30pm	21  FLOWER ARRANGING WORKSHOP 1:30pm – 3pm  NEW MOVES DANCE 4pm – 5:30pm	22  STEPTEMBER WEEKLY CHALLENGE MOVE TO THE BEAT WITH JO 11am - 12 noon	23  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION 2pm – 3:30pm	24  YOUR SIDE MOVIE AND LUNCH “X + Y” 11:30am – 12:30pm  YOGA 2pm – 3pm
27  YOGA 10:30am – 11:30am  MONDAY TRIVIA MADNESS 2pm – 4pm  EVENING CHOIR 6pm – 7:30pm	28  COOKING WITH RON LIVE COOKING DEMONSTRATION 10am – 11:30am  NEW MOVES DANCE 4pm – 5:30pm	29  STEPTEMBER WEEKLY CHALLENGE NEW MOVES DANCE WITH PAULINE 11am - 12 noon	30  GENTLE EXERCISE 10am – 11am  ZOOM TRAINING: HOW TO HOST A ZOOM SESSION 2pm – 3:30pm	1 OCTOBER  STEPTEMBER CLOSING AWARDS CEREMONY 11am - 12 noon  YOGA 2pm – 3pm

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

All September events will be running online on Zoom. 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 check in on each other and 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!

With a new norm settled in for what we all hope will be temporary, Your Side continues to be here for you, producing creative ways to keep you engaged, motivated and active in the home.

We kick off the month with the Opening Ceremony of the STEPtember Challenge, followed by fun physical online classes scheduled each Wednesday to pump up the group!

On the calendar, you will also find a modern take to an oldie but a goodie that we hope will attract both our usual patrons and new ones. Lastly, Our very own Jade, will show you, step by step, tips and tricks to create gorgeous dried flower arrangements.

#### SEPTEMBER CHALLENGE

In the blue corner, 36 people strong, full of grit, determination and a can-do attitude, please welcome **the Your Step Asiders!**

As a team of dedicated men and women of the DARTS and Social Support programs, the Your Step Asiders will do their very best to achieve 30 minutes of physical activity a day to raise \$2500 for the Cerebral Palsy Alliance. To find out more and to help support the team, go to:

<https://www.steptember.org.au/fundraisers/YourSideAustralia>

If you haven't registered for this great cause that will also push you to your physical best, you still have time! Just call **1300 134 332** and speak to Jennifer.

#### SPRING ACTIVITY PACK

Keep your eyes peeled in the mail from early October for a little parcel off goodness. Packed with interesting facts about the history of the Indigenous people in your area, a 500-piece jigsaw puzzle, a collection of fresh herbs to grow and delicious spring recipes, we hope that you will be occupied with hours of enjoyment! If you wish to opt out from this pack, please let us know ASAP we will not send you one.

#### ZOOM 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.

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



Call: **1300 134 332** or



Email: [customer care@yourside.org.au](mailto:customer care@yourside.org.au)



<b>DATES:</b>	<b>Wednesday 1 September</b>
<b>EVENT:</b>	<b>OPENING CEREMONY DISCO FEVER</b>
<b>DESCRIPTION:</b>	Grab your best disco outfit and get ready to sparkle like a glazed disco ball at our STEPtember Challenge launch. Hosted by our very own Abby, you can get a jump on your step count as we boogie to a selection of disco favourites.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: FREE</b>
<b>TIMES:</b>	11am – 12 noon

<b>DATES:</b>	<b>Wednesday 8 September</b>
<b>EVENT:</b>	<b>GENTLE EXERCISE WITH KIRRALIE</b>
<b>DESCRIPTION:</b>	A gentle exercise session to boost your energy levels and help make your muscles stronger. In this workout we will use simple things that can be found around the home like cans from your kitchen pantry as weights. Everyone can go at their own pace and as always we will have fun. Did you know that laughing is good exercise for strengthening up your abdominals? It's true!
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: FREE</b>
<b>TIMES</b>	11am – 12 noon

<b>DATES:</b>	<b>Wednesday 15 September</b>
<b>EVENT:</b>	<b>MOVE LIKE A LATINO ON THE DANCE FLOOR WITH SERGIO</b>
<b>DESCRIPTION:</b>	Move to the rhythm of the samba with Sergio who will take you on a journey as though you too are on a carnival float in Brazil.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: FREE</b>
<b>TIMES:</b>	11am – 12 noon



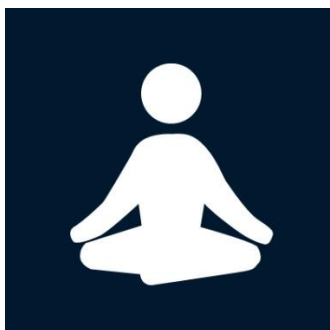
<b>DATES:</b>	Wednesday 22 September
<b>EVENT:</b>	<b>MOVE TO THE BEAT WITH JO</b>
<b>DESCRIPTION:</b>	Be warned that despite Jo's comical demeanour and fun music choice, she will work you to the bone to help you improve your balance, flexibility, strength and endurance. Exercises will be modified to your own fitness level and there is no need to purchase equipment as you can use canned goods and bottles for weights.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: FREE</b>
<b>TIMES:</b>	11am – 12 noon



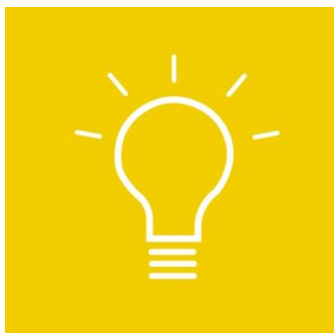
<b>DATES:</b>	Wednesday 29 September
<b>EVENT:</b>	<b>NEW MOVES DANCE WITH PAULINE</b>
<b>DESCRIPTION:</b>	Join in the fun with Pauline as she guides you through gentle dance movements to increase your fitness and lift your spirits!
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: FREE</b>
<b>TIMES:</b>	11am – 12 noon



<b>DATES:</b>	Friday 1 October
<b>EVENT:</b>	<b>CLOSING AWARDS CEREMONY</b>
<b>DESCRIPTION:</b>	All good things must come to an end – even STEPtember. Bring along some morning tea and join us in our closing ceremony as we celebrate our achievements over the month. We will announce how much money we have raised together for people living with cerebral palsy, how many activities we achieved as a team and award trophies for outstanding achievements along the way.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: FREE</b>
<b>TIMES:</b>	11am – 12 noon



<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>	2pm - 4pm



<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>	6pm - 7:30pm



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



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



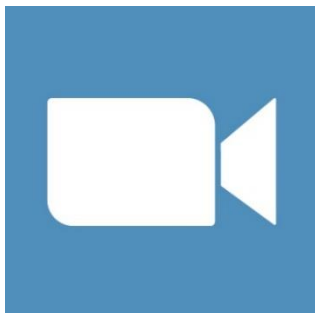
<b>DATES:</b>	<b>Tuesday 7 September</b>
<b>EVENT:</b>	<b>MALE CARERS GROUP</b>
<b>DESCRIPTION:</b>	The Male Carers Group is a peer support group for men in a caring role. Once a month the group meets for a catch up to have a yarn and a laugh. This month the group will meet online to be a part of the Archibald, Wynne and Sulman Prizes 2021 tour, run by the Art Gallery of NSW.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: \$6</b> <b>Private clients: \$15</b>
<b>TIMES:</b>	11am - 12:30pm



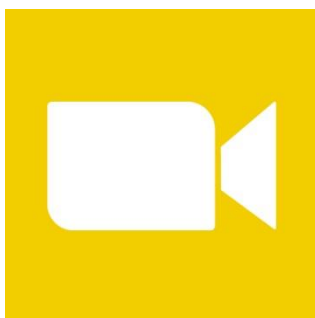
<b>DATES:</b>	Thursdays
<b>EVENT:</b>	<b>GENTLE EXERCISE</b>
<b>DESCRIPTION:</b>	Join us for a fun session of gentle exercises to improve your health and fitness. Benefits includes improvements to balance, flexibility, strength and endurance. Exercises will be modified to your own fitness levels and 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.
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: \$2</b>
<b>TIMES:</b>	10am – 11am



<b>DATES:</b>	Tuesday 21 September
<b>EVENT:</b>	<b>FLOWER ARRANGING WORKSHOP</b>
<b>DESCRIPTION:</b>	<p>Jade went into floristry after years working in aged care facilities that didn't have the budget 'dress up' the facilities. She wanted to create arrangements that would fit in with the facilities and make them more beautiful. Join Jade as she takes us through some techniques and tips you can use to create your own beautiful arrangements at home.</p> <p>Participants have the chance to win the very bunch that Jade will create and have it sent to their home!</p> <p>Unfortunately, we do not have the capacity to send a bunch of dried flowers in time for you to practice with during the live demonstration. However, this class will be recorded and can be sent to you to watch and follow at your own time.</p>
<b>CONTRIBUTION:</b>	<b>CHSP SS clients: \$2</b>
<b>TIMES:</b>	1:30pm – 3pm

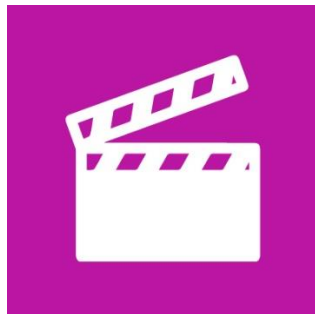


<b>DATES:</b>	Thursdays
<b>EVENT:</b>	<b>ZOOM TRAINING BASICS: HOW TO ATTEND A ZOOM SESSION</b>
<b>DESCRIPTION:</b>	Learn how to use Zoom, the online platform we will be using to deliver our group based activities. Book in for a session to test out how easy it can be! You are welcome to join as many 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 17 September- “Snow Cake” Friday 24 September – “X + Y”
<b>EVENT:</b>	<b>MOVIE AND LUNCH IN THE COMFORT OF YOUR HOME</b>
<b>DESCRIPTION:</b>	<p>During lockdown, we’re running our movie and lunches a different way. Thanks to Freeview Australia, we have access to hundreds of films at the touch of a button, anytime we want. For this adaptation of the movie and lunch, we invite you to watch our suggested films on your own at your own time, then spend lunchtime with us online to discuss the film.</p> <p>If you would like to learn more about how to access these films, give us a call.</p> <p><b>Snow Cake:</b> Traveling through Canada, ex-con Alex Hughes (Alan Rickman) picks up a vivacious young hitchhiker, Vivienne (Emily Hampshire), who needs a ride to her hometown. Soon afterward, the pair are involved in a horrible car accident that kills Vivienne. Alex continues on to her home to tell Vivienne's mother (Sigourney Weaver) about her fate. Later he begins an affair with a neighbour (Carrie-Anne Moss) who paves the way for his healing.</p> <p><b>X +Y:</b> Struggling to build relationships with others, a teenage math prodigy (Asa Butterfield) develops a budding friendship with a young girl (Jo Yang) while competing at the International Mathematics Olympiad.</p>
<b>CONTRIBUTION:</b>	<b>CHSP SS clients:</b> FREE
<b>TIMES:</b>	11:30am – 12:30pm



<b>DATES:</b>	Friday 8 October
<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 October we will review "<b>Honeybee</b>" by <b>Craig Silvey</b></p> <p>Late in the night, fourteen-year-old Sam Watson steps onto a quiet overpass, climbs over the rail and looks down at the road far below. At the other end of the same bridge, an old man, Vic, smokes his last cigarette. The two see each other across the void. A fateful connection is made, and an unlikely friendship blooms. Slowly, we learn what led Sam and Vic to the bridge that night. Bonded by their suffering, each privately commits to the impossible task of saving the other. Honeybee is a heartbreaking, life-affirming novel that throws us headlong into a world of petty thefts, extortion plots, botched bank robberies, daring dog rescues and one spectacular drag show</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></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



<b>DATES:</b>	Friday 12 November
<b>EVENT:</b>	<b>BOOKWORMS BOOK CLUB</b>
<b>DESCRIPTION:</b>	<p>Book in early for November where we will review "<b>Once There Were Wolves</b>" by <b>Charlotte McConaghy</b></p> <p>Inti Flynn arrives in Scotland with her twin sister, Aggie, to lead a team of biologists tasked with reintroducing fourteen grey wolves into the remote Highlands. She hopes to heal not only the dying landscape, but Aggie, too, unmade by the terrible secrets that drove the sisters out of Alaska.</p> <p>Inti is not the woman she once was, either, changed by the harm she’s witnessed—inflicted by humans on both the wild and each other. Yet as the wolves surprise everyone by thriving, Inti begins to let her guard down, even opening herself up to the possibility of love. But when a farmer is found dead, Inti knows where the town will lay blame. Unable to accept her wolves could be responsible, Inti makes a reckless decision to protect them. But if the wolves didn’t make the kill, then who did? And what will Inti do when the man she is falling for seems to be the prime suspect?</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></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