

MON	TUES	WEDS	THURS	FRI
		1  PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	2	3  IN OUR OWN BACKYARD: BOBBIN HEAD 12 noon—3pm  ONLINE YOGA 2pm – 3pm
6  PUBLIC HOLIDAY MONDAY LABOUR DAY	7	8  PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	9  OCTOBER BIRTHDAY PARTY 12 noon—3pm	10  ONLINE BOOKWORMS BOOK CLUB 10am – 11:30am  ONLINE YOGA 2pm – 3pm
13  ONLINE YOGA 10:30am – 11:30am	14  ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	15  MEET US FOR LUNCH AT FORESTVILLE RSL 12 noon –3pm	16  ROSEVILLE MOVIE AND LUNCH “THE TRAVELLERS” 12 noon	17  ONLINE YOGA 2pm – 3pm
20  ONLINE YOGA 10:30am – 11:30am	21  ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	22	23  A CONVERSATION ON COUNTRY: PRESENTED BY KAREN SMITH 11am—2pm	24  ONLINE YOGA 2pm – 3pm
27  ONLINE YOGA 10:30am – 11:30am	28  ONLINE SPANISH SPEAKING LESSONS 10am—11:30am  MAN CAVE LUNCHEON 12 noon—2pm	29  ROSEVILLE MOVIE AND LUNCH “DELIVER ME FROM NOWHERE” 12 noon	30	31  HALLOWEEN PARTY: FREAKY FRIDAY 11am-2pm  ONLINE YOGA 2pm – 3pm

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

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** will pick up from any of the above destinations.

Social outings in **PURPLE** do not include transport.

Social activities in **ORANGE** are in the Your Side office.

This program is open to people in the Commonwealth Home Support Program, 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**

## SOCIAL SUPPORT INDIVIDUAL— TRANSPORT

Did you know you might be eligible for individual transport through the **Commonwealth Home Support Program**?

This government-subsidised service can make it easier for you to get to our events, bus pick-up points, and out into the community — so you don't miss out on the fun, social connection, and activities you enjoy.

If you're interested and would like to learn more, just give our friendly Customer Care team a call on **1300 134 332**. We're here to help you stay connected and on the move!

## ACTIVITY PACKS

For the remainder of the financial year, the Summer and Winter Activity Packs will be sent to everyone, at no cost to you. The reason for this decision is to try and reach all our clients, including those who are new and/or who may not ever attend events. This is part of a broader plan to ensure we are using our funds to reach as many clients as possible in the hope that some of those clients might re-engage with our services.

Our Summer Activity will be sent to you by December. In it you will find:

- A 2026 12 month calendar with images of all the good times experienced in the Social Support program to help you schedule important dates such as your next social outing or Zoom session
- A 2026 diary to jot details of your appointments and events
- Walking trails
- Healthy summer recipes

## FEEDBACK

Your Side encourages clients to comment on the quality of the services we provide. We value and welcome these comments as they will assist us to continually improve our service.

### Getting support from an aged care advocate

If you would like support to raise a concern you can always talk with an aged care advocate. They are independent, confidential, free to talk to, and can:

- help you understand and exercise your aged care rights
- find aged care services that meet your needs
- resolve issues with your government-funded aged care provider
- support you in meetings or when making a complaint
- speak up for you if you are not comfortable doing it yourself.

You can call the Aged Care Advocacy Line on 1800 700 600 for free and confidential support. They'll connect you with an advocate in your state or territory. You can also visit the Older Persons Advocacy Network (OPAN) website at [opan.org.au](http://opan.org.au).

## BOOKINGS

Booking your spot for any of our activities in by the RSVP date really helps us plan ahead. It ensures we have enough space at the venue, the right number of volunteers, and suitable transport arranged.

Even if you're a regular on Zoom, we still ask that you book your sessions to help us stay organised.

Your booking will be counted in our final numbers unless you cancel by the RSVP date.

## ABSENTEEISM

If you are absent from a scheduled activity, it is our duty of care to ensure you are alright. We will call you via your preferred method, and if we cannot reach you, we will contact your emergency contacts. In the event we cannot reach your or your emergency contacts, we will call emergency services who may conduct a welfare check in your home.

## CANCELLATIONS

We understand that sometimes plans change, and you may need to cancel your booking. We just ask that you let us know as soon as possible if you can't make it to a booked event.

Please remember, a late cancellation fee will apply if you cancel after the RSVP date for any social outing. Check the booklet for RSVP dates for each event.

If there are very few bookings for an activity, Your Side may need to cancel it. Don't worry, you won't be charged for any activities cancelled by us.

Late cancellation fees do not apply to online events.

## IMPORTANT CONTACT NUMBERS

### Your Side Office - 1300 134 332

To speak to someone regarding Social Support press 1 for 'services', then 1 for 'CHSP'.

To speak to someone to make a payment, press 2 for 'accounts' then 1 'to pay a bill'.

### Please save these contacts on your mobile:

**0488 850 069**— You can correspond with staff at the office via text messaging with this number. This number is used to send you details of your upcoming social outings.

**0435 835 071** - You can call and text to this number. This number is used to communicate with your assisting staff on the day of a social outing.

## NAME TAGS

If you have multiple Your Side name tags, please keep one and remember to return the extras at your next event or send them to the Your Side office. Your help will mean we can put a name to the beautiful faces of our new clients. Please bring the one you keep to every event. Thank you for your cooperation!

# Your Side

COMMONWEALTH  
HOME  
SUPPORT  
PROGRAMME

## OCTOBER 2025

### Social Support Events Calendar



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<b>DATES:</b>	<b>Wednesday 1 and 8 October</b>
<b>RSVP:</b>	<p><b>Wednesday 1 October– RSVP by Friday 26 September</b>  <b>Wednesday 8 October– RSVP by Friday 3 October</b></p> <p>You will be contacted by text or phone with any further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.</p>
<b>EVENT:</b>	<b>PALETTES, PLATTERS AND CRAFTY CUTS</b>
<b>DESCRIPTION:</b>	<p>All newcomers and inexperienced art and crafters welcome!</p> <p>Tap into your creative juices and let the magic flow with whatever art or craft medium or project you desire. As usual, you can bring along your own project, whether that be scrap booking, diamond painting, hand build pottery, etc. For those who wish to paint, we will provide materials and instructions on how to paint.</p> <p>Lunch and tea and coffee will be provided.</p>
<b>LOCATION:</b>	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
<b>CONTRIBUTION:</b>	\$15   Your contribution goes towards administration, painting materials and lunch
<b>TIMES:</b>	12 noon – 4pm





<b>DATES:</b>	<b>PINK GROUP - Friday 3 October</b> <b>BLUE GROUP – Watch this space for a date in November</b>
<b>RSVP:</b>	<b>Pink Group – RSVP Tuesday 30 September</b>  You will be contacted by text or phone with further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.
<b>EVENT:</b>	<b>IN OUR OWN BACKYARD: BOBBIN HEAD</b>
<b>DESCRIPTION:</b>	Explore the highlights of Ku-ring-gai Chase National Park with a visit to its historic 1930s building, the Bobbin Inn, home to the Bobbin Head Visitor Centre and the Bobbin Inn Café. Enjoy a bistro-style lunch in a relaxed setting, with a terrace overlooking the water and stunning bushland views.
<b>LOCATION:</b>	Bobbin Head Visitor Centre, Ku-Ring-Gai Chase Rd, Mount Colah. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.
<b>ACCESSIBILITY:</b>	The Bobbin Inn building is wheelchair accessible.
<b>CONTRIBUTION:</b>	\$25   Your contribution goes towards coordination, transport and lunch up to the value of \$30.
<b>TIMES:</b>	12 noon – 3:00pm. Transport times to be advised



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<b>DATES:</b>	Thursday 9 October
<b>RSVP:</b>	<b>RSVP by Friday 3 October</b>
	You will be contacted by text or phone with any further details of this event and your pickup time. If you cancel your booking after Friday 3 October, a 50% late cancellation fee will apply.
<b>EVENT:</b>	<b>OCTOBER BIRTHDAY PARTY</b>
<b>DESCRIPTION:</b>	<p>Let's come together to celebrate our friends born in October with a fun-filled birthday bash! Join us for a day of a delicious lunch, exciting games, and, of course, birthday cake. If your birthday falls in October, you're invited to join the celebration on us — simply let us know it's your special day!</p> <p>The motif is rainbow, to represent the Opal and Tourmaline, which are known for their play of colour. This is going to be a fantastic celebration filled with joy, laughter, and great memories!</p>
<b>LOCATION:</b>	<p>The Lounge Bar, Pymble Hotel, 1134 Pacific Hwy, Pymble.</p> <p>If you can make your own way to the venue, that would be most appreciated. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.</p>
<b>ACCESSIBILITY:</b>	There are 6 steps from the main area to the Lounge Bar, with a handrail.
<b>CONTRIBUTION:</b>	\$27   Your contribution goes towards administration, transport, cake, prizes, birthday presents and your lunch up to the value of \$30.
	No cost for clients celebrating a birthday in October!
<b>TIMES:</b>	12noon – 3pm. Transport times to be advised



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<b>DATES:</b>	<b>Wednesday 15 October</b>
<b>RSVP:</b>	<b>RSVP Friday 10 October</b>
	You will be contacted by text or phone with further details of this event. If you cancel your booking after Friday 10 October, a 50% late cancellation fee will apply.
<b>EVENT:</b>	<b>MEET US FOR LUNCH AT... SERIES: FORESTVILLE RSL</b>
<b>DESCRIPTION:</b>	<p>The Meet Us for Lunch at... Series is designed to cater for those who prefer a short, but sweet gathering with friends. We will gather at a local pub, club or café in the Northern Sydney Region.</p> <p>This month, we will meet at Forestville RSL.</p>
<b>LOCATION:</b>	Forestville RSL, 22 Melwood Ave, Forestville. Transport is not provided.
<b>ACCESSIBILITY:</b>	Forestville RSL is wheelchair accessible.
<b>CONTRIBUTION:</b>	\$10   Your contribution goes towards coordination and lunch from the seniors lunch menu, valued at \$17.
<b>TIMES:</b>	12 noon – 3pm.





<b>DATES:</b>	<b>Thursday 16 October</b>
	<b>Monday 13 October</b>
<b>RSVP:</b>	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Monday 13 October, a 50% late cancellation fee will apply.
<b>EVENT:</b>	<b>ROSEVILLE MOVIE AND LUNCH: "THE TRAVELLERS"</b>
<b>DESCRIPTION:</b>	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your thoughts or simply catch up for lunch down the road.</p> <p><b>The Travellers</b> is a poignant, funny and heartwarming family story from acclaimed filmmaker Bruce Beresford. Stephen Seary, a charismatic and successful stage designer, returns to his small hometown in Australia to say goodbye to his dying mother. What was to be a quick trip descends into chaos, drama, and at times downright funny moments as Stephen navigates family responsibilities, a difficult relationship with his father, old friends &amp; past lovers, all while trying to return to Europe for a major opera contract. Starring Nicholas Hammond, Luke Bracey, Susie Porter, Celia Massingham, Alison McGirr, and Bryan Brown.</p> <p><b>Genre:</b> Drama   <b>Classification:</b> M for coarse language and sex scenes.   <b>Duration:</b> 97 mins   <b>Watch the trailer:</b> <a href="https://www.youtube.com/watch?v=oD569HEsQL8&amp;t=7s">https://www.youtube.com/watch?v=oD569HEsQL8&amp;t=7s</a></p>
<b>LOCATION:</b>	<p><b>Lunch:</b> Shonan Japanese Kitchen, 94 Pacific Hwy, Roseville</p> <p><b>Movie:</b> Roseville Cinema, 112 Pacific Highway, Roseville</p> <p>Transport is not provided.</p>
<b>CONTRIBUTION:</b>	\$30   Your contribution goes towards coordination, the movie and lunch.
<b>TIMES:</b>	From 12 noon



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<b>DATES:</b>	<b>Thursday 23 October</b>
<b>RSVP:</b>	<b>Friday 17 October</b>
	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 17 October a 50% late cancellation fee will apply.
<b>EVENT:</b>	<b>A CONVERSATION ON COUNTRY: PRESENTED BY KAREN SMITH</b>
<b>DESCRIPTION:</b>	<p>Join us for a meaningful event that celebrates the rich history, diverse cultures, and enduring contributions of First Nations Peoples. This is an opportunity to deepen your understanding, show respect, and take part in the journey toward reconciliation.</p> <p>We are honoured to welcome Karen Smith from the Aboriginal Heritage Office. Karen is from the Buruberongal clan of the Hawkesbury (Derrubin) area.</p> <p>The event will include:</p> <ul style="list-style-type: none"> <li>• Celebrating Aboriginal Culture and history</li> <li>• Q&amp;A with our guest speaker</li> <li>• Opportunities to reflect and engage in open dialogue</li> <li>• Lunch with tea and coffee.</li> </ul>
<b>LOCATION:</b>	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport is not provided.
<b>CONTRIBUTION:</b>	\$15   Your contribution goes towards coordination and lunch.
<b>TIMES:</b>	11am – 2pm



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<b>DATES:</b>	<b>Tuesday 28 October</b>
<b>RSVP:</b>	<b>RSVP Thursday 23 October</b>
	You will be contacted by text or phone with further details of this event. If you cancel your booking after Thursday 23 October, a 50% late cancellation fee will apply.
<b>EVENT:</b>	<b>MANCAVE LUNCHEON</b>
<b>DESCRIPTION:</b>	<p>Men, join us for lunch on the last Tuesday of the month!</p> <p>Come enjoy good food, great company, and meaningful conversation in a relaxed setting. Whether you're looking to network, connect with others, or just take a break from the grind, this is the perfect opportunity to unwind with fellow men in the community.</p> <p>Don't miss out—bring your appetite, your stories and your best self. See you there!</p>
<b>LOCATION:</b>	The Epping Club, 45-47 Rawson St, Epping. Transport is not provided.
<b>ACCESSIBILITY:</b>	The Epping Club is wheelchair accessible.
<b>CONTRIBUTION:</b>	\$6   Your contribution goes towards coordination. Please pay your own way for lunch.
<b>TIMES:</b>	<p>12 noon – 2pm</p> <p>Transport times to be advised</p>





<b>DATES:</b>	Wednesday 29 October
<b>RSVP:</b>	Friday 24 October You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 24 October, a 50% late cancellation fee will apply.
<b>EVENT:</b>	<b>ROSEVILLE MOVIE AND LUNCH: "DELIVER ME FROM NOWHERE"</b>
<b>DESCRIPTION:</b>	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your ideas or simply catch up for lunch down the road.</p> <p>Springsteen: Deliver Me from Nowhere, chronicles the making of Bruce Springsteen's 1982 "Nebraska" album when he was a young musician on the cusp of global superstardom, struggling to reconcile the pressures of success with the ghosts of his past. Recorded on a 4-track recorder in Springsteen's New Jersey bedroom, the album marked a pivotal time in his life and is considered one of his most enduring works—a raw, haunted acoustic record populated by lost souls searching for a reason to believe.</p> <p>Starring Jeremy Allen White, the film is based on the book "Deliver Me from Nowhere" by Warren Zanes. The film also features Jeremy Strong, Paul Walter Hauser, Stephen Graham, Gaby Hoffman, Marc Maron and David Krumholtz.</p> <p><b>Genre:</b> Biography   <b>Classification:</b> TBA   <b>Duration:</b> 120 mins    <b>Watch the trailer:</b> <a href="https://www.youtube.com/watch?v=42pHdzIMZYU&amp;t=3s">https://www.youtube.com/watch?v=42pHdzIMZYU&amp;t=3s</a></p>
<b>LOCATION:</b>	<p><b>Lunch:</b> Rashmin Indian Nepalese Restaurant, 80 Pacific Hwy, Roseville  <b>Movie:</b> Roseville Cinema, 112 Pacific Highway, Roseville            Transport is not provided.</p>
<b>CONTRIBUTION</b>	\$30   Your contribution goes towards coordination, the movie and lunch.
<b>TIMES:</b>	12 noon





<b>DATES:</b>	Friday 31 October
<b>RSVP:</b>	<p>Friday 24 October</p> <p>You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 24 October a 50% late cancellation fee will apply.</p>
<b>EVENT:</b>	<b>FREAKY FRIDAY: A HALLOWEEN PARTY</b>
<b>DESCRIPTION:</b>	<p>Join us for a lighthearted celebration full of laughter, games, and just the right touch of spooky fun! This special Halloween event is designed for everyone to enjoy — a perfect opportunity to embrace the festive spirit together.</p> <p>Expect:</p> <ul style="list-style-type: none"> <li>• Easy and exciting games</li> <li>• Fun prizes to be won</li> <li>• Great music to keep the mood lively</li> <li>• Best costume competition</li> </ul> <p>Costumes are encouraged! Whether you go all-out or keep it simple, just bring a bit of Halloween flair — we'll be taking group photos before the event ends! Come ready to smile, play, and celebrate!</p>
<b>LOCATION:</b>	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport is not provided.
<b>CONTRIBUTION:</b>	\$15   Your contribution goes towards coordination and lunch.
<b>TIMES:</b>	11am – 2pm





# COMMONWEALTH HOME SUPPORT PROGRAMME

## Social Support Events Transport

These central pick-up points were allocated due to their close proximity to public transport and/or unlimited parking facilities. The order of pick up is dependent on the 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.

### PINK GROUP

- **CHATSWOOD** - Outside Chatswood RSL, 446 Victoria Avenue.
- **NORTH RYDE** - Macquarie Centre bus stop located on Herring Road.
- **LANE COVE** - Lane Cove Library, corner of Central Avenue and Longueville Road.
- **HORNSBY** - Outside Hornsby RSL, 4 High Street.

### GREEN GROUP

This is a combined group, please refer to either Pink or Blue transport options.

### BLUE GROUP

- **NARRABEEN** - The Park and Ride car park adjacent to Tramsheds Café.
- **BROOKVALE** - Bus stop Stand B on Pittwater Road, Brookvale, opposite Warringah Mall near the overpass stairwell **OR** in front of B-Line Bus stop in front of Warringah Mall.
- **FORESTVILLE** - Bus stop on Starkey Street near Memorial Hall, Forestville. For long day trips that require a comfort stop, the pickup location is at the car park outside Forestville Library.
- **NEUTRAL BAY** - Bus stop on Rangers Road, before Military Road (outside Woolworths) **OR** bus stop Stand E on Military Rd, Neutral Bay Junction, near Young Street.
- **FRENCHS FOREST** – Car park of 11 Aquatic Drive, Frenchs Forest.



**1300 134 332**

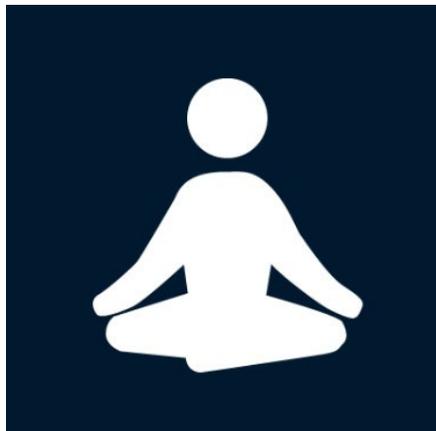


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## Weekly Social Support Activities



TWICE WEEKLY	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:	<b>CHSP SS clients:</b> \$5   <b>Private rate:</b> \$20
TIMES:	<b>Monday:</b> 10:30am - 11:30am (will not run on public holiday Monday 9 June) <b>Friday:</b> 2pm - 3pm



WEEKLY	SPANISH SPEAKING LESSONS
DESCRIPTION:	Back by popular demand, fellow client and our teacher Amparo will help beginners and those wanting to freshen up or practice their Spanish speaking skills in a relaxed environment online. Amparo will guide you through learning her native tongue with reference material and exercises which can also be emailed or sent to you.
CONTRIBUTION:	<b>CHSP SS clients:</b> \$5   <b>Private rate:</b> \$20
TIMES:	Tuesdays 10am – 11:30am



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<b>DATES:</b>	Friday 10 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 discuss <u>The Frozen River</u> by Ariel Lawhon</p> <p><i>A gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into American history. Clever, layered, and subversive, Ariel Lawhon's newest offering introduces an unsung heroine who refused to accept anything less than justice at a time when women were considered best seen and not heard. The Frozen River is a thrilling, tense, and tender story about a remarkable woman who left an unparalleled legacy yet remains nearly forgotten to this day.</i></p> <p>Clients are welcome to dial in via landline or mobile phone.</p>
<b>CONTRIBUTION</b>	<p><b>CHSP SS clients:</b></p> <p>\$10 (includes cost of book – either hard copy and postage, e-book or audiobook)</p> <p>\$2 (if you have your own copy of the book)</p>
<b>TIMES</b>	10am - 11:30am





<b>DATES:</b>	Friday 14 November
<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. At the first meeting, come with your top picks for the group to explore. Participation can be casual.</p> <p>In November we will discuss <u>Local Woman Missing</u> by Mary Kubica</p> <p><i>Shelby Tebow is the first to go missing. Not long after, Meredith Dickey and her six-year-old daughter, Delilah, vanish just blocks away from where Shelby was last seen, striking fear into their once-peaceful community. Are these incidents connected? After an elusive search that yields more questions than answers, the case eventually goes cold.</i></p> <p><i>Now, eleven years later, Delilah shockingly returns. Everyone wants to know what happened to her, but no one is prepared for what they'll find....</i></p> <p><i>In this smart and chilling thriller, master of suspense and New York Times best-selling author Mary Kubica takes domestic secrets to a whole new level, showing that some people will stop at nothing to keep the truth buried.</i></p> <p>Clients are welcome to dial in via landline or mobile phone.</p>
<b>CONTRIBUTION</b>	<p><b>CHSP SS clients:</b></p> <p>\$10 (includes cost of book – either hard copy and postage, e-book or audiobook)</p> <p>\$2 (if you have your own copy of the book)</p>
<b>TIMES</b>	10am - 11:30am



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