

# Community Connections Newsletter

What's on calendar

# August September October 2024



## Aug | Sept | Oct 2024

### Community Connections Newsletter

We have plenty of activities organised to keep you entertained over the remaining months of winter and beyond! Indulge in retail therapy with our trip to Canberra, where we'll visit both Bunnings and Ikea. Alternatively, satisfy your creative curiosity with a visit to Canberra Glassworks, where you can witness artists at work in the hotshop. Music enthusiasts can delight in our trip to the Canberra Theatre for the melodies of Music at Midday.

Our crafters will keep busy working on a diverse range of projects. Please note we have streamlined the Arts & Crafts section in this program. It now features a page listing the different projects and their corresponding session dates at the Werri-Nina, Bombala, and Nimmitabel Community Centres.

As the seasons transition, our attention turns to embracing the warmer weather. Join us on a trip to the picturesque south coast town of Eden for an unforgettable whale watching experience, or enjoy a day immersing yourself in the sights of historical Cobargo, renowned for its vibrant arts and crafts community. Immerse yourself in the sensory delights of Floriade, Australia's largest celebration of Spring, or enjoy a more tranquil stroll among the blooms at Tulip Top Gardens. The Garden Club program at Werri-Nina and Bombala Community Centre will also expand as the weather warms up.

Dementia Australia Brain Hub team will be visiting Cooma from 21 to 24 October 2024 to bring a series of free community education events to our region, including:

- Carer Wellness Session
- Information stall at Centennial Plaza
- Understanding Dementia
- It starts with you – Dementia Friendly Communities
- Consumer Engagement – advocacy and peer support programs
- Activities at Home
- Understanding Changes in Behaviour
- Grief, Loss, and Dementia
- EDIE for family carers - virtual education
- Communication and Dementia

Snowy Monaro Community Support Programs are able to offer a variety of services under the Commonwealth Home Support Programme (CHSP), to support you in living independently and safely at home. Services are available to assist with:

- Meals on wheels
- Bathing, hygiene and grooming
- Home or garden maintenance
- Cleaning, laundry and other chores
- Carer Respite (in home or centre based)
- Transport
- Social outings and group activities

Please contact our office on 02 6451 1059 if you would like further information on CHSP Services or Dementia Australia Brain Hub community education events.

Community Support Programs Team

# Community Connections

# August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			<b>1</b> Garden Club Werri-Nina Centre  Dinner Club Roses Restaurant Cooma	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b> Chair Yoga Werri-Nina Centre	<b>6</b> Combined Group Bunnings & IKEA	<b>7</b> Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts & Garden Club Bombala Community Centre	<b>8</b> Knitters & Natters Werri-Nina Centre	<b>9</b> Arts and Crafts Nimmitabel Community Centre	<b>10</b>	<b>11</b>
<b>12</b> Chair Yoga Werri-Nina Centre  Novel Idea Ex-Services Club	<b>13</b>	<b>14</b> Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts Bombala Community Centre	<b>15</b> Garden Club Werri-Nina Centre	<b>16</b> Lunch Club Bacco Italian Restaurant Jindabyne	<b>17</b>	<b>18</b>
<b>19</b> Cards Werri-Nina Centre	<b>20</b>	<b>21</b> Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts Bombala Community Centre	<b>22</b> Knitters & Natters Werri-Nina Centre  Movie Afternoon Werri-Nina Centre	<b>23</b> Combined Group Canberra Glassworks Canberra	<b>24</b>	<b>25</b>
<b>26</b> Chair Yoga Werri-Nina Centre	<b>27</b> PLANNING	<b>28</b> Combined Group Music at Midday Canberra	<b>29</b> PLANNING	<b>30</b> PLANNING	<b>31</b>	

# Community Connections

# September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
						1
2 Chair Yoga Werri-Nina Centre	3 Combined Group Whale Watching Eden	4 Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts & Garden Club Bombala Community Centre	5 Garden Club Werri-Nina Centre  Dinner Club Alpine Hotel	6	7	8
9 Chair Yoga Werri-Nina Centre  Novel Idea	10 Lunch Club Bertie's Cafe Nimmitabel	11 Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts Bombala Community Centre	12 Garden Club Werri-Nina Centre  Knitters & Natters Werri-Nina Centre	13 Arts and Crafts Nimmitabel Community Centre	14	15
16 Cards Ex-Services Club	17 Combined Group Floriade Canberra	18 Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts & Garden Club Bombala Community Centre	19 Garden Club Werri-Nina Centre	20	21	22
23 Chair Yoga Werri-Nina Centre	24	25 Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts Bombala Community Centre	26 Garden Club Werri-Nina Centre  Knitters & Natters Werri-Nina Centre	27	28	29
30 Chair Yoga Werri-Nina Centre						

# Community Connections

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	<b>1</b> Combined Group Tulip Top Gardens Canberra	<b>2</b> Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts & Garden Club Bombala Community Centre	<b>3</b> Garden Club Werri-Nina Centre  Dinner Club Cooma Ex-Services Club Cooma	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> PUBLIC HOLIDAY	<b>8</b> Lunch Club H Hardware Cafe Cooma	<b>9</b> Arts and Crafts Werri-Nina Centre  Arts and Crafts Bombala Community Centre	<b>10</b> Garden Club Werri-Nina Centre  Knitters & Natters Werri-Nina Centre	<b>11</b> Arts and Crafts Nimmitabel Community Centre	<b>12</b>	<b>13</b>
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<b>21</b> Cards Werri-Nina Centre	<b>22</b>	<b>23</b> Arts and Crafts Werri-Nina Centre  Arts and Crafts Bombala Community Centre	<b>24</b> Garden Club Werri-Nina Centre  Knitters & Natters Werri-Nina Centre	<b>25</b> Combined Group Bredbo Bonanza	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> Combined Group Mysterious Mayhem	<b>31</b>			

# Community Transport

# August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			<b>1</b> Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00	<b>2</b> Bombala Township bus \$9.00 Adaminaby to Cooma bus \$12.00	<b>3</b>	<b>4</b>
<b>5</b> Canberra Shopping Bus (Tuggeranong) \$25.00 Bombala to Cooma Bus \$12.00	<b>6</b>	<b>7</b>	<b>8</b> Delegate to Bombala Bus \$12.00	<b>9</b> Bombala Township bus \$9.00	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00  Delegate/Bombala to Canberra Bus \$25.00	<b>16</b> Bombala Township bus \$9.00 Adaminaby to Cooma bus \$12.00	<b>17</b>	<b>18</b>
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<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00  Delegate/Bombala to Canberra Bus \$25.00	<b>30</b> Bombala Township bus \$9.00 Adaminaby to Cooma bus \$12.00	<b>31</b>	

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2 Canberra Shopping Bus (Woden) \$25.00  Bombala to Cooma Bus \$12.00	3	4	5 Delegate to Bombala Bus \$12.00	6 Bombala Township bus \$9.00	7	8
9	10	11	12 Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00	13 Bombala Township bus \$9.00 Adaminaby to Cooma bus \$12.00	14	15
16 Bombala to Cooma Bus \$12.00	17	18	19 Delegate to Bombala Bus \$12.00  Delegate/Bombala to Canberra Bus \$25.00	20 Bombala Township bus \$9.00	21	22
23	24	25	26 Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00  Delegate/Bombala to Bega Bus \$25.00	27 Bombala Township bus \$9.00 Adaminaby to Cooma bus \$12.00	28	29
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# October 2024

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7 PUBLIC HOLIDAY	8	9	10 Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00	11 Bombala Township bus \$9.00  Adaminaby to Cooma bus \$12.00	12	13
14 Bombala to Cooma Bus \$12.00  Canberra Shopping Bus (Tuggeranong) \$25.00	15	16	17 Delegate to Bombala Bus \$12.00  Delegate/Bombala to Canberra Bus \$25.00	18 Bombala Township bus \$9.00	19	20
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# Combined Groups

Combined groups are an opportunity for everyone to get together and enjoy a variety of outings and activities.



## Tuesday 6 August

Activity: Bunnings & IKEA

Where: Majura Park, Canberra

Time: 11am - 2.30pm

Cost: \$30pp

\* Lunch at own cost

\* Additional cost of transport from home to departure point will be provided on application

RSVP: 29 July 2024

By popular demand, we've decided to organise a day out to Majura Park in Canberra! This will give us the chance to check out both Bunnings and IKEA. Who's excited?! Let's make a day of it, be inspired while browsing through the nursery at Bunnings and exploring IKEA's creative offerings, including their innovative floorplans for compact spaces, unique storage solutions and browsing the 'Marketplace' for goodies.

Take it all in at your own pace and enjoy a bite to eat at IKEA's in-house cafe.

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. Please phone Community Support Programs on 6451 1059 to RSVP. Please note that transportation from your home to the departure point will involve an additional cost, please contact us for pricing details. Departure times will be advised with confirmation of RSVP.

Funded by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support Programs

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## Friday 23 August

Activity: Canberra Glassworks

Where: Kingston, Canberra

Time: 11am - 2.30pm

Cost: \$30pp

\* Lunch at own cost

\* Additional cost of transport from home to departure point will be provided on application

RSVP: 9 August 2024

Canberra Glassworks is an ACT Arts Centre. It opened in 2007 in the heritage-listed Kingston Powerhouse.

The building contains state-of-the-art workshops for creating studio glass. A gallery that presents an annual program of curated exhibitions of work by Australia's finest glass artists, and a retail shop with an extensive range of beautiful handmade glass objects.

We will be able to access a public viewing platform to watch artists at work in the Hotshop as well as the opportunity to see the current exhibition – Hanging by a Thread: Mosaics for Afghan Women.

This will be the prelude to lunch at Walt & Burley, overlooking Lake Burley Griffin on the Kingston Foreshore.

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## Wednesday 28 August

Activity: Music at Midday

Where: Canberra Theatre, Canberra

Time: 11am - 2.30pm

Cost: \$30pp + gold coin donation (Theatre entry)

\* Lunch at own cost

\* Additional cost of transport from home to departure point will be provided on application

RSVP: 14 August 2024

Join us for Music at Midday at the Canberra Theatre featuring the Royal Military College Band, one of Australia's foremost military bands. Renowned for its historical performances at national and international events, such as the Centenary of Federation in London and ANZAC Day ceremonies at Gallipoli, the band's repertoire spans ceremonial duties, concerts, and smaller ensemble performances.

Entry requires a gold coin donation, with all proceeds benefiting a local charity.

Following the performance, we will enjoy lunch at the Hellenic Club in Woden.

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## Tuesday 3 September

Activity: Whale Watching

Where: Eden

Time: 11am - 3pm

Cost: \$50pp (including lunch)

\$70pp Whale Watching (concession) - payment required in advance.

\* Additional cost of transport from home to departure point will be provided on application

RSVP: 20 August 2024

Today's adventure will focus on the much-anticipated activity of whale watching.

Once home to several whaling stations, Eden is famous for its whale history and is now known as one of Australia's premier whale watching locations. Our tour will depart from the edge of Twofold Bay, the third deepest natural harbour in the southern hemisphere. Whales often come right into the sheltered waters of the bay to rest and feed their young.

From August through to late November, large numbers of humpback whales travel past the Sapphire Coast, often with calves in tow providing hours of entertainment as baby whales learn how to breach, tail slap and dive.

Hopefully, our whale-watching expedition will provide us with plenty of unforgettable stories to share from our time at sea. We'll enjoy a take-away fish and chips lunch at the Eden Lookout and Rotary Park before setting sail on our whale watching adventure.

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## Tuesday 17 September

Activity: Floriade

Where: Canberra

Time: 11am - 2pm

Cost: \$30pp

\* Lunch at own cost

\* Additional cost of transport from home to departure point will be provided on application

RSVP: 3 September 2024

In its 37th year, Floriade 2024 will embrace the theme of Art in Bloom, transforming the park into a vibrant tapestry of colour and creativity.

Spending time at Floriade in Canberra is a delightful immersion into a world of vibrant colours and natural beauty. As Australia's biggest celebration of spring, Floriade transforms Commonwealth Park into a stunning tapestry of blooming flowers and landscaped gardens.

Wander through meticulously arranged displays of tulips, daffodils, and other seasonal blooms, each bed telling a unique story. The festival also features a variety of markets, art exhibits and live performances, making it a rich cultural experience. The backdrop of Canberra's serene lake and lush surroundings add to the enchantment, making it a perfect day out for anyone looking to celebrate the beauty of spring.

Indulge in a delightful lunch surrounded by blooming flowers, with a range of food and drink vendors on site offering a wide variety of food and plenty of seating.

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## Tuesday 1 October

Activity: Tulip Top Gardens

Where: Sutton, Canberra

Time: 11am - 2pm

Cost: \$30pp

\$20pp Garden Entry (concession) or  
\$22pp Garden Entry (adult) - payment  
required in advance.

\* Additional cost of transport from home  
to departure point will be provided on  
application

\* Lunch at own cost

RSVP: 17 September 2024

Visiting Tulip Top Gardens in Sutton is like stepping into a floral paradise. Nestled in the picturesque countryside just north of Canberra, these private gardens burst into life each spring with a breathtaking array of tulips, daffodils, and blossoming trees.

As you stroll through the meticulously designed landscape, you'll be enchanted by the harmonious blend of vibrant colours and delicate fragrances. The gardens span 10 acres and feature cascading waterfalls, serene ponds, and lush lawns inviting visitors to relax and immerse themselves in nature's splendour. Unique sculptures and charming seating areas are scattered throughout, offering perfect spots for reflection or a picturesque picnic.

You can choose to buy lunch from the café located onsite, where there is a wide selection of food available. Alternatively, you can bring a picnic and enjoy it surrounded by the beautiful flowers.

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## Tuesday 15 October

Activity: Exploring Cobargo

Where: Cobargo, Sapphire Coast

Time: 11am - 2.30pm

Cost: \$30pp

\* Lunch at own cost

\* Additional cost of transport from home to departure point will be provided on application

RSVP: 1 October 2024

Cobargo is a small town located on the Sapphire Coast NSW. Known for its vibrant arts and crafts community, Cobargo features several galleries, studios, and craft shops. Cobargo also has historical significance, with many heritage buildings that reflect its past as a centre for agriculture and dairy farming.

In 2020, Cobargo was affected by the devastating bushfires, which caused significant damage to the town and surrounding areas. The community has been actively rebuilding their community and livelihoods.

Join us for a leisurely day of exploring the town for a treasure or two then enjoying a relaxing lunch in either one of the cafés or the Cobargo pub which boasts a beautiful outdoor garden area.

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## Friday 25 October

Activity:	Bredbo Bonanza
Where:	Bredbo
Time:	11am to 2.30pm
Cost:	\$20pp * Lunch at own cost * Additional cost of transport from home to departure point will be provided on application
RSVP:	11 October 2024

Bredbo dates back to the mid-19th century and was formally established as a village in 1888. The discovery of gold in the late 1800s added another chapter to Bredbo's history contributing to its growth and prosperity. Today, Bredbo boasts several historic structures, notably the Bredbo Inn, originally a stagecoach stop en route from Canberra to the South Coast or Snowy Mountains, and later a resting place for railway passengers.

Our Bredbo Bonanza begins at Bredbo Christmas Barn, a Christmas Wonderland renowned for its vast array of decorations, collectibles, wreaths, lights, candles, and everything Christmas. It's cherished for its magical and inviting atmosphere.

Afterwards, we'll head to the historic Bredbo Inn for lunch, where we can indulge in a meal selected from their delicious menu offerings.

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## Wednesday 30 October

Activity: Mysterious Mayhem

Where: Hint: within Snowy Monaro Region

Time: 11am - 2pm

Cost: \$30pp (including lunch)  
\* Additional cost of transport from home to departure point will be provided on application

RSVP: 16 October 2024

Today's Mystery Trip is not your run-of-the-mill outing, it has all the bells and whistles!

Embarking on a mystery tour culminating in a lakeside picnic is a journey filled with anticipation and delightful surprises. As our destination remains a secret, the sense of adventure is palpable as the landscape unfolds, leading to a hidden gem.

Upon arrival, the tranquility of the water's edge offers a perfect retreat from the bustle of everyday life. A picnic spread awaits, with delicious treats and refreshing beverages, set against shimmering waters and rustling leaves. Whether you choose to explore the surrounding trails, or relax chatting with your travelling companions, this rendezvous will be a memorable escape that tantalizes the senses and soothes the soul.

You'll need a memory like an elephant to remember all the clues in this flyer and solve the mystery of our destination!

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# Combined Groups

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## Tuesday 5 November

Activity: Melbourne Cup Madness  
 Where: Werri-Nina  
 Time: 1.30pm - 3.30pm  
 Cost: \$10pp  
 \* Additional cost of transport from home to activity will be provided on application  
 RSVP: 21 October 2024

Imagine stepping into a whimsical world for a Mad Hatter-themed garden party celebrating the Melbourne Cup. The garden bursts with vibrant, mismatched décor – think quirky, colourful streamers and bunting draped throughout the garden. There will be a teasing of the taste buds with a range of delicious treats both sweet and savoury.

We appreciate the support of Coffee 2630 who will be providing us with their range of beverages for the afternoon.

Bring your gold coins to try your luck in a flutter at the sweeps!

With music and games, it will surely be an afternoon full of madness and fun so ... Don't be late for this very important date!!

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# Cards

Cards day is an opportunity to catch up with friends at various locations around our region. If you enjoy trying your hand at various card games, come and join us for a few games followed by lunch and a social catch up.

## Monday 19 August

Activity: Cards

Where: Werri-Nina Centre

Time: 10.30am - 2pm

Cost: \$15pp

Lunch included

\* Additional cost of transport from home to activity will be provided on application

RSVP: 5 August 2024



## Monday 16 September

Activity: Cards

Where: Ex-Services Club Cooma

Time: 10.30am - 2pm

Cost: \$5pp

Lunch at own cost

\* Additional cost of transport from home to departure point will be provided on application

RSVP: 2 September 2024



## Monday 21 October

Activity: Cards

Where: Werri-Nina Centre

Time: 10.30am - 2pm

Cost: \$15pp

BBQ lunch included

\* Additional cost of transport from home to activity will be provided on application

RSVP: 7 October 2024

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# Arts & Crafts -

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Watercolours on Fabric

Join our craft session, where you can learn the basics of watercolour painting on fabric – using watercolour pencils, and by the end of the second session, you'll have created a beautifully decorated apron to keep or give as a gift.

## Decoupage Frames

We continue to decoupage frames using decorative paper napkins. The completed pieces will become part of our submission for the Lake Light Sculpture event in 2025.

## Blossoms

Blossoms are a true indicator of spring having sprung and today, we will use watercolours as the medium to depict these delicate flowers.

## Roses

An easy instructional morning learning to make roses. By the end of the session, you will have made enough roses to use in a beautiful wreath you'll assemble during our next get-together.

## Rose Wreath

Today, we plan to use roses made in a previous session to be part of an eye-catching floral wreath.

## Dahlia

Our efforts today are to make a vibrant red Dahlia wall hanging that brightens up your living room on Remembrance Day and adds festive flair to your Christmas decorations.

## Suncatchers

Using eye-catching colourful glass gems, we will create a sparkling sun catcher to hang in the garden.

## Mad Hatter's Party Decorations

As the Melbourne Cup approaches, we will make colourful decorations in the Mad Hatter's theme. These will include paper chains, colourful hats and extra bunting as needed.

## Bezel Pendants

Get ready to think about some great Christmas gift ideas, starting with making two bezel pendants, where the glass shield is held in place by a rim. You will be guided every step of the way, and by the end, you'll have some pieces you'll be proud to show off.

## Fascinators

As the Melbourne Cup festivities are quickly sneaking up, we will begin preparations for our Mad Hatters' Tea Party. We plan to create bright and uniquely fun pieces we will enjoy wearing for the upcoming event.

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# Arts & Crafts -

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Werri-Nina

Where: Werri-Nina Centre  
 227 Sharp St Cooma

Time: 11am to 1pm

Cost: \$5pp - unless otherwise stated

\* Additional cost of transport from home to activity will be provided on application

RSVP: 2 weeks prior to the date listed

## Bombala

Where: Bombala Community Centre  
 163 Maybe St Bombala

Time: 11am to 1pm

Cost: \$5pp - unless otherwise stated

\* Additional cost of transport from home to activity will be provided on application

RSVP: 2 weeks prior to the date stated

## August

7 August Decoupage Frames

14 August Watercolours on Fabric Part 1  
 Cost: \$10pp

21 August Watercolours on Fabric Part 2  
 Cost: \$10pp

## August

7 August Watercolours on Fabric Part 1  
 Cost: \$10pp

14 August Decoupage Frames

21 August Blossoms

## September

4 September Blossoms

11 September Roses

18 September Rose Wreath

25 September Dahlias

## September

4 September Watercolours on Fabric Part 2  
 Cost: \$10pp

11 September Roses

18 September Dahlias

25 September Rose Wreath

## October

2 October Sun catchers

9 October Mad Hatter's Party decorations

16 October Bezel pendants  
 Cost: \$10pp

23 October Fascinators  
 Cost: \$10pp

## October

2 October Sun catchers

9 October Fascinators  
 Cost: \$10pp

16 October Bezel pendants  
 Cost: \$10pp

23 October Decoupage Frames

**RSVP** Confirmation of your attendance and transport is required by the RSVP date provided for each activity or outing. Please phone Community Support Programs on 6451 1059 to RSVP. Please note that transportation from your home to the activity will involve an additional cost, please contact us for pricing details. Departure times will be advised with confirmation of RSVP.

# Arts & Crafts -

Join in with our art or craft project of the week, bring along your own project or just join us for a friendly chat.

## Nimmitabel

Where: Clarke St Nimmitabel

Time: 10am to 12pm

Cost: \$5pp - unless otherwise stated

\* Additional cost of transport from home to activity will be provided on application

RSVP: 2 weeks prior to the date listed



## August

9 August      Roses

## September

13 September      Bezel pendants  
Cost: \$10pp

## October

11 October      Fascinators  
Cost: \$10pp



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# Lunch & Dinner Club

Meet with others in your community to enjoy good food and good company at Lunch Club! Held at various restaurants and eateries across the Snowy Monaro Region.

## Lunch Club

### Friday 16 August

Where: Baccos, Jindabyne

Time: 12pm to 2pm

Cost: \$17pp

Lunch at own cost

\* Additional cost of transport from home to departure point will be provided on application

RSVP: 2 August 2024

## Dinner Club

### Thursday 1 August

Where: Roses, Cooma

Time: 5.30pm to 7.30pm

Cost: \$5pp

Dinner at own cost

\* Additional cost of transport from home to activity will be provided on application

RSVP: ASAP

### Tuesday 10 September

Where: Berties, Nimmitabel

Time: 12pm to 2pm

Cost: \$15pp

Lunch at own cost

\* Additional cost of transport from home to departure point will be provided on application

RSVP: 27 August 2024

### Thursday 5 September

Where: Alpine Hotel Cooma

Time: 5.30pm to 7.30pm

Cost: \$5pp

Dinner at own cost

\* Additional cost of transport from home to activity will be provided on application

RSVP: 22 August 2024

### Tuesday 8 October

Where: H Hardware, Cooma

Time: 12pm to 2pm

Cost: \$5pp

Lunch at own cost

\* Additional cost of transport from home to activity will be provided on application

RSVP: 24 September 2024

### Thursday 3 October

Where: Ex-Services Club, Cooma

Time: 5.30pm to 7.30pm

Cost: \$5pp

Dinner at own cost

\* Additional cost of transport from home to activity will be provided on application

RSVP: 19 September 2024

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# Education & Wellness

## Garden Club

Staying mentally and physically healthy will lead to a longer, stronger life. Snowy Monaro Regional Council are offering education and wellness sessions to support you in living an active life.

### Tidy and Maintenance

To keep our garden thriving and healthy, today we will remove weeds, give the garden a top-up of mulch and fertilizer, and focus on general maintenance.

### Planting for Spring

Spring is here!

Time to make the most of the warmer weather and favourable growing conditions. Today we'll focus on planting our veggies and spring blooms.

### Scarecrow Spring Makeover

Time to shake off the winter gloom and brighten up with some spring colour to bring cheer and joy for the new season ahead.

### Olla Water Pots

An ancient irrigation system in many cultures, Olla water pots are made using unglazed terracotta pots. When placed in the ground, water seeps through to keep the plants healthy and happy.

### Garden Workshop Guest Speaker

Today, our guest speaker will be giving an informative talk about the importance of pollinators, the role they play in our gardens and what plants used to attract our pollinators to our garden.

### Scarecrow re-vamp

Halloween is sneaking up. Today we will "re-vamp" our soon-to-be "scary crow".



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# Education & Wellness Garden Club

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## Werri-Nina

Where: Werri-Nina Centre

Time: 1.30pm to 3.30pm

Cost: \$5pp

\* Additional cost of transport from home to activity will be provided on application

RSVP: 2 weeks prior to the date stated

## Bombala

Where: Bombala Community Centre

Time: 1pm to 2pm

\*Unless otherwise indicated

Cost: \$5pp

\* Additional cost of transport from home to activity will be provided on application

RSVP: 2 weeks prior to the date stated

## August

1 August Tidy and Maintenance

15 August Planting for Spring

## August

7 August Tidy and Maintenance

## September

5 September Scarecrow Makeover

12 September Olla Pots

19 September Garden Tidy and Maintenance

26 September Planting for Spring

## September

4 September Olla Pots / Planting for Spring

18 September Scarecrow Spring Makeover

## October

3 October Garden Workshop

10 October Planting for Spring

17 October Tidy and Maintenance

24 October Scarecrow Re-vamp

## October

2 October Tidy and Maintenance

16 October Scarecrow Revamp

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# Education & Wellness

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## Chair Yoga Program

Activity: Chair Yoga

Where: Werri-Nina Centre

Time: Monday 11am to 12pm  
 Wednesday 2pm to 3pm

Cost: \$10pp per class  
 \* Additional cost of transport from home to activity will be provided on application

RSVP: ASAP

## Chair Yoga Program Dates

Monday (11am to 12pm)	Wednesday (2pm to 3pm)
5 August	7 August
12 August	14 August
26 August	21 August
2 September	4 September
9 September	11 September
23 September	18 September
30 September	25 September
14 October	2 October
	9 October

Teagan Symons is a qualified yoga instructor and passionate about fitness, mobility and strength training for every kind of body. Teagan will be continuing to offer regular chair yoga classes at Werri Nina. Chair Yoga involves gentle stretches that move all parts of the body while seated in a chair. We also do simple flow movements and breathing practices. Chair Yoga is great for building strength, coordination and mobility, suitable for any body type. Regardless of injuries or limitations, we can always modify. So wear some comfy clothes and come along for some fun in your chair.

## Novel Idea - Teleconference

### Second Monday of the month

Activity: Book Club

Where: Via Teleconference

Time: 2pm

You might think that reading groups are simply an arena for book worms to indulge in their favourite passion or for you to have an enjoyable argument about your favourite story or characters with like-minded individuals. However, book clubs may offer more lifelong benefits than you realise, reading group discussions do wonders for your communication skills. Book clubs are also a wonderful breeding ground for ideas and motivate you to pen your own literary masterpiece and offer the opportunity to meet and befriend new people from all walks of life.

August:	The Murder Rule	Author: Dervla McTiernan
September:	A man called Ove	Author: Fredrik Backman
October:	The Diamond Hunter	Author: Fiona McIntosh

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# Education & Wellness

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## Knitters & Natters - Werri-Nina Centre

Activity: Knitting/Crocheting

Where: Werri-Nina Centre

Time: 10am to 12pm

Cost: \$5pp

\* Additional cost of transport from home to activity will be provided on application

RSVP: ASAP

## Knitters & Natters Dates

Thursday 8 August

Thursday 22 August

Thursday 12 September

Thursday 26 September

Thursday 10 October

Thursday 24 October

Are you a keen knitter? Would you like to have a go? Do you envy the crocheting prowess of others? Welcome one and all – whether you wish to share knowledge, are an absolute beginner or just wish to bring along a project that you are working on and have a natter – come along and join our fledgling group.

Our get togethers offer the opportunity to perfect the crocheted granny square for those who have limited crochet skills and a basic introduction for absolute first timers – regardless of whether you are left or right handed – with subsequent sessions focusing on incorporating trying our hand at knitting for beginners.

## Movie Afternoon - Werri-Nina Centre

Activity: Movie Afternoon

Where: Werri-Nina Centre

Time: 1pm to 3pm

Cost: \$5pp

\* Additional cost of transport from home to activity will be provided on application

RSVP: ASAP

## Movie Afternoon Dates

Thursday 22 August

Winter is here and it gets harder to convince ourselves to get out and about. Movie afternoons filled with the scent of freshly made hot chocolate and popcorn as a film plays on the screen, captivating hearts and minds, momentarily transporting viewers to distant lands or bygone eras; each scene drawing everyone deeper into the storyline. A cherished moment of togetherness, where the chill of winter is forgotten in the warmth and shared experiences and the magic of cinema.

Join us for a movie afternoon at Werri-Nina and get drawn into the world of cinema. Please phone for details and further information.

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# Meals on Wheels

Meals on Wheels are offering meal options to support you at home while also supporting local businesses.

## COOMA

**Frozen Meal Delivery Options:** Frozen meals, desserts and soups are available in all towns across our region.

**Sandwich Packs:** We are currently providing sandwich packs in Cooma. The packs consist of fresh assorted sandwiches with a sweet treat and a piece of fruit. Up North Cafe provide our delicious tasty sandwich packs that are delivered each Monday.

**Fridays:** Fish and chip Friday

## BOMBALA

**Frozen Meal Delivery Options:** Frozen meals, desserts and soups are available in all towns across our region.

**Hot meals:** Hot meals are available Monday to Friday, provided by Health Share. Meals are delivered within the Bombala township by our Meals on Wheels team.



Funding eligibility criteria applies.

Please phone Community Support Programs on 6451 1059 for more information.

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# Locations

Werri-Nina Centre  
227 Sharp St, Cooma

Bombala Community Centre/Library  
163 Maybe St, Bombala

Nimmitabel Community Centre  
Clarke St, Nimmitabel

Cooma Library  
61 Vale St, Cooma

Canberra Theatre  
Civic Square, London Cct, Canberra

Alpine Hotel  
170 Sharp St, Cooma

Café 123  
123 Sharp St Cooma

Cooma Railway Museum  
Bradley St Cooma

Roses Restaurant  
69 Massie St Cooma

Cooma Ex-Services Club  
Vale St, Cooma

Berties Cafe  
43 Bombala St, Nimmitabel

Bacco Italian Restaurant  
10 Snowy River Ave, Jindabyne

H Hardware Cafe  
58-62 Polo Flat Rd, Cooma

Bunnings Canberra Airport  
Majura Park ACT

Ikea  
Majura Park, ACT

Alpine Hotel  
170 Sharp St Cooma

Canberra Glassworks  
11 Wentworth Ave, Kingston ACT

Eden Whale Watching Cruise  
Eden Wharf NSW

Canberra Floriade  
Commonwealth Park ACT

Tulip Top Garden  
Sutton NSW

Lake Williams  
Nimmitabel NSW

Bredbo Christmas Barn  
23 Monaro Hwy, Bredbo

Bredbo Inn  
1 Monaro Hwy, Bredbo