

Community Connections Newsletter

What's on calendar

February March April 2025



Feb March April 2025

Community Connections Newsletter

Welcome to our first newsletter for 2025!

The Community Connections Team has been busy planning an exciting program to help you make the most of the final days of summer before the crisp autumn weather arrives.

Join us for a delightful day trip to the seaside town of Merimbula, where we'll visit the RSL Club to enjoy a range of activities, followed by a delicious lunch. Before heading home, we'll stop at Short Point for an ice cream and take in the stunning panoramic views.

Get up close to a variety of exotic birdlife with a visit to the Walk-In Aviary at Gold Creek Village in Canberra. Alternatively, spend some time browsing the local galleries and treat yourself to a tasty snack at one of the nearby cafés.

Step back in time with a visit to the Pompeii exhibition at the National Museum of Australia in Canberra. Discover life in the ancient city before the fateful eruption of Mount Vesuvius almost 2,000 years ago. The exhibition includes fascinating objects from the city including jewellery, sculptures, and pottery.

We have several other exciting activities planned, including the ever-popular Music at Midday concert at the Canberra Theatre, a sneak peek at the Cooma Show, and a meaningful afternoon visit to the Australian War Memorial, where we'll attend the moving Last Post Ceremony.

This year's Seniors Festival theme is 'Time to Shine', and we'll be celebrating with a Garden Party at the Werri-Nina Centre in Cooma. Enjoy

lunch in the beautifully decorated garden, partake in some fun games, or unwind with a relaxing drumming session.

Additionally, we'll be hosting an Aged Care Information Session, where you can learn more about the Council CHSP Support Services and how to register with My Aged Care. Whether you're new to the process, feeling unsure, or just need some guidance, our experienced Community Support Programs Team will be there to help you navigate My Aged Care at your own pace.

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

Finally, a big thank you to The Cooma Craft Group for their generous donation of an array of beautifully handcrafted fabric carry bags. These thoughtful gifts were given to attendees at our Community Connections Christmas Party and were greatly appreciated!

For more information about Community Support Programs, please contact our office on 02 6451 1059.

Community Support Programs Team

Community Connections

February 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|--|--|--|---|--|-----------|-----------|
| | | | | | 1 | 2 |
| 3 Chair Yoga Werri-Nina Centre | 4 Combined Outing Music at Midday Canberra Theatre Centre | 5 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre | 6 Knitters & Natters Werri-Nina Centre Dinner Club Pha's Thai Cooma | 7 | 8 | 9 |
| 10 Chair Yoga Werri-Nina Centre Novel Idea | 11 Lunch Club Cosmo Cafe Bombala | 12 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts Bombala Community Centre | 13 Knitters & Natters Werri-Nina Centre | 14 Arts and Crafts Nimmitabel Community Centre | 15 | 16 |
| 17 Chair Yoga Werri-Nina Centre Cards Werri-Nina Centre | 18 Combined Outing Pompeii Exhibition Australian National Museum Canberra | 19 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts Bombala Community Centre | 20 Garden Club Werri-Nina Centre Knitters & Natters Werri-Nina Centre | 21 | 22 | 23 |
| 24 Chair Yoga Werri-Nina Centre | 25 Combined Outing Coastal Getaway Merimbula | 26 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts Bombala Community Centre | 27 Knitters & Natters Werri-Nina Centre | 28 | 29 | |

Community Connections

March 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|--|---|--|--|--|-----|-----|
| | | | | | 1 | 2 |
| 3 Chair Yoga Werri-Nina Centre | 4 Combined Outing Federation Square, Canberra | 5 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre | 6 Knitters & Natters Werri-Nina Centre Dinner Club Cooma Hotel Cooma | 7 Combined Outing Cooma Show | 8 | 9 |
| 10 Chair Yoga Werri-Nina Centre Novel Idea | 11 | 12 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Seniors Week Workshop Bombala Community Centre | 13 Garden Club Werri-Nina Centre Knitters & Natters Werri-Nina Centre | 14 Arts and Crafts Nimmitabel Community Centre | 15 | 16 |
| 17 Cards Werri-Nina Centre Chair Yoga Werri-Nina Centre | 18 | 19 Seniors Week Garden Party Werri-Nina Centre | 20 Knitters & Natters Werri-Nina Centre | 21 Seniors Week Workshop Werri-Nina Centre | 22 | 23 |
| 24 Chair Yoga Werri-Nina Centre | 25 Lunch Club Ex- Services Club Cooma | 26 Arts and Crafts Werri Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts Bombala Community Centre | 27 Garden Club Werri-Nina Centre Knitters & Natters Werri-Nina Centre | 28 | 29 | |

Community Connections

April 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|---|--|---|--|---|-----|-----|
| | 1 | 2 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Garden Club Bombala Community Centre | 3 Knitters & Natters Werri-Nina Centre Dinner Club Roses Restaurant Cooma | 4 | 5 | 6 |
| 7 Chair Yoga Werri-Nina Centre | 8 Lunch club Club Bombala, Bombala | 9 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Bombala Community Centre | 10 Garden Club Werri-Nina Centre Knitters & Natters Werri-Nina Centre | 11 Arts and Crafts Nimmitabel Community Centre | 12 | 13 |
| 14 Chair Yoga Werri-Nina Centre | 15 | 16 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Bombala Community Centre | 17 Knitters & Natters Werri-Nina Centre | 18 PUBLIC HOLIDAY | 19 | 20 |
| 21 PUBLIC HOLIDAY | 22 Combined Outing Last Post Australian War Memorial Canberra | 23 Arts and Crafts Werri-Nina Centre Chair Yoga Werri-Nina Centre Arts and Crafts & Bombala Community Centre | 24 Garden Club Werri-Nina Centre Knitters & Natters Werri-Nina Centre | 25 PUBLIC HOLIDAY | 26 | 27 |
| 28 Chair Yoga Werri-Nina Centre Cards Ex-Services Club Cooma | 29 | 30 Combined Outing MYSTERY TOUR | 1 Knitters & Natters Werri-Nina Centre | 2 Combined Outing Rodney's Plants Plus- Pialligo | | |

Community Transport

February 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|---|-----------|-----------|--|--|-----------|-----------|
| | | | | | 1 | 2 |
| 3 Canberra Shopping Bus (Tuggeranong) \$25.00 Bombala to Cooma Bus \$12.00 | 4 | 5 | 6 Delegate to Bombala Bus \$12.00 | 7 Bombala Township Bus \$9.00 | 8 | 9 |
| 10 | 11 | 12 | 13 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00 | 14 Bombala Township Bus \$9.00 Adaminaby to Cooma bus \$12.00 | 15 | 16 |
| 17 Bombala to Cooma Bus \$12.00 | 18 | 19 | 20 Delegate to Bombala Bus \$12.00 Delegate/Bombala to Canberra Bus \$25.00 | 21 Bombala Township Bus \$9.00 | 22 | 23 |
| 24 | 25 | 26 | 27 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00 Delegate/Bombala to Bega Bus \$25.00 | 28 Bombala Township Bus \$9.00 Adaminaby to Cooma bus \$12.00 | | |

Community Transport

March 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|--|-----------|-----------|---|--|-----------|-----------|
| 31 Bombala to Cooma Bus \$12.00 | | | | | 1 | 2 |
| 3 Canberra Shopping Bus (Woden) \$25.00 Bombala to Cooma Bus \$12.00 | 4 | 5 | 6 Delegate to Bombala Bus \$12.00 | 7 Bombala Township Bus \$9.00 | 8 | 9 |
| 10 | 11 | 12 | 13 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00 | 14 Bombala Township Bus \$9.00 Adaminaby to Cooma bus \$12.00 | 15 | 16 |
| 17 Bombala to Cooma Bus \$12.00 | 18 | 19 | 20 Delegate to Bombala Bus \$12.00 Delegate/Bombala to Canberra Bus \$25.00 | 21 Bombala Township Bus \$9.00 | 22 | 23 |
| 24 | 25 | 26 | 27 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00 Delegate/Bombala to Bega Bus \$25.00 | 28 Bombala Township Bus \$9.00 Adaminaby to Cooma Bus \$12.00 | 29 | 30 |

Community Transport

April 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|--|---------|-----------|---|---|-----|-----|
| | 1 | 2 | 3 Delegate to Bombala Bus \$12.00 | 4 Bombala Township Bus \$9.00 | 5 | 6 |
| 7 Canberra Shopping Bus (Tuggeranong) \$25.00 | 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 | 15 | 16 | 17 Delegate to Bombala Bus \$12.00 Delegate/Bombala to Canberra Bus \$25 | 18 PUBLIC HOLIDAY | 19 | 20 |
| 21 PUBLIC HOLIDAY | 22 | 23 | 24 Jindabyne & Berridale to Cooma Bus \$12.00 Nimmitabel to Cooma Bus \$12.00 Adaminaby to Cooma Bus \$12.00 | 25 PUBLIC HOLIDAY | 26 | 27 |
| 28 Bombala to Cooma Bus \$12.00 | 29 | 30 | | | | |
| | | | | | | |

Combined Groups

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



Tuesday 4 February

Activity: Music at Midday

Where: Canberra Theatre, Canberra

Snapper by the Lake, Yarralumla

Time: 11am - 3pm

Cost: \$30pp

* Lunch at own cost

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

Entry: Gold coin donation

RSVP: Tuesday 21 January 2025

Welcome to our first venture to Music at Midday for 2025 at the Canberra Theatre with the Royal Military College Band, one of Australia's premier military bands. The Royal Military College Band has a rich history of performing at significant national and international occasions, including the Centenary of Federation celebration in London in 2000 and taking part in ceremonial duties at Gallipoli on ANZAC Day. While its primary role within the Army and the Australian Defence Force is ceremonial, the band also showcases its versatility by performing as a concert band and featuring various smaller ensembles.

Entry is a gold coin donation with all the proceeds raised going to a local charity.

We will follow this performance with lunch at Snapper by the Lake in Yarralumla.

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

Combined Groups

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



Tuesday 18 February

Activity: Pompeii Exhibition

Where: Australian National Museum, 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

Entry: \$20pp Concession

\$25pp Adult

RSVP: Tuesday 4 February 2025

The National Museum brings to life the rich stories of Australia through compelling objects, ideas and events.

Pompeii is an extraordinary new multi-sensory immersive experience that combines a spectacular 360-degree recreation of the volcanic eruption with more than 90 objects from the ancient city.

Archaeologists continue to make extraordinary new discoveries, including large houses with elaborate frescoes and mosaic floors, household objects and a snack bar with food still in pots.

Visitors will see stunning frescoes, jewellery, sculptures, pottery, and other intriguing objects representing everyday life.

Join us and experience this incredible exhibition and enjoy lunch at your leisure in the Museum Café overlooking Lake Burley Griffin.

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.

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

Combined Groups

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



Tuesday 25 February

Activity: Coastal Getaway

Where: Merimbula RSL Club, Merimbula

Time: 10am - 2.30pm

Cost: \$30pp
 *Lunch at own cost
 * Additional cost of transport from home to departure point will be provided on application

RSVP: Tuesday 11 February 2025

Merimbula is an enchanting seaside town on the sparkling Sapphire Coast that offers rugged ocean beaches and tranquil coastal lakes. Enjoy the scenic drive with the ever-changing vistas as we approach our destination.

We plan to visit the Merimbula RSL. You have the option of kicking up your heels and testing your coordination with line dancing or putting your game face on for a morning playing bingo. Whether you dance the morning away or look for a win with bingo, we will follow up with lunch at the Coral Sea Restaurant featuring stunning views over Merimbula Lake and the ocean.

Before leaving this beautiful coastal town, we'll drive to Short Point and enjoy an ice cream while overlooking the water.

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

Combined Groups

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



Tuesday 4 March

Activity: Federation Square

Where: Gold Creek Village, 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

Entry: \$16 Concession
\$18 Adult

RSVP: Tuesday 18 February 2025

Today's adventure takes us to Federation Square in O'Hanlon Place Nicholls, nestled in the historic Gold Creek village. The many boutique specialty shops include gifts and homewares, Canberra's one and only Christmas shop, craft supplies, a garden centre and the "sweetest little lolly shop in Canberra."

Four cafés will ensure no one goes home hungry. There is a gallery for the art lovers, plenty of retail therapy and a must see is the Canberra Walk-In Aviary.

The Canberra Walk-In Aviary is a 1000 sqm, privately owned walk-in aviary where friendly flying birds can be observed, photographed and fed. Visitors walk amongst approximately 500 birds representing nearly 60 different species from Australia and around the world.

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

Combined Groups

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

A pavilion full of flowers, vegies, art, craft, photography and cooking
Cattle WOOL *Cooma Show* **Side Show Alley**
DOG HIGH JUMP **Goats SHEEP**
PATTING Paddock **Reptile Man** **GREAT MUSIC & ENTERTAINMENT**
A great day for the whole family

Friday 7 March

Activity: Cooma Show

Where: Grand Court Chinese Restaurant
 Cooma Showground, Cooma

Time: 1pm - 3.30pm

Cost: \$5pp

*Lunch is at own cost

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

Entry: Gold coin donation

RSVP: Friday 21 February 2025

The Cooma Show has been a yearly event in the community since 1870. This will be the Show's 150th year and will incorporate the State Dahlia Championships.

We will start with a delicious lunch at the Grand Court Chinese Restaurant. After lunch, we will travel to the Cooma Showground and take a walk through the show pavilion. On display will be the results of our local talent, from garden produce to local arts and crafts, home cooking and some of our finest wool exhibits.

We will then have a lovely afternoon tea supplied by the volunteer ladies from the Show Society.

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

Combined Groups

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



Tuesday 22 April

Activity: Last Post Ceremony

Where: Australian War Memorial, Canberra

Time: 1pm - 5.30pm

Cost: \$30pp

*Lunch at own cost

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

RSVP: Tuesday 8 April 2025

The Last Post Ceremony at the Australian War Memorial in Canberra is a poignant and solemn ritual that pays tribute to those who have served and sacrificed in conflicts. At the end of each day, this ceremony honours one fallen soldier by sharing their personal story, reflecting on their courage, and acknowledging their contribution. The haunting sound of the bugle playing "The Last Post" echoes across the memorial grounds, creating a moment of deep reverence, and inviting us to pause and contemplate the sacrifices made for the nation's freedom and peace.

We plan to have lunch at Poppys Cafe, spend some time visiting the exhibits within the Australian War Memorial and finally, we will attend the Last Post Ceremony.

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

Combined Groups

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



Wednesday 30 April

Activity: Mystery Tour

Where: Local

Time: 10am - 2.30pm

Cost: \$30pp

*Includes morning tea and transport

*Lunch at own cost

RSVP: Wednesday 16 April 2025

Embarking on our mystery tour adds an air of excitement and intrigue to a unique adventure - a fascinating experience for nature enthusiasts.

Nestled along where freshwater flows, we'll be headed to a place that keeps nature's waters aglow. As the destination remains a secret, the journey becomes part of the thrill, with winding roads and scenic landscapes fuelling anticipation.

Upon arrival, you may be surprised to discover the tranquil beauty with the picturesque surroundings making it an ideal spot for a morning tea picnic, with plenty of opportunities for photography and relaxation. We will partake in lunch locally with water views aplenty. This promises to be an engaging outing in beautiful surroundings.

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

Combined Groups

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



Friday 2 May

Activity: Gardening Talk

Where: Rodney's Plants Plus, Pialligo

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: Friday 18 April 2025

Visiting Rodney's at Pialligo today promises an enriching day centred around gardening enthusiasts.

The nursery's inviting ambience sets the stage for an insightful gardening talk focusing on winter preparation and vegetables. Keen gardeners can glean valuable tips and knowledge from experts, fostering a deeper understanding of horticulture.

Following the talk, enjoy lunch at the Kitchen Garden Cafe complemented by the serene surrounds of the nursery. Afterwards, indulge in some retail therapy amidst a wide selection of gardening tools, plants and accessories, offering the chance to find unique items that inspire creativity and a passion for gardening .

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

Seniors Festival

NSW Seniors Festival celebrates the role and contributions of older adults to our local communities. Time to Shine! is the festival's theme for 2025, encouraging seniors to seek out new experiences and make new friendships by participating in a range of different events.



Wednesday 19 March

- Activity:** Seniors Festival Garden Party
Where: Werri-Nina Centre, Cooma
Time: 10am to 2pm
RSVP: 5 March 2025
Cost: Free of Charge
 * Additional cost of transport from home to activity will be provided on application.

This year's theme for Seniors Festival is 'Time to Shine'.

Celebrate Seniors Festival with a sparkling garden party! It's your time to shine as we gather in a beautiful outdoor setting to enjoy music, delicious treats, and great company. This is a wonderful opportunity to connect with others, relax in the sunshine, and celebrate our senior community.

Our Garden Party will feature a variety of games, from casual to competitive, along with a Drumming taster session. We'll also be hosting an Aged Care Information Session, offering details on available Council CHSP Support Services, eligibility, and information on how to register with My Aged Care.

Everyone is welcome to join in for lunch and participate in any of the activities throughout the day. Whether you're interested in enjoying a game, trying the drumming session, or learning more at the Aged Care Information Session, there's something for everyone. Or, simply relax and enjoy lunch in the garden!

Schedule of Activities:

- | | |
|----------------|-------------------------------|
| 10am | Welcome - morning tea |
| 10.30am | Drumming Workshop with Paul |
| 11.30am | Aged Care Information Session |
| 11.30am | Games |
| 12.30pm | BBQ lunch |
| 2pm | Close |

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

Seniors Festival Workshops

NSW Seniors Festival celebrates the role and contributions of older adults to our local communities. Time to Shine! is the festival's theme for 2025, encouraging seniors to seek out new experiences and make new friendships by participating in a range of different events.

Werri-Nina

Friday 21 March

Where: Werri-Nina Centre
227 Sharp St Cooma

Time: 10am - 2pm

Cost: \$30pp - unless otherwise stated
*Lunch and all materials included
* Additional cost of transport from home to activity will be provided on application

RSVP: Friday 7 March 2025

Bombala

Wednesday 12 March

Where: Bombala Community Centre
163 Maybe St Bombala

Time: 10am - 2pm

Cost: \$30pp - unless otherwise stated
*Lunch and all materials included
* Additional cost of transport from home to activity will be provided on application

RSVP: Wednesday 26 February 2025

Wet Felted Bag

Get ready for a fun and creative adventure! In this workshop, you'll make your very own felted bag using wool, water, and soap. You'll get to play with wool roving, layering it in colourful patterns and watching it transform as you rub and roll it. The process is super hands-on and satisfying, and soon you'll have a sturdy, one-of-a-kind bag. Afterward, join the group for a lovely lunch to celebrate Seniors Week, enjoy some great conversation, and admire each other's creations. It's a perfect way to unwind, unleash your creativity, and connect with others while making something beautiful!



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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

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 17 February

Activity: Cards

Where: Werri-Nina Centre

Time: 10.30am - 2pm

Cost: \$5pp

*Lunch at own cost

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

RSVP: Monday 3 February 2025



Monday 17 March

Activity: Cards

Where: Werri-Nina Centre

Time: 10.30am - 2pm

Cost: \$15pp

*Lunch is included

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

RSVP: Monday 3 March 2025



Monday 28 April

Activity: Cards

Where: Ex-Services Club, Cooma

Time: 10.30am - 2pm

Cost: \$5pp

*Lunch at own cost

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

RSVP: Monday 14 April 2025

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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

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.

Heart Seed Bombs

Making seed bombs is a fun and effective way to fill garden beds and pots with colour, beauty and fragrance as well as the benefit of attracting bees and butterflies to your garden.

We will be combining shredded paper and seeds to make heart shaped bombs to either plant out or give as a gift to bring a colourful burst of life.

Nature Light Bowls

Nature light bowls are a beautifully rustic way to incorporate the natural elements into your decore creating a soft calming atmosphere with natural lighting effect. Made using the art of paper mache then decorating them with natural elements consisting of leaves and flowers.

Heart Garlands

Heart garlands are a charming and festive touch to brighten up any space. We will be making heart garlands that can be either displayed at the centres or taken home to add some colourful cheer in your home.

Keyrings

Forever losing your house or car key!! Today we will be making your own individual keyring so you will never lose those keys again.

Cards and Gift Tags

The giving of cards and gift tags adds a personalised and unique touch to any special occasion. Today we will create matching cards and tags to add that special touch for gifts for loved ones.

Magnolia Flowers

Magnolia flowers are native to parts of Asia and North America. They are known for their resilience and admired for their large showy petals and beautiful fragrance. Today we will be creating magnolia flowers made from crepe paper in range of colours to create a stunning display of blooms that we can showcase for all to admire

Fridge Magnets

Decorative fridge magnets are a fun and creative way to add some colour to your fridge or any magnetic surface as well as being a useful tool to keep important notices and reminders easily accessible. Using different materials such as buttons, paper and material we will create some magnets to help keep all your reminders easily accessible.

Painting

For the month of April we will trying our hand at painting using a different range of techniques and mediums to create a masterpiece that you will be proud to display at home or give as a gift to someone special.

Easter Craft

Easter is a time to celebrates with family and friends. It is also a time where families participate in different traditions including the giving of Easter eggs to symbolise new life. The Easter egg hunt is always a great favourite for children of all ages. Let's do Easter themed crafts to create fun and unique gifts to give to family and friends to celebrate this time of year.

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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

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 - 1pm

Cost: \$5pp - unless otherwise stated
* Additional cost of transport from home to activity will be provided on application

RSVP: Two weeks prior to the date listed

Bombala

Where: Bombala Community Centre
163 Maybe St Bombala

Time: 11am - 1pm

Cost: \$5pp - unless otherwise stated
* Additional cost of transport from home to activity will be provided on application

RSVP: Two weeks prior to the date stated

February

5 February Heart Seed Bombs
12 February Cards and Gift Tags
19 February Heart Garlands
26 February Keyrings

February

5 February Heart Seed Bombs
12 February Cards and Gift Tags
19 February Heart Garlands
26 February Keyrings

March

5 March Nature Light Bowls
12 March Magnolia Flowers
26 March Fridge Magnets

March

5 March Nature Light Bowls
12 March Workshop - Wet Felted Bag
*See Seniors Festival flyer for details
26 March Fridge Magnets

April

2 April Painting
9 April Painting
16 April Easter Craft
23 April Painting

April

2 April Painting
9 April Painting
16 April Easter Craft
23 April Painting

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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

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 - 12pm

Cost: \$5pp - unless otherwise stated
* Additional cost of transport from home
to activity will be provided on application

RSVP: Two weeks prior to the date listed



February

14 February Cards and Tags

March

14 March Nature Light Bowl

April

11 April Easter Craft



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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

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

Tuesday 11 February

Where: Cosmo Cafe, Bombala

Time: 12pm - 2pm

Cost: \$5pp

*Lunch at own cost

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

RSVP: 30 January 2025

Dinner Club

Thursday 6 February

Where: Pha's Thai, Cooma

Time: 5.30pm - 7.30pm

Cost: \$5pp

*Dinner at own cost

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

RSVP: 30 January 2025

Tuesday 25 March

Where: Ex-Services Club, Cooma

Time: 12pm - 2pm

Cost: \$5pp

*Lunch at own cost

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

RSVP: 11 March 2025

Thursday 6 March

Where: Cooma Hotel, Cooma

Time: 5.30pm - 7.30pm

Cost: \$5pp

*Dinner at own cost

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

RSVP: 20 February 2025

Tuesday 8 April

Where: Club Bombala, Bombala

Time: 12pm - 2pm

Cost: \$5pp

*Lunch at own cost

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

RSVP: 25 March 2025

Thursday 3 April

Where: Roses Restaurant, Cooma

Time: 5.30pm - 7.30pm

Cost: \$5pp

*Dinner at own cost

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

RSVP: 20 March 2025

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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

Education & Wellness

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.

Knitters & Natters - Werri-Nina Centre

Activity: Knitting/Crocheting

Where: Werri-Nina Centre

When: Every Thursday

Time: 1pm - 3pm

Cost: \$5pp

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

RSVP: ASAP

Are you an avid knitter, or curious to give it a go? Do you admire the art of crochet? Whatever your skill level, everyone is welcome! Whether you want to share your expertise, learn something new, or simply bring along a project to work on while enjoying a cuppa and great conversation, this is the perfect place to relax and get creative together.



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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

24 Snowy Monaro Regional Council | Community Connections Newsletter

Education & Wellness

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.

Chair Yoga Program

Activity: Chair Yoga

Where: Werri-Nina Centre

Time: Monday 11am - 12pm
 Wednesday 2pm - 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 - 12pm | Wednesday 2pm - 3pm |
|--------------------|---------------------|
| 3 February | 5 February |
| 10 February | 12 February |
| 17 February | 19 February |
| 24 February | 26 February |
| 3 March | 5 March |
| 10 March | 12 March |
| 17 March | 26 March |
| 24 March | 2 April |
| 7 April | 9 April |
| 14 April | 16 April |
| 28 April | 23 April |

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.

| | | |
|----------|--------------------------|---------------|
| February | Dead Horse Gap | Lee CHRISTINE |
| March | The Thursday Murder Club | Richard OSMAN |

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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

Education & Wellness

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.

Garden Club

Tidy and Maintenance

To ensure our garden stays vibrant and healthy, today we'll be removing weeds, adding a fresh layer of mulch and fertiliser, and focusing on general maintenance.

Autumn Planting

Spring flowers bring colour and fresh energy to the garden after the winter months.

It's now time to put in our bulbs ready to produce our spring blooms to fill the garden with colour and happiness.

Olla Pot Demonstration

Olla pots are a traditional clay watering vessel used to help keep gardens watered by burying them in the ground where the moisture slowly seeps out giving the root system constant moisture.

We will be doing a demonstration on making Olla pots that will then be placed into our garden beds to help keep them watered through the warmer months.

Scarecrow Makeover

It's that time again! Time to dress our garden scarecrow in new seasonal attire reflecting the season ahead.



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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

Education & Wellness

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.

Garden Club

Werri-Nina

Where: Werri-Nina Centre
 Time: 10am - 12pm
 Cost: \$5pp
 * Additional cost of transport from home to activity will be provided on application
 RSVP: Two weeks prior to the date stated

Bombala

Where: Bombala Community Centre
 Time: 10am - 11am
 Cost: \$5pp
 * Additional cost of transport from home to activity will be provided on application
 RSVP: Two weeks prior to the date stated

February

20 February Tidy and Maintenance

March

13 March Scarecrow Makeover
 27 March Olla Pot Demonstration

April

10 April Tidy and Maintenance
 24 April Spring Bulb Planting

February

5 February Tidy and Maintenance

March

5 March Scarecrow Makeover

April

2 April Spring Bulb Planting



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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

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.

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.

Funding by the Australian Government Department of Health. Hosted by Snowy Monaro Regional Council Community Support services.

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

Club Bombala
156 Maybe St, Bombala

Canberra Theatre
Civic Square, London Circuit, ACT

Australian War Memorial
Alpine Way, Crackenback

Rodney's Plant Plus
Pialligo, ACT

Cooma Bowling Club
6 Mawson St, Cooma

Cooma Ex-Services Club
Vale St, Cooma

Berties Cafe
43 Bombala St, Nimmitabel

Cooma Pha's Thai
Soho St, Cooma

Cosmo Cafe
Maybe St, Bombala

Australian National Museum
Canberra, ACT

Federation Square
Gold Creek, ACT

Cooma Showground
Cooma, NSW

Grand Court Chinese
Sharp St, Cooma

Merimbula RSL
Main St, Merimbula

Cooma Hotel
Massie St, Cooma