

# Community Connections Newsletter

What's on calendar

# November December 2024 January 2025



## Nov/Dec 2024 | Jan 2025

### Community Connections Newsletter

As the year draws to a close, we have plenty of activities lined up to keep you busy as we head into the holiday season!

First, we'll celebrate the blooming spring garden at the Werri-Nina Centre with a Mad-Hatter themed garden party, culminating in the excitement of the Melbourne Cup.

Next, we'll dive into the Christmas spirit with a visit to the Cooma Little Theatre for their production of The Flint Street Nativity.

We'll also have outings to the South Coast and a trip to Rodney's Plants Plus in Pialligo, giving you the chance to soak up some sunshine and catch up on some Christmas shopping!

Crafters can look forward to making festive decorations, gift tags, and a beautiful table centrepiece to brighten up their homes for the holidays.

Our combined Christmas Luncheon at the Cooma Bowling Club will feature a delicious traditional meal, providing the perfect opportunity to catch up with friends and reflect on the year.

As we welcome the new year, we'll make the most of the long summer days with a picnic by the river in Bombala and an overnight outing to Bateman's Bay, where we'll explore the charming towns of Bodalla, Mogo, and Narooma. Join us for some sightseeing, delightful food, and great company as we enjoy the warm weather!

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

**Snowy Monaro Regional Council – Community Support Programs will be closed for the holidays from Midday Tuesday 24 December 2024 to Sunday 5 January 2025.**

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

We would like to wish you all a happy, safe and healthy Christmas and New Year!

Community Support Programs Team

# Community Connections

# November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				1 Combined Outing Bingo Bombala	2	3
4 Chair Yoga Werri-Nina Centre  Drumming Werri-Nina Centre	5 Combined Outing Melbourne Cup Madness Werri-Nina Centre	6 Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts & Garden Club Bombala Community Centre	7 Garden Club Werri-Nina Centre	8 Combined Outing Dinner & Show Cooma Little Theatre  Arts and Crafts Nimmitabel Community Centre	9	10
11 Chair Yoga Werri-Nina Centre  Drumming Werri-Nina Centre  Novel Idea	12 Lunch Club Wildbrumby Schnapps Distillery	13 Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts Bombala Community Centre	14 Garden Club Werri-Nina Centre  Knitters & Natters Werri-Nina Centre	15 Combined Outing Christmas Shopping Merimbula/Bega	16	17
18 Cards Ex-Services Club Cooma  Chair Yoga Werri-Nina Centre  Drumming Werri-Nina Centre	19	20 Arts and Crafts Werri-Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts & Garden Club Bombala Community Centre	21 Garden Club Werri-Nina Centre	22 Combined Outing Gardening Talk' Rodneys Plants Plus Pialligo	23	24
25 Chair Yoga Werri-Nina Centre  Drumming Werri-Nina Centre	26	27 Arts and Crafts Werri Nina Centre  Chair Yoga Werri-Nina Centre  Arts and Crafts Bombala Community	28 Garden Club Werri-Nina Centre  Knitters & Natters Werri-Nina Centre	29	30	

# Community Connections

# December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
						1
2	3	4 Arts and Crafts Werri-Nina Centre  Arts and Crafts & Bombala Community Centre	5 Knitters & Natters Werri-Nina Centre  Dinner Club Coffeys Hotel	6	7	8
9 Novel Idea	10	11 Combined Outing Christmas Luncheon Cooma Bowling Club	12	13 Arts and Crafts Nimmitabel Community Centre	14	15
16	17	18	19	20	21	22
23	24	25 CHRISTMAS DAY PUBLIC HOLIDAY	26 PUBLIC HOLIDAY	27	28	29
30						

# Community Connections January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		1 PUBLIC HOLIDAY	2	3	4	5
6	7	8	9	10	11	12
13 Novel Idea	14	15 Combined Outing Welcome Back Picnic Rotary Park Bombala	16	17	18	19
20 Cards Werri-Nina Centre	21	22 Arts and Crafts Werri-Nina Centre  Arts and Crafts & Garden Club Bombala Community Centre	23 Garden Club Werri-Nina Centre  Knitters & Natters Werri-Nina Centre	24	25	26
27 PUBLIC HOLIDAY	28	29 Arts and Crafts Werri-Nina Centre  Arts and Crafts Bombala Community Centre	30 Combined Outing Overnight Batemans Bay	31 Combined Outing Overnight Batemans Bay		

# Community Transport

# November 2024

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

# Community Transport

# December 2024

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						1
2 Canberra Shopping Bus (Tuggeranong) \$25.00	3	4	5 Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00	6 Bombala Township bus \$9.00  Adaminaby to Cooma bus \$12.00	7	8
9 Bombala to Cooma Bus \$12.00	10	11	12 Delegate to Bombala Bus \$12.00	13 Bombala Township bus \$9.00	14	15
16	17	18	19 Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00  Delegate to Bombala Bus \$12.00  Delegate/Bombala to Canberra Bus \$25.00	20 Bombala Township bus \$9.00  Adaminaby to Cooma bus \$12.00	21	22
23 Bombala to Cooma Bus \$12.00	24 Christmas shutdown from 12noon	25 PUBLIC HOLIDAY  Christmas shutdown	26 PUBLIC HOLIDAY  Christmas shutdown	27 Christmas shutdown	28	29
30 Christmas shutdown						

# Community Transport January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		<b>1</b> PUBLIC HOLIDAY  Christmas shutdown	<b>2</b> Christmas shutdown	<b>3</b> Christmas shutdown	<b>4</b>	<b>5</b>
<b>6</b> Bombala to Cooma Bus \$12.00	<b>7</b>	<b>8</b>	<b>9</b> Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00  Delegate to Bombala Bus \$12.00	<b>10</b> Bombala Township bus \$9.00  Adaminaby to Cooma bus \$12.00	<b>11</b>	<b>12</b>
<b>13</b> Canberra Shopping Bus (Woden) \$25.00	<b>14</b>	<b>15</b>	<b>16</b> Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00  Delegate/Bombala to Canberra Bus \$25.00	<b>17</b> Bombala Township bus \$9.00  Adaminaby to Cooma bus \$12.00	<b>18</b>	<b>19</b>
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<b>27</b> PUBLIC HOLIDAY	<b>28</b>	<b>29</b>	<b>30</b> Jindabyne & Berridale to Cooma Bus \$12.00  Nimmitabel to Cooma Bus \$12.00  Delegate/Bombala to Bega Bus \$25.00	<b>31</b> Bombala Township bus \$9.00  Adaminaby to Cooma bus \$12.00		



# Combined Groups

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



## Friday 1 November

Activity: Bingo

Where: Club Bombala, Bombala

Time: 11am - 2.30pm

Cost: \$20pp

\*\$6 per book

\* Lunch at own cost

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

RSVP: Monday 28 October 2024

Today we are getting our Bingo game face on.

Bingo is an engaging and enjoyable social activity that brings together individuals of all ages. The thrill of nearing a winning combination, the elation of shouting 'Bingo!' and the shared moments of suspense make it a cherished pastime fostering social connections and making lasting memories.

Join us at Club Bombala for a couple of rounds of bingo and a relaxing lunch at the club.

With great prizes and fun to be had by all, it will be a great day out.

**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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## 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: Wednesday 30 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!

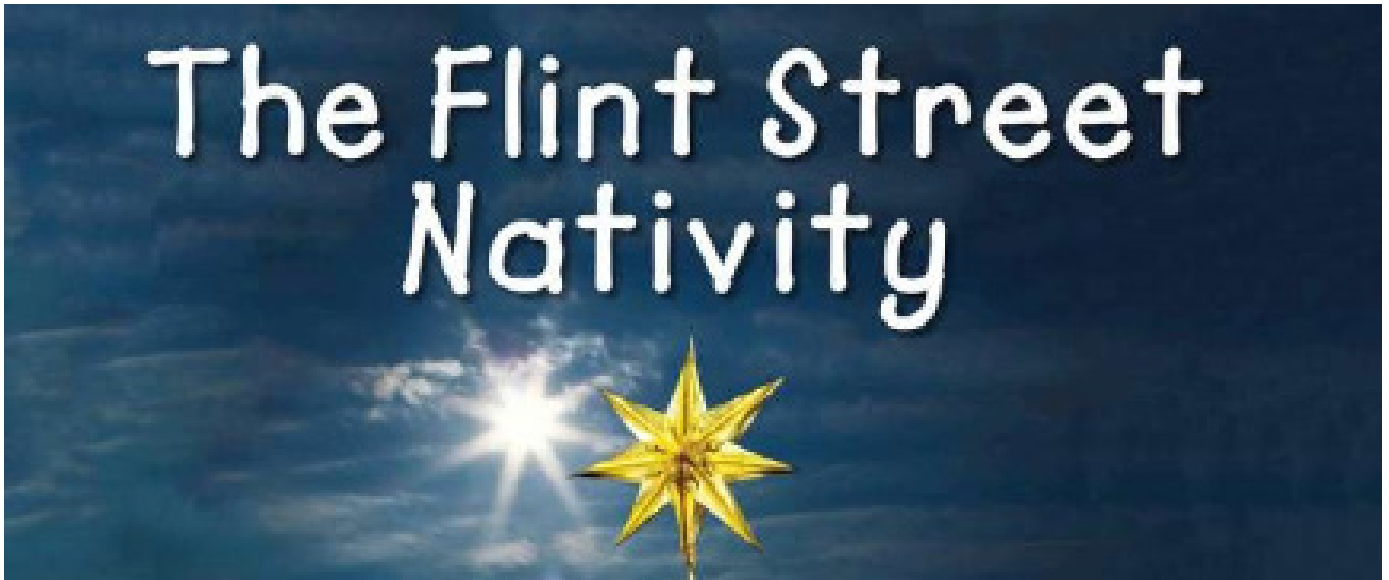
With music and games, it will surely be an afternoon full of madness and fun so ... Don't be late for this very important date!!

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## Friday 8 November

Activity: Dinner & Show

Where: Cooma Little Theatre

Time: 5.30pm - 10pm

Cost: \$15pp

\*Show Ticket

Concession \$22pp

Adult \$27.50pp

\* Dinner at own cost

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

RSVP: Monday 28 October 2024

Cooma Little Theatre is a non-profit community theatre founded in 1955, which provides arts and culture including, live drama, comedy, dance and musicals. It is the only live theatre in the region and also hosts touring productions.

The upcoming production of 'The Flint Street Nativity', a Christmas comedy by Tim Firth is expected to provide an enjoyable evening at our local theatre.

We will kick off the evening with dinner at the Ex-Services Club before the curtains are raised at the Cooma Little Theatre to an excited audience.

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## Friday 15 November

Activity: Christmas Shopping

Where: Merimbula - Bega

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 1 November 2024

Today we will take a scenic drive to the beautiful South Coast to partake in some retail therapy – an opportunity to enjoy the sea air or begin the mad dash for your Christmas gift list.

Initially, we will spend some time in Merimbula where you can make a start on your shopping with a variety of great shops to explore. If retail is not your thing, enjoy morning tea at the Waterfront Café or take a stroll along the waterfront.

You will then have the option of continuing to Bega for more shopping or heading to Club Bega for a leisurely lunch before heading home.

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## Friday 22 November

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: Wednesday 6 November 2024

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, where keen gardeners can glean valuable tips and knowledge from experts, fostering a deeper understanding of horticulture.

We will enjoy lunch at Kitchen Garden at Rodney's, complemented by the serene surroundings of the nursery.

After lunch, indulge in some retail therapy amidst a wide selection of gardening tools, plants and accessories, offering the chance to find unique items that inspire a passion for gardening.

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## Wednesday 11 December

Activity: Christmas Luncheon

Where: Cooma Bowling Club

Time: 12pm - 2.30pm

Cost: \$40pp

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

RSVP: Tuesday 26 November 2024

As the year winds down and Christmas approaches, a feeling of warmth and joy fills the air.

Today, we gather with friends to share a festive meal and embrace the spirit of the season.

Warm up your vocal cords and let's enjoy Christmas Carols, challenge ourselves with Christmas Trivia and reminisce about times gone by.

Please bring a wrapped gift to the value of \$10 – marked if suitable for a male or female person.

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# Combined Groups

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## Wednesday 15 January

Activity: Welcome Back Picnic

Where: Rotary Park, Bombala

Time: 11.30am - 2.30pm

Cost: \$18pp

\*Lunch is included

\$12pp Transport

RSVP: Monday 6 January 2025

Our welcome back BBQ picnic by the Bombala River in Rotary Park is a delightful way to spend a day surrounded by nature and reconnect with friends. The park offers a serene setting with the gentle flow of the river nearby, making it an ideal spot to relax and enjoy the outdoors. The well-maintained picnic area includes BBQ facilities, shaded seating, and lush green lawns.

As we fire up the BBQ, you can take in the peaceful sounds of the river and the rustling of leaves from the surrounding trees or get involved in some picnic games. The park's proximity to the river allows for a stroll through the park, a perfect destination to unwind in a picturesque environment and have the opportunity to chat with friends.

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# Overnight Stay

Our overnight stays offer a chance to venture beyond our local area and discover towns in different regions. Unwind and savour an evening away, experiencing new sights and enjoying good company.



## Batemans Bay Overnight Stay

Thursday 30 January 2025 - Friday 31 January 2025

Our adventure begins with a stop in Bodalla, a charming village found in the Eurobodalla region on the NSW South Coast, founded on the back of dairy farming and cheese production back in the 1860s. Explore the local arts and crafts and enjoy a tasty lunch/brunch before continuing our journey to our next stop – Mogo, another town with a thriving arts scene.

Batemans Bay, nestled along the stunning South Coast, offers a delightful seaside retreat for visitors with pristine beaches, azure waters, and abundant marine life, a haven for beach lovers and water enthusiasts alike.

Our accommodation at the Batemans Bay Marina Resort offers cabins a stone's throw from the water and you will have ample time to walk along the beach or even dip your toes in the water.

The scenic drive from Batemans Bay promises a breathtaking return journey through coastal and countryside landscapes. Our drive unfolds along the shimmering coastline of Narooma, where waters meet picturesque cliffs, providing stunning vistas and an opportune moment to stop.

You may choose to visit the 350 metre Mill Bay Boardwalk from Apex Park (on the northern side of Wagonga inlet) – a perfect way to appreciate the natural beauty of Narooma or ensure you bring your swimming costume and beach towel so you can enjoy a paddle at the fully accessible beach at Wagonga Head. Our stop in Narooma will continue with a visit to Australia Rock – a uniquely shaped rock formation and Seal Rocks. Our sightseeing will be followed by lunch at the Narooma Golf Club before we continue towards Cooma, the scenery transforming into rolling hills and expansive meadows offering the vision that is the diverse beauty of the Monaro.

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# Overnight Stay

This outing will proceed subject to minimum numbers being met. In the event you are unable to attend, we will endeavour to secure a refund from the venue or transfer your ticket/accommodation to another participant but if this is not possible, please be advised that a refund will not be issued.

## Itinerary

### Tuesday 30 January

<b>9am</b>	Depart Werri-Nina
<b>10am</b>	Arrive Bemboka
<b>10.15am</b>	Depart Bemboka
<b>11.45am</b>	Arrive at Bodalla
<b>2pm</b>	Depart Bodalla
<b>2.30pm</b>	Arrive Mogo
<b>4pm</b>	Depart Mogo
<b>4.15pm</b>	Arrive Batemans Bay Marina Resort
<b>5.45pm</b>	Depart for Catalina Club



### Wednesday 31 January

<b>9am</b>	Checkout Batemans Bay Marina Resort
<b>10am</b>	Arrive Mill Bay, Narooma
<b>11.30am</b>	Depart Mill Bay, Narooma
<b>11.45am</b>	Arrive Seal Rocks, Narooma
<b>12.30pm</b>	Depart Seal Rocks, Narooma
<b>12.35pm</b>	Arrive Narooma Golf Club
<b>2.30pm</b>	Depart Narooma Golf Club
<b>5pm</b>	Arrive Werri Nina



## Costs

### Accommodation

<b>Location:</b>	<b>Batemans Bay Marina Resort</b>
<b>\$120pp:</b>	Per Person - one bedroom cabin
<b>\$70pp:</b>	Per Person - two bedroom cabin

<b>Location:</b>	<b>The Esplanade, Bay Soldiers, Batemans Bay</b>
<b>\$260:</b>	Per Room - king size bed

### Other

<b>\$50*pp:</b>	Transport
<b>\$10pp:</b>	Activity fee
<b>\$10pp:</b>	Continental breakfast

\* Includes return transport from Cooma to Batemans Bay and transport to/from organised activities.

\* Please note meals to be purchased at own cost.

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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 18 November 2024

Activity: Cards

Where: Ex-Services Club, Cooma

Time: 10.30am - 2pm

Cost: \$5pp

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

RSVP: Monday 4 November 2024



## Monday 20 January 2025

Activity: Cards

Where: Werri-Nina Centre

Time: 10.30am - 2pm

Cost: \$15pp

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

RSVP: Monday 13 January 2025



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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.

## Christmas Decorations

Christmas decorations infuse our homes with the joyful spirit of the season through their vibrant colours and cheer. Join us as we create beautiful decorations for you to showcase in your home this holiday season.

## Decoupage Frames

Today we'll 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.

## Decorative Jars

Today, we'll explore various mediums to craft decorative jars that will hold a lovely scented foot and hand scrub—perfect for treating yourself or gifting to a special loved one.

## Table Centrepiece

Hiske is with us today to guide us in creating a beautiful Christmas-themed table centrepiece. Using locally sourced flowers, plants and shrubs, you'll be charmed by the stunning arrangement we'll create together.

## Trinket Box

A trinket box traditionally serves as a decorative container for storing or displaying small treasures, keepsakes, or jewellery. Today, we'll create our own trinket box by wrapping a thin rope around a cylinder, resulting in a unique and personal design.

## Christmas Tags

In this session, we will be using Christmas-themed buttons to embellish Christmas gift tags. These tags can enhance a present for a loved one or be hung on your tree to add a touch of festive cheer.

## Memory Photo Book

Creating a memory book by compiling photos of loved ones and special occasions is a wonderful way to celebrate these meaningful moments. These books can be displayed for everyone to enjoy or given as a unique, personalised gift.



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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 - 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

## November

6 November Christmas Decorations  
13 November Decorative Jars  
20 November Memory Photo Book  
27 November Christmas Tags

## November

6 November Christmas Decorations  
13 November Decorative Jars  
20 November Memory Photo Book  
27 November Christmas Tags

## December

4 December Table Centrepiece  
Cost \$20pp - includes lunch

## December

4 December Table Centrepiece  
Cost \$32pp - includes lunch  
Includes transport to Werri-Nina

## January

22 January Decoupage Frames  
29 January Trinket Box

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22 January Decoupage Frames  
29 January Trinket Box

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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

## November

8 November Decorative Jars

## December

13 December Christmas Tags



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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

## Dinner Club

### Tuesday 12 November

### Thursday 5 December

Where: Wildbrumby Schnapps Distillery,  
Crackenback

Where: Coffey's Hotel

Time: 12pm - 2pm

Time: 5.30pm - 7.30pm

Cost: \$20pp

Cost: \$5pp

Lunch at own cost

Dinner at own cost

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

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

RSVP: 30 October 2024

RSVP: 21 November 2024



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# 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

Time: 1pm - 3pm

Cost: \$5pp

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

RSVP: ASAP

## Knitters & Natters Dates

Thursday 1pm - 3pm

14 November

28 November

5 December

23 January 2025

Are you an enthusiastic knitter, or are you interested in giving it a try? Do you admire others' crocheting skills? Everyone is welcome—whether you want to share your knowledge, are a complete beginner, or just want to bring along a project and enjoy a cuppa and chat.

## Drumming - Werri-Nina Centre

Activity: Drumming Afternoon

Where: Werri-Nina Centre

Time: 1pm - 2pm

Cost: \$10pp

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

RSVP: ASAP

## Drumming Dates

Monday 1pm - 2pm

4 November

11 November

18 November

25 November

Gathered in a circle we are connected as a group. It is well recognised that community drumming relaxes the body, reduces stress and tension, supports mindfulness, a sense of happiness and connections to one another - creating an atmosphere where barriers are opened and shared.

Drumming is an ancient tradition and is found in cultures all around the world. It is an integral part of music which is so important in all our lives. All of us have music within us. Our very heartbeat is a rhythm of life we all own.

**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.

23 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

4 November

11 November

18 November

25 November

Wednesday 2pm - 3pm

6 November

13 November

20 November

27 November

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.

November

December

January

The Diamond Hunter

The Blind Assassin

Trust

Fiona McIntosh

Margaret Atwood

Chris Hammer

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# Education & Wellness

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## 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 fertilizer, and focusing on general maintenance.

### Summer Planting

Summer planting can be a rewarding experience, offering a bounty of fresh veggies, herbs and colourful flowers. With the right selection of plants, we will have a vibrant and productive garden all summer long.

### Garden Workshop

#### Wildflower Seed Bombs

Seed bombs are an easy and fun way of adding a bit of excitement to your garden. Made with a mixture of mashed-up paper and wildflower seeds, when placed in the ground they break apart and allow the seeds to grow into a beautiful display of colourful wildflowers.

### Cooma Community Garden Visit

This morning we will be taking a visit to the Cooma Community Gardens to have a look at their beautiful garden setup then enjoy a cuppa and a chat. Then we will return to Werri Nina, hopefully with some inspiring ideas to incorporate into our garden area.

### Scarecrow Makeover

It's time to dress our garden scarecrow in her summer attire to reflect the bright and cheerful season ahead.



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# Education & Wellness

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## 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

### November 2024

7 November Tidy and Maintenance  
 14 November Summer Planting  
 21 November Scarecrow Makeover  
 28 November Garden Workshop  
 Wildflower Seedbombs

### November 2024

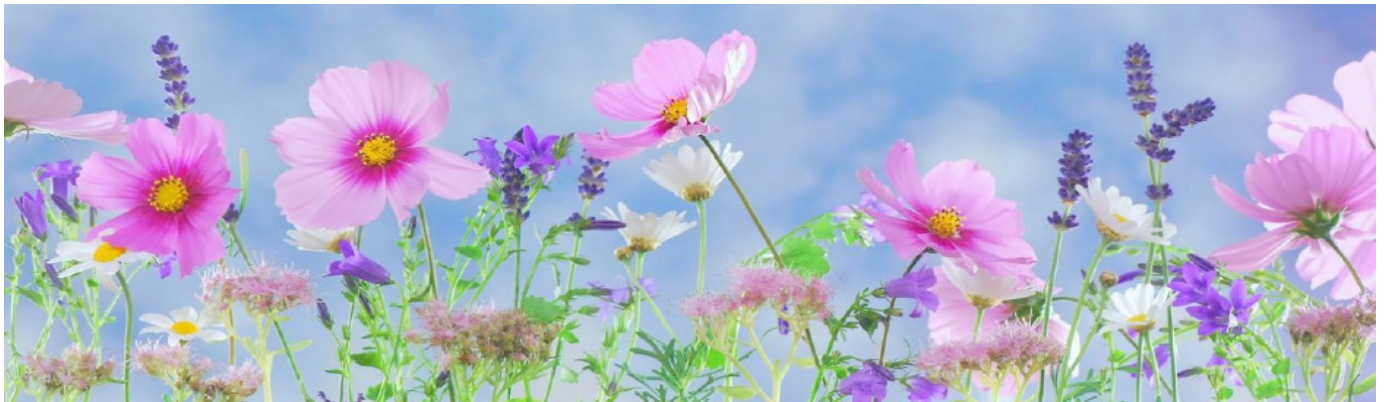
6 November Summer Planting  
 20 November Garden Workshop  
 Wildflower Seedbombs

### January 2025

23 January Outing  
 Cooma Community Gardens

### January 2025

22 January Tidy and Maintenance  
 Scarecrow Makeover



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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.

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

Cooma Little Theatre  
Monaro Ave, Cooma

Wildbrumby Schnapps Distillery  
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

Batemans Bay Marina Resort  
Beach Rd, Batemans Bay

Catalina Club  
Beach Rd, Batemans Bay

Narooma Golf Club  
1 Billingalla St, Narooma

Coffeys Hotel  
Short St, Cooma

# Overnight Stay

## BOOKING FORM

### Batemans Bay Overnight Stay

Thursday 30 January 2025 - Friday 31 January 2025

This form must be completed and handed in at Werri-Nina, Cooma - **Friday 20 December 2024.**

Payment for accommodation to be received by **Wednesday 15 January 2025.**

Final payment for remaining costs should be made by **Friday 24 January 2025.**

**Name:**

**Phone:**

**Address:**

Pick up required from home

YES

NO

Meeting at Werri-Nina

YES

NO

**ACCOMMODATION:**

**Batemans Bay Marina Resort**

Single - one bedroom cabin

YES

NO

Cost: **\$120pp**

Twin share - two bedroom cabin

YES

NO

Cost: **\$70pp**

Continental breakfast pack

YES

NO

Cost **\$10pp**

**The Esplanade, Bay Soldiers, Batemans Bay**

Per Room - King Size Bed

YES

NO

Cost: **\$260 per room**

Continental breakfast pack

YES

NO

Cost **\$10pp**

**Transport:**

**\$50pp** Including transport from Cooma to Batemans Bay and to and from organised activities

**Activity fee:**

\$10pp

**All meals (excluding breakfast) at own cost.**

**RSVP Friday 20 December 2024**

**Please Note:** This outing will proceed subject to minimum numbers being met. In the event you are unable to attend, we will endeavour to secure a refund for the accommodation to another participant but if this is not possible, please be advised that a refund will not be issued.

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