



Winter 2021 Newsletter

MANAGER'S MESSAGE

Special points of interest:

- Manager's message
- Social Outings
- Social Groups
- Overnight trip

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As we drag out the winter blankets and coats, and test all the heaters are working please remember that NINA activities are still up and running through the colder months.

I would like to acknowledge NSW Meals on Wheels and Reckitt for donating over 100 Hygiene packs for clients of NINA. We are trying hard to ensure that as many clients as possible have access to these packs, if you haven't received one and would like one please let the office know.

NINA provided over 750 trips from January to April this year, as you can imagine the logistics of ensuring volunteers are available and everyone gets to where they need to go is quite a big task. Can I ask that you give as much notice as possible to the staff to ensure that we can find drivers for everyone. Also clients may have to share a ride with other clients on some trips. We do our best to be able to provide transport to everyone that needs it.

We also had a busy social support period as well with an overnight trip to Bathurst, the Premiers Gala concert and the Nepean Belle lunch cruise.

Throughout winter we have some special activities lined up, a VIVID Harbour cruise, Bus trip through the southern highlands for the great Pie trail, OP Shop tour, Artspace & we have monthly Monday movies.

I have had a few conversations with clients and other people in the community lately, about concerns some elderly people have about losing their independence. Remember accessing services such as NINA allows clients to retain control of their independence. Whether it be using the transport service, having meals delivered or attending an activity run by NINA every person that does this is in control of their own choices, maintaining a support network within the community that can improve someone's ability to get to places, maintain a healthy diet or just have a laugh with people of a similar age. It all helps to keep people healthy, and in their community. Sharon Gissane

WHAT'S BEEN HAPPENING

BATHURST OVERNIGHT TRIP

What a great trip, we all had, stopping for a quick break at Katoomba near the 3 sisters and then continuing on to Bathurst for our first outing Abercrombie House. After a little electronic directional mishap we finally arrived. Abercrombie House was thoroughly enjoyed with a lunch, great country hospitality and a full history tour. Next stop was a winery, shame I was working and couldn't do the tasting but all the clients immensely enjoyed themselves and the host was passionate about wine making. We all learnt a lot, plus a bottle or two were purchased for special 75's birthday or just because. Word has it, the special bottle did taste very nice. We had a lovely dinner at the Golf Club but the dancing on the tables and staying out late was cut short as we were asked to leave so the staff could go home, lol (laugh out loud), you surely know you are in the country when this happens. Though after a long day of driving I was looking forward to enjoying an early quite night, to be refreshed for another fun filled day. The room was huge, with lots of hot water and very comfortable bed. With an early start, a delicious yummy hot breakfast with excellent service and bus packed, we were off in the Sprinter to do a lap of Mount Panorama. With some sliding on the left turn and hitting top gear and a quick stop to take the lovely scenery photos, we were off to our first outing of the National Motor Racing Museum and Australian Fossil and National Museum. Some people went off to have a look through the Machattie Park, and would have loved more time to keep exploring the area. For lunch we stopped at Hampton Halfway Hotel, Hampton. What a view is all I can say. I thoroughly enjoyed myself away on the trip and enjoyed the company with the clients. Fiona

Some comments from clients that attended the overnight trip:

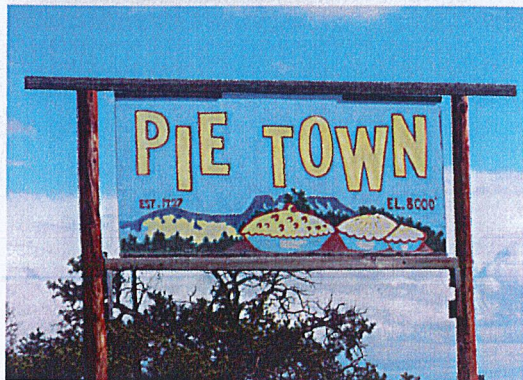
"We enjoyed the Bathurst trip very much. Everything, due to the hard work of our driver Fiona and volunteer Lyn, and not forgetting the excellent planning of Sharon, went very well. We saw places that we had never seen before, even though we have been to Bathurst numerous times."

"Morning tea at the Three Sisters in Katoomba, Lunch at Abercrombie House, a stately home filled with antiques, Wine tasting, Accommodation at Rydges at Panorama, Great food at the local club, And the next day a beautiful scenic drive through the countryside to lunch at the Halfway House Hotel and then home. Thank you NINA! Silva & Norm Wilcox"

"We enjoyed our overnight trip to Bathurst thanks to Sharon's planning and Fiona's driving from one end of Bathurst to the other and back again. Saw places previously unknown, learned more than expected about wine making whilst sipping and chatting. Relaxed for the night at Rydges - comfy beds and delicious breakfast then drove around the speedway, checking into the car museum and then gemstone and fossil museum. Arrived home pretty tired but happy thanks to Fiona's care smoothing our way...Lucy Polard"

Keep your eye out for our next overnight trip: Christmas in July - 13th & 14th July.

SOCIAL OUTINGS JUNE



Wednesday 9 June

Southern highlands Pie trial day trip

Transport \$15 Pick up from 10 am.

Lunch at a surprise location

9



**Monday 21 June Music in the morning—
Wollongong Town Hall**

The melodies of Cole Porter

Transport \$15 Concert cost \$27.50 plus lunch

Pick up from 9 am.

**** You can use your Service NSW Discovery
Voucher, contact the office ****

21



Monday June 28— Club Central (Menai)

Movie Something's Gotta Give

Plus lunch at the Terrace bistro

Transport \$10 Movie & lunch \$12

28

**GREEN
CONNECT**

SALVOS
STORES

Lifeline

Wednesday 30 June

Bring your bags & your desire for a bargain

Transport \$10 Lunch at West Illawarra

Pick up from 9 am

**OP SHOP TRIP &
LUNCH**

30

Bookings made through the office. Please call in advance as some tickets need to be pre-purchased. Limited number on buses and bathroom breaks for long trips will be included.

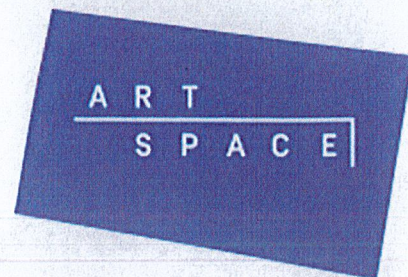
Part of the Community, Working with the Community

SOCIAL OUTINGS JULY

5

Monday 5 July

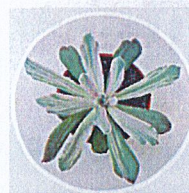
Artspace tour Woolloomooloo and lunch
FREE entry, Transport \$10 plus Lunch



20

Tuesday 20 July

Rare Plants & Succulents and Lunch at
Camden Valley Inn
FREE entry, Transport \$15 + Lunch



Rare Plants &
Succulent Nurs

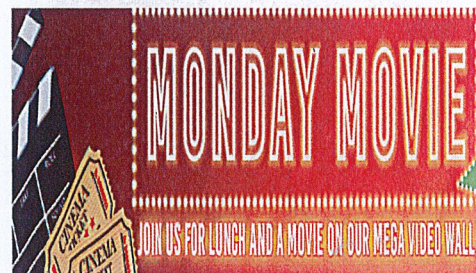
CAMDEN VALLEY INN

26

Monday July 26 Club Central (Menai)

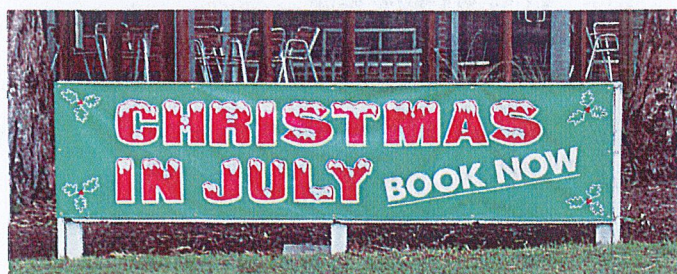
Movie TBA

Plus lunch at the Terrace bistro
Transport \$10 Movie & lunch \$12



INTERESTED IN AN OVERNIGHT TRIP
CHRISTMAS IN JULY
WEDNESDAY, 13 AND 14 JULY

DETAIL AVAILABLE SOON.



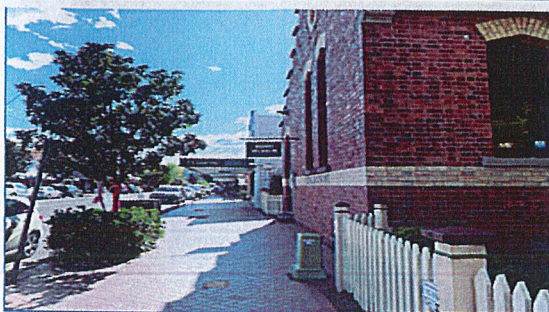
SOCIAL OUTINGS AUGUST

Monday 2 August

Berry Regional Tour

Lunch at Gerroa Fishing Club

Transport \$15



2

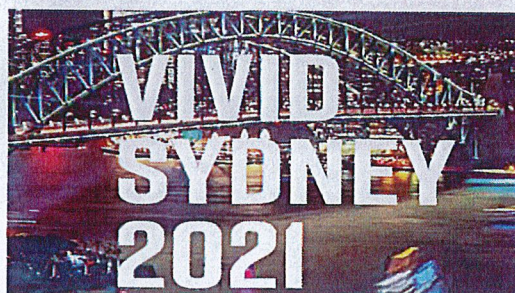
Wednesday 18 August

Vivid Cruise

Cost Cruise TBA + transport

Transport \$10 Movie & lunch \$12

Afternoon pick up



18

Monday 23 August

Sydney Jewish Museum

and lunch at Paddington RSL

Transport \$15; Museum \$12 & Lunch

SYDNEY JEWISH MUSEUM
WHERE HISTORY HAS A VOICE

Exhibition: *Vu iz dos gesele*
(Where is the little street)?

23

Monday 30 August Club Central (Menai)

Movie TBA

Plus lunch at the Terrace bistro

Transport \$10 Movie & lunch \$12



30

SHOPPING TRIPS

Shopping EVERY FRIDAY

JUNE

4 - Sylvania; 11 - Dapto; 18 - Shellharbour; 25 - Engadine

JULY

2 - Warrawong; 9 - Menai; 16 - Figtree; 23 - Macarthur Square; 30 Sylvania / Southgate

AUGUST

6 - Dapto; 13 - Shellharbour; 20 - Engadine; 27 Warrawong

Pick up from 9am



BUNNINGS BUS

Pick up from 9am (back to normal)

1 June — Bellambi; 6 July — Kirrawee; 3 August — Bellambi



Monthly Nursery / Garden Trips

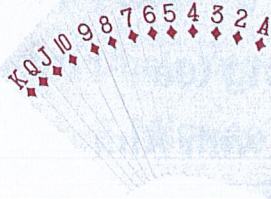
Pick up from 9am

- June 15 - Sunrise Nursery Helensburgh \$5
- July 20 - Rare Plants & Succulents, Rossmore
(see July outings)
- August 17 - Tim's Garden Centre, Campbelltown



Part of the Community, Working with the Community

SOCIAL GROUPS



Cards – NINA office

Monday from 1pm

Any level welcomed

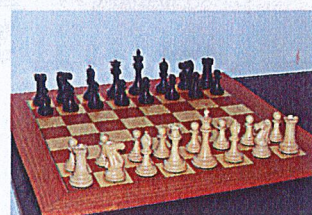
\$2 including afternoon tea

Chess Club – NINA office

Tuesday & Friday from 1pm.

Any level welcomed

\$2 including afternoon tea



Laugh & Craft–

Helensburgh Community Centre

Wednesday 10.30am to 12.30pm

\$2 including morning tea



Is there a group that you would like to attend.

Contact the office and run the idea by us and we will see what we can do.

??

AUSTINMER SOCIAL SUPPORT JUNE

DATE: 1st June

10:30am Morning Tea

Quiz with Kim

11:15am Chair Yoga with Karen

11:50am Lunch

12:20pm 'Beat the Ball'



1pm: Home



DATE: 8th June

10.30am: Morning tea

Quiz with Kim

11.15am: Chair Yoga with Karen

11:50am Lunch

12:15 Word Game

'Banagrams'

1pm: Home



DATE: 15th June

10.30am Morning tea

Quiz with Kim

11.15am Chair Yoga with Karen

11:50am Lunch

12:20pm \$3 BINGO FUN



1pm Home



DATE: 22nd June

10:30am Morning Tea

Quiz with Kim

11.15am Chair Yoga with Karen

11:50 Lunch

12:20pm Guest Speaker

Suzanne

Health Promotions

Oral Health Care

1pm: Home



DATE: 29th June

Austinmer LUNCH OUTING

Wonoona Bulli RSL



Late Pickup From 10:30am

Cost: \$25

If you would like to attend the Austinmer Social Support program on Tuesdays

Please call the office on

4294 1900 by 1pm Monday to confirm your attendance, special dietary needs or if you require transport to or from the program at Austinmer Scout Hall

AUSTINMER SOCIAL SUPPORT JULY

DATE: 6th July 2021

10:30am Morning Tea

Quiz with Kim



11:15am Chair Yoga with Karen

11:50am Lunch

12:20pm Guest Entertainment

Ken Rocker with Wrinkles



1pm: Home

DATE: 14th July 2021

10.30am Morning tea

Quiz with Kim



11.15am Chair Yoga with Karen

11:50am Lunch

12:20pm Putt Putt

Cross Country Golf Course



1pm: Home

DATE: 21st July 2021

10.30am Morning tea

Quiz with Kim



11.15am Chair Yoga with Karen

11:50am Lunch

12:20pm \$3 BINGO FUN



1pm Home

DATE: 28th July 2021

Austinmer Outing

Austi Beach Café



LATE PICKUP FROM 10:30am

COST \$25

LATE DROP OFF FROM 2pm

**If you would like to attend the
Austinmer Social Support
program on Tuesdays
Please call the office on
4294 1900 by 1pm Monday to
confirm your attendance.**

Let us know if you have any special
dietary needs or if you require transport
to or from the program.

Austinmer Social Group at

Austinmer Scout Hall

Social Support / Morning Tea / Lunch
\$15 & Transport \$5

CAFÉ CLUB JUNE

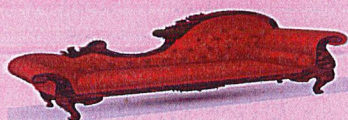
DATE: 3rd June

10.30am Morning tea & Quiz

11.15am Chair Yoga

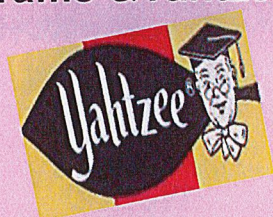


11.45am:5 Minute on the Couch



12:30 Lunch

1:15pm Bananagrams & Yahtzee



DATE: 10th June

Café Club LUNCH OUTING

\$25

Woonona Bulli RSL



**Pick up starting from
10:40am**

DATE: 17th June

10.30am Morning tea & QUIZ

11.15am Chair Yoga



11:45am Trivia With Warren



12:30 Lunch

1:15pm Mini Market Day

Theressa from the Newsagents

DATE: 24th June

10.30am Morning tea & QUIZ

11.15am Chair Yoga



11:45am Guest Entertainers



SWINGALELES

12:30 Lunch

1:15pm \$3 BINGO



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If you would like to attend the Café Club programme on Thursday, please call the office on 4294 1900 by 1pm Wednesday to confirm your attendance.

Let us know if you have any special dietary needs or if you require transport to or from the program.

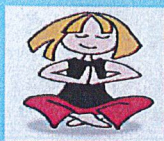
Thank you

CAFÉ CLUB JULY

DATE: 1st July

10.30am Morning Tea

Quiz With Kim



11.15am Chair Yoga

11.45am Guest Entertainment

12:30 Lunch

1:15pm

American Theme



DATE: 8th July



Christmas in July Outing

Venue to be confirmed

DATE: 15th July

10.30am Morning Tea

Quiz With Kim



11.15am Chair Yoga

11.45am Guest Entertainment

"Harem Skarem"

Belly Dancers



12:30 Lunch

1:15pm Putt Putt



DATE: 22nd July

10.30am Morning tea

Quiz with Kim

11.15am Chair Yoga

11:45am Trivia With

WARREN



12:30: Lunch

1:15pm: \$3 Bingo



DATE: 29th July

CAFÉ CLUB OUTING

Appin Hotel & Appin Bakery

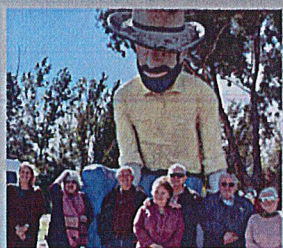
\$20 Later pick up



If you would like to attend the Café Club programme on Thursday, please call the office on 4294 1900 by 1pm Wednesday to confirm your attendance.

Let us know if you have any special dietary needs or if you require transport to or from the program.

Pictures tell a thousand words



Bathurst Overnight trip

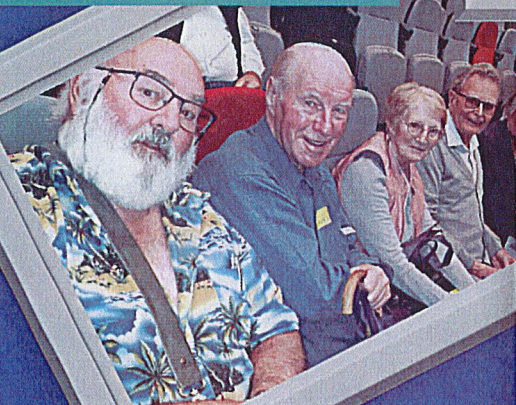


Easter Craft



St Patricks Day at CAFÉ Club

Premiers Gala Concert



Clients with their donated Hygiene Bags



Putt Putt Golf at CAFÉ Club

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HELENSBURGH NSW 2508
PO Box 394
HELENSBURGH NSW 2508
Phone: (02) 4294 1900
E-mail: reception@nina.org.au

Part of the Community, Working with the Community