

Welcome to the 2nd edition of the NINA newsletter for 2022. We have a busy couple of months through April and May with lots of activities and groups each week.

Did you know that NINA has monthly invoicing. This ensures you only are billed for trips and activities you attend. If you would like to move to monthly invoicing rather than paying at time of booking please speak to Mollie. An email address is preferred.

Easter Saturday, 16th April come and say Hello to the staff and volunteers at our stall at the **Helensburgh Lions Fair**. We can provide transport to the fair as well, if you require it.

Book your spot for Wednesday, 4th May—Get to know you Morning Tea. Come along for a chat and get to know the NINA team, have your say about what you would like to see at NINA.

Help In An Emergency

With all the wild weather lately it might be time to reassess your own evacuation plan. Do you have an escape plan in case of fire or flood. Would you need assistance to leave if you ever had to. NINA holds an emergency list to assist if ever an evacuation notice is given. If you don't have a mobile phone it might be hard to get the message through. Our evacuation list will be given to the project manager in times of disaster to ensure that we all get out safely. Please let us know if you need to be added to that list.



Northern Illawarra Neighbour Aid Inc.

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HELENSBURGH NSW 2508

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**Part of the
Community Working
with the Community**

Helensburgh CAFÉ club April 2022

7th April

10:30am Morning tea and Quiz

11:15am Yoga with Ellie

11:45am **Bananagrams**



12:30pm Lunch

1:15pm **Guest Entertainers—
Phillip Weston**

14th April

**Lunch Outing
Engadine Tavern \$25
(including transport)
Pick up from 10.30am**



21st April

10:30am Morning tea and Quiz

11:15am Chair Yoga with Ellie

11:45am **Bean bag toss**

12:30pm Lunch

1:00pm **Guess the song/artist/
next line**

28th April

10:30am Morning tea and Quiz

11:15am Chair yoga with Ellie

11:45am Monopoly 2 UP

12:30pm Lunch

1:15pm **Bingo \$3**



**Happy Easter
Easter Long Weekend
Friday 15th to Monday 18th**

**Nina Office will be closed
Friday 15th April,
Monday 18th April &
Anzac Day,
Monday 25th April.**

**Please call the office 42941900
by 1pm Wednesday if wishing
to attend group.**

**Thursday 10:30am - 2pm
Social Support - Morning Tea -
Lunch
Cost \$23 and \$5 Transport if
required**

Program subject to change

Helensburgh CAFÉ club May 2022

5th May

10:30am Morning Tea & Quiz
11:15am Chair Yoga with Ellie
11:45am Book Swap
12:30pm Lunch
1:15pm Hoi



12th May

OUTING

The Imperial Clifton



Lunch— Between \$8-\$25

Transport \$5

Pick up from 10.30am

19th May

10:30am Morning Tea with Quiz
11:15am Chair Yoga with Ellie
11:45am Finish the proverb
12:30pm Lunch
1:15pm Name that Song— Movie edition



26th May

10:30am **Kris's feathered friends**

11:15am
Chair Yoga with Ellie

11:45am *Quiz*

12:30pm Lunch

1:15pm Bingo \$3



Client Forum

Book your spot for Wednesday, 4th May—Get to know you, Morning Tea. Come along for a chat and get to know the NINA team, have your say about what you would like to see at NINA.

Please call the office 42941900 by 1pm Wednesday if wishing to attend group.

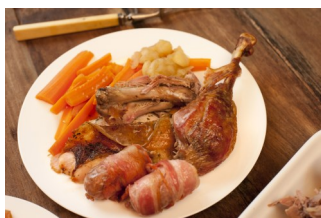
Program subject to change

Thirroul CAFÉ Group April 2022

Location: Thirroul Club, 2B Station Street Thirroul **Time:** 10.30am to 2pm

5th April

Lunch Outing
5 Islands Hotel
\$20 lunch, \$5 transport
Pick up from 10:30am



12th April

10:30 Morning tea and quiz
11am Dancing with Gabbi

11:45am Chair Yoga with Hazel

12:30am Lunch



1:00pm Things to know about me and Easter Egg hunt.

19th April

10:30am Morning tea with Quiz

11:00am Camp fire games with Nancye

11:45am Chair Yoga with Hazel

12:30pm Lunch

1:00pm Entertainment –
Dee with her guitar

26th April

1030am Morning tea with Quiz

11:00am Monopoly 2 Up

11:45am Chair Yoga with Hazel

12:30pm: Lunch

1:00pm Entertainer– SWAY

Happy Easter
Easter Long Weekend
Friday 15th to Monday 18th

Nina Office will be closed
Friday 15th April,
Monday 18th April &
Anzac Day,
Monday 25th April.

Thirroul café Group, formally
Austinmer Group Moved from
Austinmer Scout Hall to Club
Thirroul 2B Station Street
Thirroul

Please call by Monday on
42941900 by 1pm if wishing to
attend.
Program subject to change

Thirroul CAFÉ Group May 2022

Location: Thirroul Club, 2B Station Street Thirroul **Time:** 10.30am to 2pm

3rd May

Lunch Outing



OUTING

The Imperial Clifton

Lunch— Between \$8-\$35

Transport \$5, Pick up from 10.30am

10th May

10:30am Morning tea with Quiz

11:15 Chair dancing with Gabbi

11:45am Chair Yoga with Hazel

12:30pm Lunch

**1:00pm Entertainer:
CHIMERA**



17th May

10:30am Morning tea with Quiz

11:15 Bean Bag toss



11:45am Chair yoga with hazel

12:30pm Lunch

**1:00pm Postural Falls Class
Amy from Wildman group**

24th May

1030am Morning tea with Quiz

11:00am Book Swap

11:45am Chair yoga with Hazel

12:30pm Lunch

1:00pm Bingo \$3



31st May

1030am Quiz

**11:15am Campfire games with
Nancye**

**11:45am Chair yoga with
Hazel**

12:30am Lunch

1:00pm Name that song/Artist

**Café Club Thirroul-Club Thirroul
Tuesday 10:30am - 2pm
Social Support - Morning Tea -
Lunch
Cost \$23 and \$5 Transport**

**If you would like to attend the
program bookings required, call
the office by 1pm Monday.
Thank you.**

Program Subject to change

Group Outings April 2022

2nd April—Brigadoon in Bundanoon

\$20 Entry fee, \$20 tpt. Pick from 8.30am

14th April – Vagabond Cruise (City)

\$90 includes transport—3hr Jazz Lunch Cruise on Sydney Harbour. 3 course Seafood and Carvery lunch. Pick up from 9am.

29th April: Roses By the Sea –Kiama

Lunch Kiama Leagues Club

Pick up from 9 am. Cost \$15 Transport + lunch.



Group Outings May 2022

6th May– Liverpool Collingwood House tour and High Tea
\$30 including transport. Pick up from 9am

If you have an idea or a place you wish to attend get in contact with Jackie in the office on 42941900.

Group Outings. All outings require bookings, book early as limited tickets. Contact the office ASAP.

Shopping / Bunnings / Nursery Trips

PICK UP IS FROM 9AM—COST IS FROM \$5 TO \$10 DEPENDING ON LOCATION

Date	Destination	
1st April	Warrawong	
5th April	Bunnings Kirrawee	
8th April	Shellharbour	Corrimal
15th April	EASTER FRIDAY NO SHOPPING	
19th April	Flower Power Milperra	
22nd April	Figtree	Corrimal
29th April	Macarthur Square	
3rd May	Bunnings Bellambi	
6th May	Engadine	Corrimal
13th May	Sylvania	
17th May	Tim's Garden Centre Campbelltown	
20th May	Dapto	Corrimal
27th May	Warrawong	

Individual Transport

Clients are reminded that although every effort is made to ensure you receive one on one service, there are times where availability of drivers may mean that you might have to share a ride with another client and wait a little. We will only team up clients where there is an hour or less time involved and only when we are extremely busy. With COVID causing many changes clients are asked to be patient and work with the staff if changes need to be made.



Nutrition for FALLS Prevention

Why is nutrition important to prevent falls and broken bones?

Eating well helps build and maintain muscle to allow safe movement and supports bone health to prevent breakage. Good food and nutrition also provide energy to help the body stay active.

Osteoporosis is a long term condition that causes loss of bone density. This results in bones becoming fragile and breaking easier. Not having enough energy and protein or being under weight can increase the risk of osteoporosis.



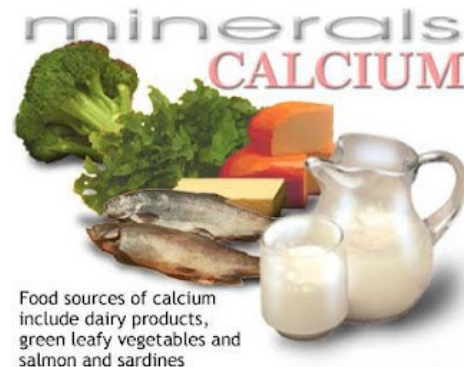
What nutrients are most important to prevent falls, fractures and broken bones?

Protein

Protein is used by the body to form, maintain and repair muscle and bone in the body. We need to eat protein in every meal,

Calcium

Calcium is one of the main components of bone. It is needed to form, maintain and repair bones and also helps muscle work.



Food sources of calcium include dairy products, green leafy vegetables and salmon and sardines

Vitamin D



Vitamin D

Vitamin D assists the body to absorb calcium from our food. Without it our body cant use the calcium it takes in from food.

If you are concerned about your nutrient intake talk to one of the staff and we can assist you with some further information.

<https://www.activeandhealthy.nsw.gov.au/preventing-falls/staying-active-and-on-your-feet/>