

AUGUST– SEPTEMBER 2022

NINA — Newsletter

3 R D E D I T I O N

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Northern Illawarra
Neighbour Aid Inc.
NINA
www.nina.org.au

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Welcome everyone to another edition of the NINA newsletter.

As always staff and volunteers have been very busy the last few weeks. We delivered a total of 486 trips through June and July is looking just as busy. We had many volunteers unavailable through July which added to the complexity of arranging drivers. Thankfully we expect many of our volunteers back through August. Remember, if you need to book a trip please try to give us at least a week's notice.

If you would like to book on one of the outings or shopping trips please ensure you call the office (4294 1900) to make that booking. Second hand information often gets lost and we don't want anyone to miss out.

If you are paying for services directly into the NINA bank account it is very important to leave your name in the transaction so that we can credit the money exactly where it should be.

We are reminding clients to wear masks in NINA vehicles and where possible please sit the rear of the vehicle to allow for social distancing.



Understanding home care packages

OPAN are holding a free webinar for anyone interested in Home Care Packages. Tuesday 09/08/22 at 11.30am.

This webinar covers:

- accessing a home care package
- making the most of your home care package
- answers to the most common concerns and queries relating to home care package costs
- raising issues with providers
- how to self manage your home care package.
- For information on accessing the webinar please go to:

www.opan.org.au or call on 1800 700 600

**IF YOU WOULD LIKE TO VIEW THIS AT THE NINA OFFICE PLEASE CALL
TO BOOK IN (42941900) (numbers limited)**

**Northern Illawarra Neighbour
Aid Inc**

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



myagedcare

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Find us on Facebook

<https://www.facebook.com/northernillawarraneighbouraid>

Café Club Helensburgh Tradies— August

DATE: 4th August

10.30am: Morning tea with Quiz

11:15 am Chair Yoga with Ellie

11:45am: Board Games

12:30: Lunch

**1:00pm: Guest Speaker -
Susan Siggee— Legal Aid Elderly
Rights**

DATE: 11th August

**Café Club OUTING
Bellambi Hotel Transport \$5.50**



**Come and Enjoy Lunch
Pick up from 10AM**

DATE: 18th August

**10.30am: Meals on Wheels Morn-
ing Tea (please bring a gold coin
donation and plate of food to
share)**

11.15am: Chair Yoga with Ellie

11:45am: Reminiscing

12:30: Lunch

**1:00pm: Guest Entertainer-
Dave Oliphant**

DATE: 25th August

**10.30am: Morning tea with
Quiz**

11.15am: Chair Yoga with Ellie

11.45am: name that tune

12:30: Lunch

**1:00pm Guest Speaker—Jim
Powell**

**If you would like to attend the Café Club
programme on Thursday, please call the of-
fice 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 Tradies September

DATE: 1st September

10:30am: Morning Tea and Quiz

**11:15am: Chair Yoga with
Ellie**

11:45am: Memory Game



12:30pm: Lunch

1:00pm : Bingo!



DATE: 8th September



Wombarra Bowlo

Pick up from 10 am.

\$ 5.50 Transport

DATE: 15th September

10:30am: Morning Tea with Quiz

11:15am: Chair Yoga with Ellie

11:45am: Name that Person

12:30pm: Lunch

**1:00pm: Entertainer -
Sway**



DATE: 22rd September

10:30am: Morning tea with Quiz

11:15am: Chair Yoga with Ellie

11:45am: 2 truths 1 lie

12:30pm: Lunch

1:00pm: Kim's Game



DATE: 29th

Café Club OUTING

Woonona Bulli RSL

\$20 Pick up from 10 am

\$5.50 Transport

**Please contact Office No Later
Than Wednesday Afternoon to
Attend**

Program is Subject To Change

CAFÉ CLUB THIRROUL-AUGUST

DATE: 2nd August

**Illawarra Yacht Club Outing
Transport \$11**

Meals start at \$12



shutterstock - 384644596

DATE: 9th August

**10:30am Meals on Wheels Morning
Tea (Please bring a small donation and
plate of food to share)**

11:15am Reminiscing

11:45am Chair Yoga with Hazel

12:30pm Lunch

1pm: Thai Chi with Adam Bennett

DATE: 16th August

**10:30am Morning Tea with
Quiz**

**11:00am Krissy Feathered
Friends**

12:30 Lunch

1:00 Bingo!



DATE: 23rd August

**10:30am Morning Tea with
Quiz**

11.15am Dancing with Gabbi

11:45am Chair Yoga with Hazel

12:30pm Lunch

1:00 pm Scattgorries



DATE: 30th August

**10:30am Morning tea with
Quiz**

11:15am Hoi

11:45am Chair Yoga with Hazel

12:30pm Lunch

1:00pm Celebrity Heads



**If you would like to attend the
Club Thirroul 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.
Thank you

Program Subject To Change

CAFÉ CLUB Thirroul — SEPTEMBER

DATE: 6th SEPTEMBER

Dapto Leagues Club

Lunch Outing

Pick up from 10 am

\$11 Transport

Meals start from \$20



DATE: 13th SEPTEMBER

10.30am: Morning tea with Quiz

11.15am: Kim's game

11:45am : Chair Yoga with Hazel

12.30pm: Lunch

1.00pm CHSPA Talk– Healthy
Bones And Osteoporosis

DATE: 20th SEPTEMBER

10.30am: Morning tea with Quiz

11.15am: Dancing with Gabbi

11.45am: Chair Yoga with Hazel

12.30pm: Lunch

1.00pm BINGO!



DATE: 27th SEPTEMBER

10.30am: Morning tea
With Quiz

11.15am Famous Movie Scenes

11.45am: Chair Yoga with Hazel

12.30pm: Lunch

1.00:Pm: Guest Speaker- Project
Bucephalus - Robotics





If you would like to attend the Café Club programme on Tuesday 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.

Thank you
Program subject to change

Shopping / Bunnings / Nursery Trips

PICK UP IS FROM 9AM

Date	Destination	
2nd August	Bunnings Wollongong \$5.50	
5th August	Shellharbour \$11	
12th August	Figtree \$5.50	Corrimal \$5.50
16th August	Flower Power Taren Point \$11	
19th August	Macarthur Square \$11	
26th August	Engadine \$5.50	
2nd September	Sylvania \$11	
6th September	Bunnings Bellambi \$5.50	
9th September	Dapto \$11	Corrimal \$5.50
16th September	Warrawong \$11	
20th September	Flower Power Milperra \$11	
23rd September	Miranda \$11	
30th September	Shellharbour \$11	

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.



Client Name:.....

Address:

Phone:

	Frozen Soup Range \$3.00	3 Aug	10 Aug	17 Aug	24 Aug	31 Aug
1	Pumpkin					
2	Pea & Ham					
3	Cream of Tomato					
4	Country Chicken & Vegetable					
5	Potato & Leek					
6	Bacon, Lentil, & White Bean					
	Sub Total:					
	Frozen Petit Meal Range \$6.50					
7	Beef Rissoles with Gravy					
8	Homemade Beef Lasagne					
9	Hearty Beef Casserole with Rice & Country Vegetables					
10	Chicken Potato Pie					
11	Lemon Chicken with Jasmine Rice					
12	Chicken Parmigiana with Creamed Potato & Beans					
13	Chicken & Cheese Pie with Creamed Potato & Green Beans					
14	Chicken & Leek Casserole					
15	Sweet Potato Shepherds Pie					
16	Roast Lamb & Mint Gravy, Potato, Beans					
17	Italian Pork Meatballs with Chunky Tomato Sauce with Pasta & Peas					
18	Sweet & Sour Pork with Rice					
19	Tuna Pasta Bake					
20	Homemade Fish Cake with Chunky Tomato Sauce with Roast Potato & Veg					
21	Crumbed Whiting with Roast Diced Potatoes & Sliced Carrots					
	Sub Total:					
	Frozen Main Meal Range \$8.50					
22	Beef Rissoles with Onion Gravy, Creamed Potato, Beans & Julienne Carrots					
23	Beef Burgundy with Creamed Potato, Broccoli & Whole Baby Carrots					
24	Beef Stroganoff with Pasta, Broccoli & Orange Vegetable Mix					

	Frozen Main Meal Range \$8.50	3 Aug	10 Aug	17 Aug	24 Aug	31 Aug
25	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot					
26	Chicken & Spinach Casserole with Creamed Potato, Peas & Whole Baby Carrots					
27	Deep Dish Chicken & Cheese Pie with Creamed Potato, Green Beans & Diced Carrots					
28	Shepherds Pie with Peas & Roast Pumpkin					
29	Lamb & Rosemary Pie with Breadcrumb Top with Creamed Potato, Roast Zucchini & Sliced Carrots					
30	Roast Lamb with Mint Gravy					
31	Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes, Beans & Roast Pumpkin					
32	Curried Sausages with Mash Potato & Vegetables					
33	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots					
34	Salmon Pasta Bake served with Beans, Carrots & Corn					
35	Curried Prawns with Rice & Vegetables					
	Sub Total:					
	Frozen Desserts \$3.00					
36	Chocolate Mud Cake & Custard					
37	Creamy Rice with Strawberry Compote					
38	Bread & Butter Pudding					
39	Tiramisu					
40	Apple Sultana Crumble & Custard					
41	Sticky Date Pudding					
42	Butterscotch Pudding & Custard					
43	Carrot Cake					
	Sub Total:					
	Total Cost					

If you have specific dietary requirements please contact the office to obtain a copy of the Diet & Allergen Guide.

Meal delivery is Wednesday each week.

Please advise if you are happy for a substitute if your first choice is not available **YES / NO**

Office use only	3 Aug	10 Aug	17 Aug	24 Aug	31 Aug
Packed					
Delivered					
CM					
Paid/Invoice					

Client Name:.....

Address:

Phone:

	Frozen Soup Range \$3.00	7 Sept	14 Sept	21 Sept	28 Sept
1	Pumpkin				
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3	Cream of Tomato				
4	Country Chicken & Vegetable				
5	Potato & Leek				
6	Bacon, Lentil, & White Bean				
	Sub Total:				
	Frozen Petit Meal Range \$6.50				
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43	Carrot Cake				
	Sub Total:				
	Total Cost				

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Office use only	7 Sept	14 Sept	21 Sept	28 Sept
Packed				
Delivered				
CM				
Paid/Invoice				

Group Outings August 2022

17 August—NanTien Temple Tour and Lunch

\$35 ticket including transport and lunch
Pick from 9.30am



24th August– Lunch Outing George IV Inn Picton

\$16 + Lunch . Pick up from 10am.

27th August– Andre' Rieu– Immerse In Music (movie) Miranda

\$53.00 Pick up from 11am. including Transport +
Movie at Miranda Cinema.



Group Outings September 2022

13 September– Tour of Berry Museum

\$26.50 pick up from 9am—includes
transport + lunch



28 September– Tulip Time– Bowral

\$30 including transport and entry



***Group Outings. All outings require bookings, book early as limited tickets.
Contact the office ASAP– 4294 1900***

Other Services NINA can offer.



Nina has a range of donated mobility aids that we can loan you for short periods of time.

- ♦ Shower chair
 - ♦ wheel chair
 - ♦ walking sticks
 - ♦ walking frame
 - ♦ Bed frame
- ♦ A small donation is asked for in return.

We also have been donated a large quantity of Depend regular underwear (women's) if you would be able to use these please contact the office.

Weekly NINA groups.

NINA chess club is looking for new players. If you know how to play or would like to know how to play we would love you to come along and try it out.

