



Christmas Newsletter

Dec 2022—Jan 2023

MANAGER'S MESSAGE

Special points of interest:

- Manager's message
- Helensburgh CAFÉ Club Dec/Jan
- Thirroul Café Club Dec/Jan
- Dec/Jan Shopping trips
- Dec Meals Menu
- Jan Meals Menu
- Dec/Jan outings
- Christmas Recipe
- Notes

As 2022 comes to a close, I would like to reflect on the year we have had. Thankyou to all those who helped make NINA a success and pleasure to be part of this year. Another year of living with COVID, but we managed to get some great outings and experiences in. Our weekly groups and shopping trips continue to be popular and a great way to catch up with each other. Looking forward to more in 2023!

A reminder to all clients that NINA will be closed from the 23/12/2022 and reopen on the 03/01/2023.

Our last meal delivery before the Christmas period will be 21st December. So maybe order a few more if you need meals of this time as our first delivery in 2023 will be 4th January.

Please be advised that if you have a trip booked in for Monday and need to cancel over the weekend please call or text 0419 124 862 and leave a message. The office is not staffed over the weekend.

Fiona, Mollie, Jaclyn and I would like to wish all clients and their families, volunteers and other stakeholders a very happy and safe Christmas, may your Christmas stockings be filled with love and laughter.



CAFÉ CLUB HELENSBURGH

DEC 2022 – JAN 2023

1st of December 2022

10:30am: Morning tea with Quiz

11:15am: Chair yoga with Ellie

11:45am: Rock Painting

12:30pm: Lunch



1Pm: Slideshow Quiz

8th December 2022

10:30am: Morning tea with Quiz

11:15:am Chair Yoga with Ellie

11:45am: 50 things to do in a Lifetime

12:30pm: Lunch

1pm: Tender Funerals Talk

15th December 2022

Xmas Lunch

Pick up From 10:30am

The Fraternity Club

Transport \$5.50

Lunch from \$10.00

19th January 2023

10:30am: Morning tea with Quiz

11:15am: Chair Yoga with Ellie

11:45am: 2 Truths 1 Lie

12:30pm: Lunch

1pm: Name that song !



If you would like to attend the programme on Thursday please call the office on 42954 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 THIRROUL

DEC 2022 – JAN 2023

DATE: 6th December 2022

10:30am Morning Tea & Quiz

11:15am Rock Painting

11:45am Chair Yoga with Hazel

12:30pm Lunch

1pm: Tender Funerals Talk

Date 13th December 2022

Pick up From 10:30 am

Christmas Lunch

Woonona Bulli RSL \$20

Transport \$5.50



Date January 17th 2023

10:30am Morning Tea & Quiz

11:15am Hoi

11:45am Chair Yoga with Hazel

12:30pm Lunch

1pm: Celebrity Heads

Date 24th January 2023

10:30am Morning Tea & Quiz

11:15 2 Truths 1 Lie

11:45am Chair Yoga with Hazel

12:30pm Lunch

1pm: Name That Song

Date 31st January 2023

10:30am Morning Tea & Quiz

11:15am: Bannagrams

11:45am: Chair Yoga with Hazel

12:30pm: Lunch

1pm: BINGO!



DEC 22 – JAN 23

SHOPPING TRIPS AND BUNNINGS TRIP

Date		Destination
2nd Dec 2022		Sylvania \$11
6th Dec 2022		Bunnings Kembla Grange \$11
9th Dec 2022		Dapto Mall \$11
16th Dec 2022		Warrawong \$5.50 (half price)
13th Jan 2023		Miranda \$11
20th Jan 2023		Shellharbour \$11
27th Jan 2023		Engadine \$5.50



From January 2023 NINA will no longer be offering the discount for every 5th and 10th trip. We apologise for any inconvenience this may cause some clients.

As always if you require extra assistance due to financial reasons please speak with Sharon.

Is there somewhere or something you would like to go and do...

Contact the office 42941900 and speak to Mollie



18 Walker Street Helensburgh NSW 2508
 PO Box 394 Helensburgh NSW 2508
 Telephone: (02) 4294 1900
 Email: reception@nina.org.au
 ABN 53 458 312 762

December 2022

Client Name: _____ Address: _____
 Phone Number: _____

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

	Frozen Main Meal Range \$8.50	7 Dec	14 Dec	21 Dec
26	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot			
27	Chicken & Spinach Casserole with Creamed Potato, Peas & Whole Baby Carrots			
28	Deep Dish Chicken & Cheese Pie with Creamed Potato, Green Beans & Diced Carrots			
29	Shepherds Pie with Peas & Roast Pumpkin			
30	Lamb & Rosemary Pie with Breadcrumb Top with Creamed Potato, Roast Zucchini & Sliced Carrots			
31	Roast Lamb with Mint Gravy			
32	Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes, Beans & Roast Pumpkin			
33	Curried Sausages with Mash Potato & Vegetables			
34	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots			
35	Salmon Pasta Bake served with Beans, Carrots & Corn			
36	Curried Prawns with Rice & Vegetables			
37	<i>**Mac & Cheese Bake served with Peas & Carrots</i>			
38	<i>**Roast Turkey Breast, Leg Ham with Homemade Stuffing, Cranberry Gravy served with Roast Herb Potatoes, Pumpkin and Green Beans</i>			
	Sub Total:			
	Frozen Desserts \$3.00			
39	Chocolate Mud Cake & Custard			
40	Creamy Rice with Strawberry Compote			
41	Bread & Butter Pudding			
42	Tiramisu			
43	Apple Sultana Crumble & Custard			
44	Sticky Date Pudding			
45	Butterscotch Pudding & Custard			
46	Carrot Cake			
47	<i>**Individual Plum Pudding with Brandy Custard</i>			
	Sub Total:			
	Total Cost			

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

Meal delivery will be Wednesday each week.

Please advise if you are happy for a substitute if your first choice is not available? Yes No

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



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January 2023

Client Name: _____ Address: _____

Phone Number: _____

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Delivered				
CM				
Paid/Invoice				

DEC – JAN OUTINGS

5th December - Woronora Cemetery

Visit loved ones before Christmas \$11 transport

6th December - Christmas light tour Engadine & Helensburgh

Dinner at Engadine Bowling Club

\$10.50 transport, \$15 meal. Pick up from 4pm

8th December - Dementia Australia Memory Lane Café Thirroul

\$5.50 transport

8th December - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists. \$10.50 transport

20th December - Christmas light tour Engadine & Helensburgh

Dinner at Heathcote Hotel. \$10.50 transport, TBC Meal cost.

Pick up from 4pm

25th January - Wollongong Botanic Gardens Buggy Tour

\$10.50 transport + lunch (TBD)





No-Bake Coconut Snowballs

Ingredients:

- 1 1/2 cup desiccated coconut
- 2tbs Coconut oil
- 1tbs caster sugar
- 1tsp vanilla extract
- 100gm white chocolate buttons
- 1/4 cup cream
- 1 cup desiccated coconut (extra)
- 1 pinch salt.



Method:

1. Place coconut and oil in food processor and mix 2-3 minutes until it becomes a thick paste. Add sugar, vanilla and salt and blitz to combine.
2. Form into small balls and place in fridge
3. Meanwhile, make a ganache by melting chocolate with the cream in a bowl over a saucepan of simmering water. Allow to cool slightly
4. Remove coconut balls from fridge, dip in ganache and roll in extra coconut
5. Refrigerate to set completely



Summary of a New Program for In-Home Aged Care.

What will the new in-home aged care program look like?

The indicative model brings together the existing in-home aged care programs and addresses concerns raised by the Royal Commission and previous consultations. It proposes:

- ♦ Assessment for aged care services using verified assessment tools.
- ♦ Early support for independence at home, including aids and equipment and home modifications.
- ♦ Support plans for monthly ongoing services that outline service levels.
- ♦ Flexibility for clients to adjust services according to their needs.
- ♦ Care partners to give clinical monitoring and support as needed.
- ♦ Potentially higher levels of support at home, pending further research.
- ♦ A mixed funding model for service providers that combines fee-for-service payments in arrears and a range of supporting grants.
- ♦ Program growth to meet the needs of an ageing population.
- ♦ Regulation that is suitable to the level of risk.
- ♦ Automatically capture data on service delivery to improve reporting and government oversight.
- ♦ For more information please go to agedcareengagement.health.gov.au



Northern Illawarra Neighbor Aid Inc.
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PO Box 394, HELENSBURGH NSW 2508
Phone: (02) 4294 1900
E-mail: reception@nina.org.au
www.nina.org.au

*Merry Christmas and
Happy New Year
from the NINA team*

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on the 03/01/2023*

