



NINA — Newsletter

1 S T E D I T I O N

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Welcome to 2023.

We start 2023 with 42 volunteers, and I'd like to thank you all for the appreciation and consideration that clients show volunteers. Remembering that volunteers give up their time and will bend over backwards to ensure clients have the best experience with them.

If you have any requests for activities, or outings that you would like to take part in this year, please let the office know. NINA is there for every client and we want to ensure that you are able to access community when and how you like.

Remember asking for assistance is a great way to ensure that you are able to stay independent and living at home for as long as possible.

Recap on Activities

Just to keep people in the loop about all our services,

- * Individual Social Support (have someone join you in your home for a chat, assist you to complete your shopping)
- * Group Social Support – check out the newsletter for all our group activities
- * Meal delivery – our menus are in each newsletter and meals are nutritionally balanced for ongoing health and well being
- * Transport – for any appointments, shopping, visiting family/friends
- * Access and support to a computer/Internet- bookings can be made by calling the office and there will be a small charge to use the computers (\$5 per hour), (printing will be extra).



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Part of the Community

Find us on Facebook

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



CAFÉ Club Helensburgh Feb 2023

DATE: 2nd February

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Reminiscing

12.30: Lunch

1.00: World TV day power point quiz



DATE: 9th February

LUNCH OUTING

Master Builders Club Wollongong

Pick up from 10.30

Transport \$5.50

Lunch Special \$15



DATE: 16th February

10.30: Morning tea & Quiz

11.15: Chair Yoga with Ellie

11.45: Hoi

12.30: Lunch

1.00: Bush Poet: Ralph Scrivens



DATE: 23rd February

10.30: Morning tea & Quiz

11.15: Chair Yoga with Ellie

11.45: Words in words your name



12.30: Lunch

1.00: What's the movie Quiz



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 Helensburgh March 2023

DATE: 2nd March

10:30am: Morning Tea & Quiz

11:15: Chair yoga with Ellie

11.45: 5 Second Rule

12:30pm Lunch

1pm Name that song

DATE: 9th March

LUNCH OUTING

City Diggers pick up from 10am
Transport \$5.50
Lunch Special \$16.



DATE: 16th March

10:30am: Morning Tea & Quiz

11.15am: Chair Yoga with Ellie

11.45: Wine Bingo!

12:30: Lunch

1.00: Entertainment -
Phil Weston

DATE: 23rd March

10:30am Morning Tea & Quiz

11:15am: Chair Yoga with Ellie

11.45: Celebrity Heads

12:30: Lunch

1.00: Famous Movie quotes Quiz

DATE: 30th March

LUNCH OUTING

Illawarra leagues Club

Pick up from 10 am

Transport \$5.50



CAFÉ Club Thirroul February 2023

DATE: 7th February

LUNCH OUTING

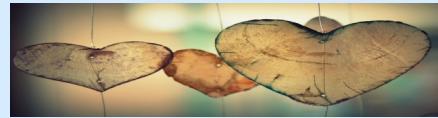
Bistro On Beaton at
Wollongong Tennis Club
Transport \$5.50
Lunch special \$14



DATE: 14th February

10.30: Morning tea with Quiz
11.15: Valentines day bingo !
11.45: Chair Yoga with Hazel
12.30: Lunch
1.00: All Tones

**WEAR SOMETHING RED
TODAY !**



DATE: 21st February

10.30: Morning tea with Quiz
11:15: Banana Grams
11.45: Chair Yoga with Hazel
12.30: Lunch
1.00: BINGO!



DATE: 28th February

10.30 : Morning tea with
Quiz
11.15: Scattgorries
11.45: Chair Yoga with Hazel
12.30: Lunch
1.00: Name that song



TRIVIA

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

February 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Feb 1	Feb 8	Feb 15	Feb 22
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>**Beef and Black Bean served with Jasmine Rice</i>				
	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	Feb 1	Feb 8	Feb 15	Feb 22
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 & Carrots				
28	Shepherds Pie with Peas & Roast Pumpkin				
29	Lamb & Rosemary Pie with Breadcrumbs Top, Creamed Potato, Roast Zucchini & 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				
36	<i>**Mac & Cheese Bake served with Peas & Carrots</i>				
	Sub Total:				
	Frozen Desserts \$3.00				
37	Chocolate Mud Cake & Custard				
38	Creamy Rice with Strawberry Compote				
39	Bread & Butter Pudding				
40	Tiramisu				
41	Apple Sultana Crumble & Custard				
42	Sticky Date Pudding				
43	Butterscotch Pudding & Custard				
44	Carrot Cake				
45	<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	Feb 1	Feb 8	Feb 15	Feb 22
Packed				
Delivered				
CM				
Paid/Invoice				

March 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Mar 1	Mar 8	Mar 15	Mar 22	Mar 29
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					
	Sub Total:					
	Frozen Main Meal Range \$8.50					
21	Beef Rissoles with Onion Gravy, Creamed Potato, Beans & Julienne Carrots					
22	Beef Burgundy with Creamed Potato, Broccoli & Whole Baby Carrots					
23	Beef Stroganoff with Pasta, Broccoli & Orange Vegetable Mix					

	Frozen Main Meal Range \$8.50	Mar 1	Mar 8	Mar 15	Mar 22	Mar 29
24	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot					
25	Chicken & Spinach Casserole with Creamed Potato, Peas & Whole Baby Carrots					
26	Deep Dish Chicken & Cheese Pie with Creamed Potato, Green Beans & Carrots					
27	Shepherds Pie with Peas & Roast Pumpkin					
28	Lamb & Rosemary Pie with Breadcrumb Top, Creamed Potato, Roast Zucchini & Carrots					
29	Roast Lamb with Mint Gravy					
30	Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes, Beans & Roast Pumpkin					
31	Curried Sausages with Mash Potato & Vegetables					
32	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots					
33	Salmon Pasta Bake served with Beans, Carrots & Corn					
34	Curried Prawns with Rice & Vegetables					
35	<i>**Mac & Cheese Bake served with Peas & Carrots</i>					
	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					

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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	Mar 1	Mar 8	Mar 15	Mar 22	Mar 29
Packed					
Delivered					
CM					
Paid/Invoice					

CAFÉ Club Thirroul March 2023

DATE: 7th March

LUNCH OUTING

**Illawarra Steeler's Club
Transport \$5.50**

Lunch Special from \$8.

Pick up from 10.30



DATE: 14th March

**10.30: Morning tea &
Quiz**

11.15: Reminiscing

11:45: Chair Yoga with Hazel

12:30: Lunch

**1pm: Australian Land Mark
Bingo!**

DATE: 21st March

10.30: Morning Tea & Quiz

11.15: 5 Second Rule

11:45: Chair Yoga with Hazel

12:30: Lunch

1.00: HOI

DATE: 28th March

10.30: Morning Tea & Quiz

11.15. Celebrity Heads

11:45: Chair Yoga with Hazel

12.30: Lunch

1.00: Entertainment Phil Weston



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

Please book by calling 42941900
By Monday 1pm for Tuesday Club
Thirroul

Group Outings February 2023

2nd Feb - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists
Transport \$10.50

3rd Feb - Premier's Gala Concert, ICC Sydney

Transport \$21.50

16th Feb - Memory Lane Café with Dementia Australia

For both person with Dementia & carers
Thirroul - Transport \$5.50

21st Feb - Seniors Festival Movie

Mrs Harris Goes to Paris
Shellharbour Civic Centre
Transport \$16

28th Feb - Coffee Break

Catch up over a coffee. Austinmer Beach Café
Transport \$5.50

Group Outings March 2023

2nd Mar - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists
Transport \$10.50

13th Mar - Lunch at Audley Hall

Transport \$16 plus lunch

24th Mar - Camden Show

Ticket \$18, Transport \$21.50

30th Mar - Memory Lane Café with Dementia Australia

For both person with Dementia & carers
Thirroul - Transport \$5.50

1st April - Brigadoon, Bundanoon Highland Gathering

*Ticket \$20 (if booked before end of Feb),
Transport \$27*

All outings require bookings, book early as sometimes there are limited tickets. Contact the office ASAP.

Shopping / Bunnings / Nursery Trips

Date	Destination
3rd February	Sylvania Shopping \$11
7th February	Bunnings Bellambi \$5.50
10th February	Dapto Shopping \$11
17th February	Warrawong Shopping \$11
24th February	Shellharbour Shopping \$11
3rd March	Figtree Shopping \$5.50
7th March	Bunnings Kirrawee \$5.50
10th March	Macarthur Square Shopping \$11
17th March	Engadine Shopping \$5.50
21st March	Nursery - Flower Power Milperra \$11
24th March	Sylvania Shopping \$11
31st March	Dapto Shopping \$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.



