

APRIL– MAY 2023

Northern Illawarra
Neighbour Aid Inc.

NINA

www.nina.org.au

NINA — Newsletter

2ND EDITION

2023

Latest news.

With Autumn setting in, who doesn't love the cooler nights? We have a busy couple of months coming up with lots of activities to get involved with.

We have some incontinence pads available in the office, if you are in need of some please phone during business hours.

I wanted to warn people about the dangers on online scams. Remember to be wary of any text message or email that is asking you for money, please do not give out your bank details to anyone online. If you have family close by ask them to check your security settings on phones, tablets and computers.

A few activities to highlight:

- * In September we will be heading down to Canberra for Floriade. This is an overnight trip with limited numbers, please get in early if you would like further details or to book in.
- * I'd like to highlight the fabulous local talent that Music and Tea at the Wollongong art gallery is showcasing, we will transport door to door, suitable for the less mobile client.
- * There are still a few spots left on the bus to go to Brigadoon at Bundanoon, if you are interested in some good highland fun come along.

Finally,

If you or someone you know is facing difficulty with family members or neighbours, you may wish to contact the NSW Ageing and Disability Abuse Helpline. Please note the details on the last page, if you would like support to do this or not sure how to go about it please call the office and ask to speak with Sharon.

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Part of the Community Working with the Community

Find us on Facebook

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

We are on the Web
www.nina.org.au

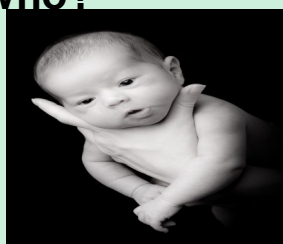
CAFÉ Club Helensburgh April

DATE: 6th April 2023

10:30 Morning Tea & Quiz

11:15 wine bingo !

11:45 Book Swap! (bring a book, take a book). Baby pics - who is who?



12:30 Lunch

1:00 1950s Who Am I ?

DATE: 20th April 2023

10:30 Morning tea & Quiz

11:15 Chair Yoga with Ellie

11.45 Aussie Prime Minsters Quiz

12:30 Lunch & Entertainment - Dave Oliphant

Program Subject To Change :)

FUN!

Date: 13th April 2023

LUNCH OUTING

**Bistro On Beaton
Gwynneville Tennis Club
Lunch Specials from \$18
Transport \$5.50
Pick ups from 10:30m**



DATE: 27th April 2023

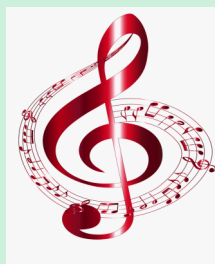
10:30 Morning Tea & Quiz

11:15 Chair Yoga with Ellie

11:45 5 second rule

12:30 Lunch

1:00 Musical Bingo!



If you would like to attend the Café Club Tradies program on Thursdays

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 May 2023

DATE: 4th May 2023

10:30 Quiz and Morning Tea

11:15 Chair Yoga with Ellie

11:45 Famous movie quotes

12:30 Lunch



1:00 Speaker – Paula Douglas, Falls Prevention

DATE: 11th May 2023

LUNCH OUTING

Heathcote Hotel

Transport \$5.50

Pick up From 1030 am



Join Me For Lunch



DATE: 18th May 2023

10:30 Quiz with Morning Tea

11:15 Chair Yoga with Ellie

11:45 Scattergories

12:30 Lunch



1:00 Name That Movie

DATE: 25th May 2023

10:30 Morning tea with Quiz

11:15 Chair Yoga with Ellie

11:45 HOI

12:30 Lunch

1.00 Entertainment - Frank Leonard



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. Program Subject to Change

Thank You

CAFÉ Club Thirroul April 2023

4th April 2023

Lunch Outing

Corrimal RSL

\$12 Lunch Special

\$8 Coffee & Cake Deal

\$13 Roast of the day

\$8 Burgers

11th April 2023

10:30 Morning tea with Quiz

11:15 Rock Painting

11:45 Chair Yoga with Hazel

12:30 Lunch



1.00 Music Bingo!

18th April 2023

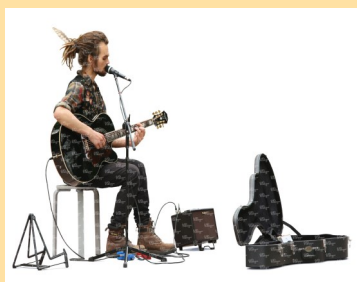
10:30 Morning Tea with Quiz

11:15 Favourite food Bingo

11:45 Chair Yoga with Hazel

12:30 Lunch

**1:00 Entertainment—
Frank Leonard**



25th April 2023

No Group Today

Anzac Day

Least We Forget



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.
Program Subject to change.
Thank You**

April 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Apr 5	Apr 12	Apr 19	Apr 26
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	Apr 5	Apr 12	Apr 19	Apr 26
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	Mac & Cheese Bake served with Peas & Carrots				
	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 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	Apr 5	Apr 12	Apr 19	Apr 26
Packed				
Delivered				
CM				
Paid/Invoice				

May 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	May 3	May 10	May 17	May 24	May 31
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 Risssoles 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					
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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					
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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	May 3	May 10	May 17	May 24	May 31
24	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot					
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	Sub Total:					
	Total Cost					

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

CAFÉ Club Thirroul May 2023

DATE: 2nd May 2023

**Lunch Outing
Bulli Workers
Transport \$5.50**



DATE: 9th May 2023

10:30 Morning tea with Quiz

11:15 Mind Bending Riddles

11:45 Chair Yoga with Hazel

12:30 Lunch

**1.00 Baby pics who is who and
book swap**

DATE: 16th May 2023

10:30 Morning tea with Quiz

11:15 Dice game

11:45 Chair Yoga with Hazel

12:30 Lunch

FUN!

1:00 Name that Song

DATE: 23rd May 2023

10:30 Morning tea with Quiz

11.15 5 second Rule

11:45 Chair Yoga with Hazel

12:30 Lunch

1:00 Bingo!



DATE: 30th May 2023

10:30 Morning tea with quiz

11:15 HOI

11:45 Chair Yoga with Hazel

12:30 Lunch

**1:00 Speaker - Paula Douglas -
Diabetes Awareness**

**If you would like to attend the
Café 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.
Program subject to change.**

Thank you

Group Outings April 2023

1st April - **Brigadoon, Bundanoon Highland Gathering**

Ticket \$20

Transport \$27



6th April - **Music & Tea at Wollongong Art Gallery**

Free concert featuring emerging artists

Transport \$10.50

18th April - **Coffee Break**

Catch up over a coffee. Austinmer Beach Café

Transport \$5.50

22nd April - **Northern Illawarra Art Trail**

Discover some local artists as we take in some of the Trail on a NINA bus tour.

Transport \$10.50



27th April - **Movies at NINA - Brooklyn**

Young Irish immigrant Eilis (Saoirse Ronan) navigates her way through 1950s Brooklyn.

Transport \$10.50.



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

Group Outings May 2023

4th May - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists

Transport \$10.50

8th May - Music in the Morning - Sentimental Journey

Classical delights, the standards of the American songbook and musical theatre hits of recent years.

Wollongong Town Hall.

Tickets \$28.50

(includes morning tea).

Transport \$10.50 + Lunch



11th May - Memory Lane Café with Dementia Australia

For both person with Dementia & carers

Thirroul - Transport \$5.50

22nd May - Bowral Beekeeping Apiary Tour

Day trip to Bowral. Heading to Bowral Beekeeping where we'll have a tour and talk on beekeeping, honey tasting and take home a jar of honey.

Tickets \$35, Transport \$21.50 + Lunch



Floriade - September 2023

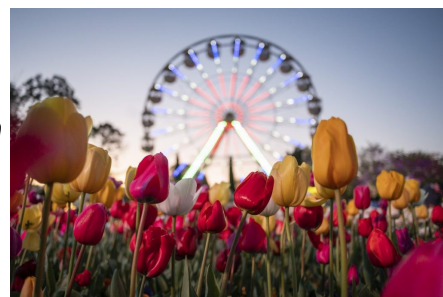
Join us for an over night stay in Canberra to take in the stunning Floriade Festival.

Thurs 28th Sept - Fri 29th Sept.

Accommodation: Mercure Canberra

\$160 per person

Transport \$70 per person



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

Shopping / Bunnings / Nursery Trips

Date	Destination
4th April	Bunnings Bellambi \$5.50
14th April	Warrawong Shopping \$11
21st April	Shellharbour Shopping \$11
28th April	Figtree Shopping \$5.50
2nd May	Bunnings Kirrawee \$5.50
5th May	Macarthur Square Shopping \$11
12th May	Engadine Shopping \$5.50
16th May	Nursery - Leisure Coast Garden Centre \$5.50
19th May	Sylvania Shopping \$11
26th May	Dapto Shopping \$11

Individual Social Support

If you would like a friendly chat throughout the week, someone to come over and visit you, NINA can assist. We have volunteers that are available to visit on a weekly or fortnightly basis and share a cup of tea and a chat with you. Perhaps you would like to go to the shops and would like the support of someone to go with you, call the office, and discuss your wishes with one of the staff.



**NSW AGEING
AND DISABILITY
ABUSE HELPLINE
1800 628 221**

Are you or someone you know suffering abuse? Help is available. Contact the NSW Ageing and Disability Abuse Helpline.

 Meals on Wheels New South Wales www.nswmealsonwheels.org.au

More than just a meal