

Northern Illawarra
Neighbour Aid Inc.

NINA

www.nina.org.au

Office
18 Walker Street,
Helensburgh 2508

Hours
8.30am to 4.30pm
Monday to Friday
Telephone
02 42941900

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DECEMBER 2023 – JANUARY 2024

NINA - Newsletter

6TH EDITION

2023



Latest news

Merry Christmas & Happy New Year.

Recently, the staff including myself have been completing some of the transports, which has been great having that face to face contact with clients as well as seeing the transports from the eyes of a volunteer. Through discussions with clients they have told me that life goes a lot quicker as you grow in age, which gets me to thinking about our planning for next year and what we should put in our group social outings. If there is anywhere you would like to visit please contact the office and we will put it on the calendar.

As a reminder, our Volunteers are donating their time and love, please treat them with the utmost respect. As well, if there is an agreed pick up spot at the destination, please do not leave designated spot, please bare with us if we are running late, we will be there to pick you up rain, hail or shine and would advise in advance if unable to help you (which we try our very best not to do). If you want to check on the driver or pick up spot please phone the office on 02 42941900.

During December we have our two client Christmas Lunch outings and our Christmas lights tour, every client is welcome to attend these. Book with the office. On Wednesday, 6 December NINA will be celebrating the end of the year with a thank you lunch for the volunteers, we do ask if possible to limit transport that day.

Dates to remember: **Wednesday, 20 December - last meal delivery**
Friday, 22 December - Office closed
Tuesday, 2 January 2024 - Office reopens

As much as we enjoy receiving small gifts as a thank you for our services throughout the year, we encourage you to instead possibly give a donation to NINA. All donations are tax deductible.

Mollie, Jackie, Vicki and I would like to wish all clients, volunteers and stakeholders a very happy and safe Christmas. Fiona - Manager



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

Find us on Facebook

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

Part of the Community
Working with the Community



myagedcare



Photos & Thank you's



***Thirroul Café Club enjoying
Melbourne Cup lunch outing
at Towradgi Bowling Club
'Three Chefs restaurant' with
Jackie our Social Client
Service Officer***



***Northern Illawarra Neighbour Aid
receiving a donation from Razor Gang
Barbershop and Cupbearer. Thank
you so much. Helensburgh community
is truly amazing.***

CAFÉ CLUB Thirroul Dec 2023

DATE: 5th

10.30: Morning tea and Quiz

11.15: Bowl game

11.45 Chair Yoga with Hazel

12:30: Lunch

1:00: First Letter Of Month Quiz

DATE: 12th

**Bellambi Bowling Club
Christmas Lunch Outing**

\$6 for Transport
Pick up from 10 am

bellambi
BOWLING CLUB



**Groups will resume week
of 15th January 2024**



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.

Please note program subject to change.

CAFÉ CLUB Thirroul Jan 2024

DATE: 16th

10.30: Morning tea and Quiz

11.15: What's in the box

11.45: Chair yoga with Hazel

12.30: Lunch

1:00: Scattgorries

DATE: 23rd

10.30: Morning tea and Quiz

11.15: Celebrity Heads

11.45: Chair yoga with Hazel

12.30: Lunch

1:00: Guess the song- Country and Western

DATE: 30th

10.30: Morning tea with Quiz

11.15: Pair Dice – game

11.45: Chair Yoga with Hazel

12.30: Lunch

1.00: Shopping List – Bingo



From February 2024
Lunch Outings will be the
4th Tuesday of the Month

Program subject to change

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

December 2023

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Dec 6	Dec 13	Dec 20
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	Beef & Bacon Casserole with potato and broccoli			
9	Chicken & Veg Pie with potato mash, peas & pumpkin			
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	Cottage Pie (Beef mince) with roasted pumpkin and green beans			
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	Dec 6	Dec 13	Dec 20
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			
	Sub Total:			
	Frozen Desserts \$3.00			
35	Chocolate Mud Cake & Custard			
36	Creamy Rice with Strawberry Compote			
37	Bread & Butter Pudding			
38	Tiramisu			
39	Apple Sultana Crumble & Custard			
40	Sticky Date Pudding			
41	Butterscotch Pudding & Custard			
42	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	Dec 6	Dec 13	Dec 20
Packed			
Delivered			
CM			
Paid/Invoice			

January 2024

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Jan 3	Jan 10	Jan 17	Jan 24	Jan 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 Rissoles with Gravy					
7	Homemade Beef Lasagne					
8	Beef & Bacon Casserole with potato and broccoli					
9	Chicken & Veg Pie with potato mash, peas & pumpkin					
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	Total Cost					

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Packed					
Delivered					
CM					
Paid/Invoice					

CAFÉ CLUB Helensburgh Dec 2023

DATE: 7th

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: 7 Decades of Singers

12:30: Lunch

1:00: Musical BINGO!

DATE: 14th

Club Thirroul Christmas Lunch Outing

Pick up starting from
10.00am



**Have a great
Christmas!**
**Groups resume week of
15th January 2024.**
**Have a great New Year
with friends and family.**
See you in 2024!



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.

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Thank you.

CAFÉ CLUB Helensburgh Jan 2024

DATE 18th

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: What's in your wallet?

12:30: Lunch

1:00: 1st letter of month

DATE 25th

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Aussie Day Activity

12:30: Lunch

1:00: Aussie Day Activity



Program is Subject to Change

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Group Outings Dec 2023



7th Dec - Music & Tea at Wollongong Art Gallery

Free concert featuring emerging artists. Transport/Admin \$11

7th Dec - Memory Lane Café with Dementia Australia

For people with Dementia & carers. Thirroul - Transport \$6

19th Dec - Christmas Lights Tour and Dinner

Pick up from 4pm. Dinner at Bulli Workers and tour of Xmas lights. \$6 Transport + cost of dinner.



Prices quoted are CHSP prices. All outings require bookings, book early as sometimes there are limited tickets. Payment for tickets is required on booking and is non refundable.

Shopping / Bunnings Trips

Date	Destination
5th Dec	Bunnings - Bellambi \$6
8th Dec	Shopping - Warrawong \$12
15th Dec	Shopping - Figtree \$6
19th Jan	Shopping - Macarthur \$12

Shopping and Bunnings trip pick ups start from 9am



*From all Staff and Volunteers of
Northern Illawarra Neighbour
Aid, we wish you a
wonderful Christmas and a
Happy New Year.*

