

FEBUARY - MARCH 2024

NINA - Newsletter

1ST EDITION

2024



Office
18 Walker Street,
Helensburgh 2508

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

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Latest news

Happy New Year and welcome to 2024.

Firstly this year, I would like to introduce the NINA Management Committee 2023-2024.



From L to R: David Oliver, Dennis Hamilton, Bob Scullion, Barry Thompson (President), Peter Ryan (Treasure), Richard Smart. Absent Sonia Markoff, Di Thomas.

These volunteers, some of whom have given long term service, are responsible for accounting to Government and other bodies and ensuring NINA is able to continue to provide the services so important to our clients. The importance of our transport and social support programmes is often emphasised by client comments such as, "NINA is a great service that helps me remain independent."

As in all areas of our organisation, the committee needs volunteers. The committee assemble at the NINA office on the second Wednesday of the month at 9.30am for a two-hour meeting.

Recruitment to the committee is especially important this year as changing circumstances will preclude some standing members for nominating in 2024.

Barry is our new president and will be ably supported by Immediate Past president David, Public Officer Richard, Treasurer Peter, Dennis and Sonia. Bob Scullion is a welcome addition after he volunteered at the AGM. Dianne Thomas has come on board as well.

You may know someone (family or friends) that is looking to volunteer, please consider NINA and phone 02 4294 1900 or drop into our office on Walker Street for details.

Other volunteering opportunities include bus driving (LR licence), individual driving, social support, group and bus assistant and meals delivery.

Looking forward to a prosperous year. Fiona, Office 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



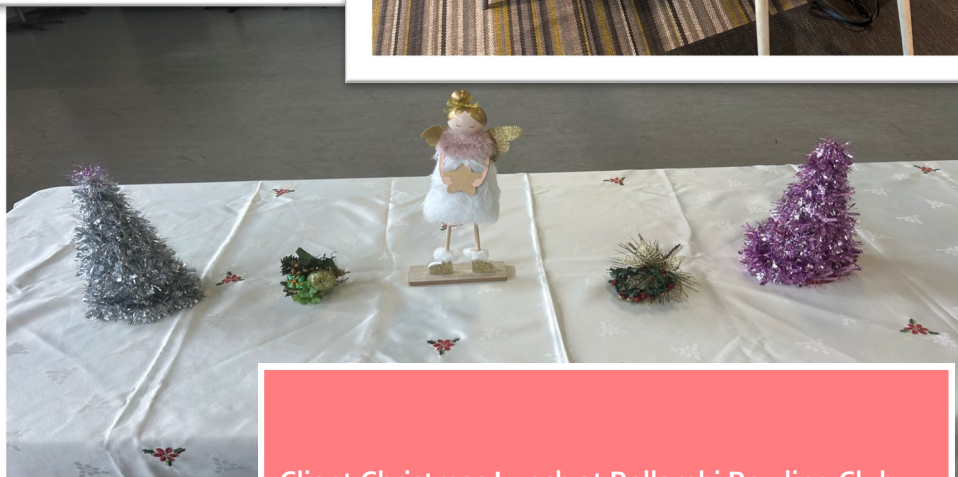
myagedcare



Photos of Christmas Celebra-

Club

Craft Christmas morning tea



Client Christmas Lunch at Bellambi Bowling Club

Volunteer Christmas / Thank you party



CAFE CLUB Thirroul February 2024

DATE: 6th

10.30: Morning tea and Quiz

11.15: 5 Second Rule

11.45 Chair Yoga with Hazel

12.30: Lunch

1:00: Talk - Steve McKenna
Service NSW



DATE: 13th

10.30: Morning tea and Quiz

11.15: Normal Or Nah

11.45 Chair Yoga with Hazel

12.30: Lunch

1.00: BINGO!



DATE: 20th

10.30: Morning tea and Quiz

11.15: Rock Painting

11.45 Chair Yoga with Hazel

12.30: Lunch

1:00: Chimera - Entertainment

DATE: 27th

LUNCH OUTING

TOWRADGI BEACH HOTEL

Transport \$6



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 March 2024

DATE: 5th

10.30: Morning tea and Quiz



11.15: what's that sound, sound effects

11.45: Chair yoga with Hazel

12.30: Lunch

1:00: Celebrity Heads

DATE: 12th

10.30: Morning tea and Quiz

11.15 The price is right

11.45: Chair yoga with Hazel

12.30: Lunch

1:00: Marbles Game

DATE: 19th

10.30: Morning tea and Quiz

11.15: 5 second rule

11.45: Chair Yoga with Hazel

12.30: Lunch

1.00: BINGO!



DATE: 26th

LUNCH OUTING

WESTS ILLAWARRA

\$12 Transport



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 2024

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Feb 7	Feb 14	Feb 21	Feb 28
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	Feb 7	Feb 14	Feb 21	Feb 28
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	Feb 7	Feb 14	Feb 21	Feb 28
Packed				
Delivered				
CM				
Paid/Invoice				

March 2024

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	March 6	March 13	March 20	March 27
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				
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9	Chicken & Veg Pie with potato mash, peas & pumpkin				
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Please advise if you are happy for a substitute if your first choice is not available? Yes ☐ No ☐

Office use only	March 6	March 13	March 20	March 27
Packed				
Delivered				
CM				
Paid/Invoice				

CAFÉ CLUB Helensburgh Feb 2024

DATE: 1st

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: what's the sound

12.30: Lunch

1:00: Talks – Steve Mc Kenna
Service NSW



DATE: 8th

LUNCH OUTING

EASTS - Berkeley Sports & Social Club

Transport \$12

DATE: 15th

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: Rock Painting

12.30: Lunch

1:00: Guess The Song – Country
and Western Edition



DATE: 22nd

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: 5 Second Rule

12.30: Lunch

1:00: BINGO !



DATE: 29th

LUNCH OUTING

HELENSBURGH HOTEL

Transport \$6

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 2024

DATE 7th

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Marbles Game

12.30: Lunch

1:00: All about Australia Visual Quiz

DATE 14th

LUNCH OUTING

TOWARDGI BOWLS

Transport \$6

DATE 21st

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Normal Or Nah

12.30: Lunch



1:00: Chimera –Chris and Marcus - Entertainment

DATE 28th

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: City Nicknames Quiz

12.30: Lunch

1:00: BINGO!



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Group Outings Feb/March 2024

9th Feb – Memory Lane Café - a program designed for Carers and people suffering with dementia. Based in Thirroul once a month. Please contact office for more details. Transport \$6



16th Feb – Op Shop Tour Dapto

Explore 3 Op Shops in Dapto:

Lifeline, Salvos and Anglicare with Lunch at Dapto Leagues. Transport \$12



19th Feb - Movies at Nina -

The Greatest Showman

Admin Fee \$5, Transport \$6.



7th March - Music & Tea -

Wollongong Art Gallery

Free concert featuring emerging artists.

Admin \$5, Transport \$6.

13th or 14th March - Premier Gala Concert (dates to be confirmed).

Admin Fee \$5 Transport \$12 Lunch TBC



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
2nd February	Engadine Shopping \$6
6th February	Bunnings Kirrawee \$6
9th February	Dapto Shopping \$12
16th February	Sylvania Shopping \$12
23rd February	Warrawong Shopping \$12
1st March	Shellharbour Shopping \$12
5th March	Bunnings Bellambi \$6
8th March	Figtree Shopping \$6
15th March	Macarthur Shopping \$12
19th March	Sydney Wildflower Nursery Heathcote \$6
22nd March	Engadine Shopping \$6
29th March	Sylvania Shopping \$12



Shopping, Bunnings and Nursery trip pick ups start from 9am.