

APRIL - MAY 2024

NINA - Newsletter

2ND EDITION

2024



Office
18 Walker Street,
Helensburgh 2508

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

- Other activities & Scam watch 2
- Café Club Thirroul April 3
- Café Club Thirroul May 4
- Meals Menu April 5
- Meals Menu April 6
- Meals Menu May 7
- Meals Menu May 8
- Café Club Helensburgh April 9
- Café Club Helensburgh May 10
- Group Outings 11
- Shopping dates 12

Latest news

Welcome to our 2nd edition newsletter for 2024. There has been lots of information around about the changes to the Aged Care and the programs. If you would like to keep up to date the Older Persons Advocacy Network (OPAN), has some great information and assistance. Website: <https://opan.org.au/> or contact them by phone 1800 700600. Currently we have been advised that the Commonwealth Home Support Program (CHSP), our funding by State and Federal Government is to remain the same until 2027.

The next couple of months we have on our schedule a number of outings and great things to go and do. Book early as seats are limited. Please take note that Café Club Thirroul outing has now changed to the 4th Tuesday of the month. For all outings we encourage you to bring your identification (photo id).

Reminder to always book your Individual transport as soon as possible. We are extremely busy, with limited volunteers and scheduling is an extremely hard job especially when we have last minute bookings.

Volunteers are one of our greatest assets at NINA, and **we need more**. If you know of someone that can provide 4 hours or more per fortnight, provide them with NINA's phone number. We have a variety of tasks volunteers can do; bus driving (LR licence), individual transport, group / bus assistant, social support and admin. National Volunteer Week is 20-26 March 2024 when we highlight the important role of volunteers in our community and invite people to give it a go, lets make 2024 the year of becoming a Volunteer for NINA.



Find us on Facebook

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

Part of the Community
Working with the Community



myagedcare



Other NINA activities April/ May 2024

Laugh / Craft / Games / Cards

Wednesday, 10am to 12.30pm

Where: Anglican Church Hall, 77 Parkes Street, Helensburgh

\$3 with free morning tea, everyone welcome

\$6 for transport. Bookings required for transport

Beware of Scams

Top tips for avoiding scams

Stop • Take your time before giving money or personal information to anyone. • Scammers will offer to help you or ask you to verify who you are. They will pretend to be from organisations you know and trust like a business you deal with, or police, government or fraud service.

Think • Ask yourself could the message or call be fake? • Never click a link in a message and ask a trusted friend or family member what they would do. Only contact businesses or the government using contact information from their official website or through their secure apps. If you're not sure say no, hang up or delete.

Protect • Act quickly if something feels wrong. • Contact your bank immediately if you lose money or personal information or if you notice some unusual activity on your cards or accounts. Seek help from organisations like IDCARE and report online crime to ReportCyber. Help others by reporting scams to Scamwatch.

Information from beconnected.esafety.gov.au

CAFE CLUB Thirroul April 2024

DATE: Tues 2nd April

10.30: Morning tea and Quiz

11.15: Scattgorries

11.45 Chair Yoga with Hazel

12.30: Lunch



1:00: BINGO

DATE: Tues 9th April

10.30: Morning tea and Quiz

11.15: Bananagrams

11.45 Chair Yoga with Hazel

12.30: Lunch

1.00: Talks - Stroke Safe

DATE: Tues 16th April

10.30: Morning tea and Quiz

11.15: Celebrity Heads

11.45 Chair Yoga with Hazel

12.30: Lunch



1:00: Harmony Chorus

DATE: Tues 23rd April

LUNCH OUTING

Pick ups from 10 am. Meeting at Club at 12pm for lunch

Woonona/Bulli RSL

Transport \$6



DATE: Tues 30th April

10.30: Morning tea and Quiz

11.15: Reminiscing –bring in an item you treasure and tell us about it

11.45 Chair Yoga with Hazel

12.30: Lunch



1:00: Sing along

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 May 2024

DATE: Tues 7th May

10.30: Morning tea and Quiz

11.15: 5 Second rule

11:45: Chair yoga with Hazel

12.30: Lunch

1:00: Guess The Song



DATE: Tues 14th May

10.30: Morning tea and Quiz

11.15 Reminiscing

11:45: Chair yoga with Hazel

12.30: Lunch

1:00: Entertainment
All Tones



DATE: Tues 21st May

10.30: Morning tea and Quiz

11.15: Who said that!?

11.45: Chair Yoga with Hazel

12.30: Lunch

1.00: BINGO!



DATE: Tues 28TH May

LUNCH OUTING

Pick ups from 10 am. Meeting at Club at 12pm for lunch

Corrimal RSL

\$6 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



April 2024

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	April 3	April 10	April 17	April 24
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	April 3	April 10	April 17	April 24
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

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



May 2024

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	May 1	May 8	May 15	May 22	May 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	Beef & Bacon Casserole with potato and broccoli					
9	Chicken & Veg Pie with potato mash, peas & pumpkin					
10	Lemon Chicken with Jasmine Rice					
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15	Roast Lamb & Mint Gravy, Potato, Beans					
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	May 1	May 8	May 15	May 22	May 29
Office use only					
Packed					
Delivered					
CM					
Paid/Invoice					

CAFÉ CLUB Helensburgh April 2024

DATE: 4th April

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: Scattgorries

12.30: Lunch

1:00: Dave and Dennis – Entertainment

DATE: 11th April

LUNCH OUTING

Pick ups from 10 am. Meeting at Club at 12pm for lunch

Corrimal RSL

Transport \$6

DATE: 18th April

10.30: Morning tea with Quiz

11.15: Chair Yoga with Ellie

11.45: Bananagrams

12.30: Lunch

1:00: Talks - Angelo – Private Gym

**ANZAC DAY 25th April
Least we Forget**



**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 2024

DATE May 2nd

10.30: Morning tea and Quiz with Mollie

11.15: Chair Yoga with Ellie

11.45: Bingo

12.30: Lunch

1:00: Talk – Falls prevention

DATE May 9th

LUNCH OUTING

Heathcote Hotel

Transport \$6

Pick ups from 10 am. Meeting at Club at 12pm for lunch



DATE 16th May

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Who Said That

12.30: Lunch

1:00: Guess The Song



DATE 23rd May

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Match the star to movie

12.30: Lunch

1:00: Who am I - Famous Partners

DATE 30th May

LUNCH OUTING

Helensburgh Hotel

Pick ups from 10am

Meet at 12 pm for lunch

Transport \$6

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

Group Outings April/ May 2024

Wednesday 3rd April -

Robertson Pie Shop and Cheese Factory Outing



Take a look at what The Southern Highlands has to offer. Transport \$18 plus lunch. Pick ups from 9 am.

Thursday 4th April - Music & Tea - Wollongong Art Gallery

Free concert featuring emerging artists.

Admin \$5, Transport \$6. Pick ups from 9:30 am

Monday 15th April -

Coffee Break Sunrise Nursery

Transport \$6. Pick ups from 9am



Monday 29th April -

Music in The Morning – Memory of the Anzacs.

Tickets \$28.50, Transport \$6. Pick ups from 9am

Friday 3rd May - 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

Thursday 9th May - Music & Tea - Wollongong Art Gallery

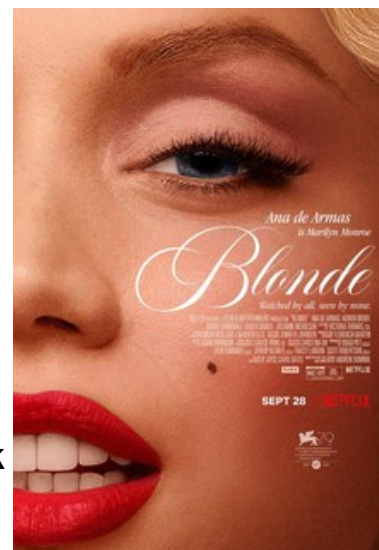
Free concert featuring emerging artists.

Admin \$5, Transport \$6. Pick ups from 9:30 am

Monday 13th May - Movies at NINA

Blonde - The story of Marilyn Monroe covering her love and professional life.

Admin Fee \$5, Transport \$6.



Wednesday 15th May - High Tea at the Jack & Dolly Restaurant Picton Bowling Club

Refreshments \$40, Transport \$15.

Pick ups from 10 am, High Tea at 12pm

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
Tuesday 2nd April	Bunnings Kirrawee \$6
Friday 5th April	Sylvania Shopping \$12
Friday 12th April	Warrawong Shopping \$12
Friday 19th April	Shellharbour Shopping \$12
Friday 26th April	Figtree Shopping \$12
Friday 3rd May	Macarthur Shopping \$12
Tuesday 7th May	Bunnings Bellambi \$6
Friday 10th May	Engadine Shopping \$6
Friday 17th May	Dapto Shopping \$12
Friday 24th May	Sylvania Shopping \$12
Friday 31st May	Warrawong Shopping \$12



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