

Get Involved

December 2023

Christmas party

We invite you to join us for our **Seniors program Christmas Party!** We will have a **choir performance** and a **two-course sit-down lunch** to celebrate the year that was and the friendships and experiences we've had in that time.

When: 11:30am to 2pm on Tuesday 12 December

Where: The Clubhouse Kaleen, 16 Georgina Crescent, Kaleen. Free parking is available out the front and across the road at the Kaleen shops.

Cost: \$20, including lunch, tea and coffee, and a drink on arrival (choice of beer, wine, juice or soft drink).

Please **RSVP** with your dietary requirements to contact@crcs.com.au by 6 Dec.



Christmas Eve Dinner

Lonely over Christmas with no family nearby? Our team is hosting a Christmas Eve dinner and you're welcome to join! We will be at the Belconnen Labor Club, just a block away from BCC, from 6pm. Food and drinks are at your own expense.

Please **RSVP** by emailing involve@crcs.com.au or calling 6278 8184 by 20 Dec.

Member's story: Rhonda

Rhonda had some garments made for her while overseas. However, she discovered they were poorly made and ill-fitting, rendering them unwearable.

Thankfully, our Involve team includes Therese, a seamstress of many years. With Therese's guidance in our Come Sew with me and Repair, Redesign, Recycle programs, Rhonda learned how to modify the garments.

After a lot of unpicking, refitting and hard work, Rhonda now has beautifully made and perfectly fitting clothes. She has loved the process so much that she now comes every week to work on other garments.

That's not to say it has become easy! One of Rhonda's common refrains is:

"I know you're not going to like what I've done, so I guess I'll unpick it."

But we do actually love what Rhonda has done, and are proud to have helped her develop these new skills.



CRCS updates

Grand opening: Social Bean Cafe & Emporium

Mark your calendars for the launch of our new social venture Social Bean Café & Emporium on 30 November.

Join us for a memorable evening of connection, culture and culinary delights. Experience the rich tapestry of our community, with over 20 local businesses and artisans showcasing their unique wares. From handcrafted treasures and recycled gems to one-of-a-kind creations, there's something for everyone.



Elevate your evening with an extraordinary dining experience. Book your table for dinner at 6pm or 8pm and enjoy a Her Kitchen Table takeover. Indulge in home-cooked meals from around the world, prepared with love by migrant and refugee women in Canberra. Menu options and costs will be advised on the night.

When: 4 to 10pm on Thursday 30 November 2023

Where: Social Bean Cafe & Emporium, 23 Swanson Court, Belconnen (in the Belconnen Community Centre).

Register to attend at <https://events.humanitix.com/grand-opening-social-bean-cafe-and-emporium>

Can you help us wrap presents and raise funds?



Westfield Belconnen is running a Community Christmas Gift Wrapping station as an opportunity to raise funds for and awareness of local charities and groups. They have offered us the station from **10am to 5pm on 19 and 20 December** to raise funds for Capital Region Community Services. All proceeds will go towards our free movie sessions in 2024!

However, **we need gift wrappers!** Can you volunteer your time to join some of our team members in wrapping presents? Please let us know when you would be free on our dates by emailing contact@crs.com.au.

Christmas shut-down

All CRCS programs, including the Belconnen Community Centre, will be closed from COB on Friday 22 December, reopening on Tuesday 2 January 2024.

Contacts

Reception

Phone: 02 6264 0200

Email: contact@crs.com.au

December events & activities

What's on at the Belconnen Community Theatre

- **10 December:** a range of productions from Budding Theatre. Get your tickets at buddingentertainment.com
 - **9am:** The Magical World of Fairytales
 - **11am:** The Little Lion King
 - **2:30m:** A Christmas Carol goes Horribly, Terribly Wrong!
 - **6:30pm and 8:15pm:** The Crucible
- **12 December, 10:15am:** [Free movie screening: Jersey Boys](https://events.humanitix.com/movie-screening-jersey-boys). Join us for this musical drama film based on the Tony Award-winning Broadway musical of the same name, which was itself inspired by the real-life story of the American rock and pop group, The Four Seasons. Reserve your seat at <https://events.humanitix.com/movie-screening-jersey-boys>

What's on at the Belconnen Community Gallery

- **23 October to 8 December:** "Dark Snow," an environmental photography exhibition by John Brookes.
- **11 to 22 December:** [Bungee youth resilience program](#) exhibition.

Contacts

Reception

Phone: 02 6264 0200

Email: contact@crs.com.au

Have your say on our Involve programs

We want to hear your thoughts, opinions and recommendations on our programs! You are invited to come along to our quarterly Participatory Advisory Committee (PAC) meetings and have your say.

Contact community@crs.com.au to get involved. Our next meeting is scheduled for 22 February 2024.

Involve fun over the last month



Christmas card making at BEST club



Walkie Talkies at the Cotter



Berrima day trip



Bunnings etching workshop



From our members

'I'm happy that my vest now fits me and I can wear it. I'm going to have a look at my wardrobe and see what else I can adjust.' — Lesley



Join the private 'CRCS Involve Group' on Facebook for more photos of our recent activities and to connect with others in our community.

There are three types of Involve participants:

- People registered with My Aged Care who have a Commonwealth Home Support Programme (CHSP) Social Group Referral Code to enrol in Involve activities
- Home Care Package (HCP) recipients
- Fee-for-service participants.

Want to join Involve?

Please contact our
Community Care Team on
02 6278 8101 to discuss
eligibility and pricing.

Involve groups and programs

See the calendar on page 7 to find out when each activity is on.

December Involve program changes

Note: Friday 22 December will be the last day of Involve groups for 2023. We will start again on 2 January 2024 with a limited program.

Due to the Christmas Party, Integrated sports and games will not run this month.

Social groups

- **Afternoon Cuppa and Chat (\$6):** A relaxed chat over a warm drink, to connect and make new friends. Location: Meet at BCC reception.
- **BEST Club (\$13):** Details on page 6.
- **Book Club (\$6):** Enjoy reading? Come along to the CRCS book club: all welcome! Location: BCC Meeting Room 2.
- **Movie group (buy own ticket):** Enjoy a movie at Hoyts Belconnen. Movie and time details will be sent by email. **Bookings required.**
- **Nighttime Dinners (meal at own expense):** Join us for a meal, with the location changing each month. Transport available if required (**\$15; bookings required, limited to seven people**): Pickups from BCC at 4:45pm and Humpy Hall at 5pm.
- **Walkie Talkies (\$6):** Details on page 6.

New skills

- **Bunnings Workshop (\$6):** Grow your DIY skills with the help of visiting Bunnings staff. Location: BCC Art Room.
- **IT for Seniors (\$6):** Learn skills to navigate the digital world with confidence. This course includes sharing informative content and troubleshooting specific problems. Location: BCC Meeting Room 2.
- **Virtual Reality (\$6):** Use cutting-edge technology, take virtual tours, watch movies around the world, and get creative with 3D sculpture. Location: BCC Meeting Room 1.

Art & craft

- **Art Tasters (\$8):** Get a taste for a different type of art each month. Location: BCC Art Room.
- **Come sew with me (\$8):** Learn all about sewing, whether starting from the beginning or improving your skills. Location: BCC Art Room.
- **Crafts Galore (\$8):** From pots, rocks or beads to sun catchers or tie-dye, come along and craft together. Location: BCC Art Room.

Contacts

Involve team

Phone: 02 6278 8113

Email: involve@crs.com.au

- **Paper Crafts (\$8):** Create with paper, scrapbooking, card making or quilling, just to name a few ideas. Location: BCC Art Room.
- **Repair, redesign, upcycle (\$8):** Love sewing and craft, and want to protect the environment? Learn and share skills to repair, redesign and upcycle fabric and craft items. Created items can be sold at our local markets to raise money for our Christmas gift-giving program. Location: BCC Meeting Room 1.

Music

- **Drumming Class (\$8):** Join our drumming group and learn some rhythm together. Location: BCC Meeting Room 2. Online viewing available.
- **Ukulele Class (\$8):** Enjoy our supportive group and explore your hidden talent. Location: BCC Meeting Room 2. Online viewing available.

Adventures

- **Culture Tours (\$15):** Visit historic locations, galleries and museums around Canberra. **Bookings required; max 7 people; may have additional costs (e.g. entry fees).**
- **Op Shop Treasure Hunters \$8:** Group trips to various op shops around Canberra and surrounds to hunt for bargain treasure. **Bookings required; max 7 people.**

Other activities

- **Gardening with little people (\$8):** Join children from our early childhood services to create garden spaces, do craft activities using plants, visit gardens around Canberra and hear from guest speakers. Location: BCC Art Room.
- **Integrated sports and games (\$6):** A mixture of low-impact sports in the BCC Sports Hall and local area, as well as board & card games.

Some programs change regularly. In December, they are:

- **Art Tasters: Raffia weaving.** Bookings required.
- **Bunning's workshop:** Learn how to make **Christmas wreaths.**
- **Culture tour: Australian War Memorial.** Bookings required.
- **Crafts Galore:** Make **Christmas decorations.**
- **Nighttime dinners:** We'll be heading to the **Labour Club Belconnen.** This will have a Christmas theme so wear your best/worst Christmas attire.
- **Paper Crafts:** Create **Christmas items (such as gift tags, cards and origami)** to use, display or give to others.



Note: Some activities require an RSVP so we can purchase items like tickets, catering, equipment, and transport.

If you RSVP but then need to cancel, we cannot guarantee that a refund will be given if we have already purchased the items for your attendance.

Transport: If you require transport from your home to the Belconnen Community Centre (BCC) or group meeting point, please contact the **CRCS Transport team on 02 6278 8124.** or alternatively speak to one of our Involve team members and they'll help you arrange it.

Walkie Talkies

Join our walking group on Monday as we visit various places around Canberra.

- **Cost:** \$6
- **When:** Pickup from Humpy Hall at 10:30am, BCC at 10:40am. Returning around 2pm.

4 December: Lake Ginninderra Lake

Walkies: Start at Western Foreshore park and walk around to Stellas Cafe.

Talkies: Ginninderra lake was built in 1974. It has a surface area of 105 hectares and is about 3.5 meters deep. The walking track around the lake is about 7km long and dotted with many beautiful picnic areas, beaches and parks. There is also a dog park.

11 December: Umbagog Park

Walkies: Drop off will be Wrensfordley Place, Latham. We'll walk through a small park of Umbagog Park and finish at the Ginninderra Labour Club.

Talkies: Umbagog Park has just gone through an upgrade to many of the paths and bridges. The park covers 50 hectares and is surrounded by Latham, Holt, Higgins, Macgregor, Charnwood and Flynn.

18 December: Diddams Close Park

Walkies: Start at Croke Place Wetlands and walk to Diddams Close Playground.

Talkies: Bring lunch and we'll enjoy a picnic to end the year. We'll supply tea, coffee, water and a sweet treat.



BEST Club

The Belconnen Energetic Seniors on a Tuesday (BEST) Club is a weekly opportunity to socialise in a friendly and stimulating environment. BEST club provides a program of games, guest speakers, activities, outings and exercise.

Enjoy morning tea while connecting with others, then maybe have lunch (at own expense) in the Club restaurant at 12:30 pm.


- **Cost:** \$13
- **Time:** 10:30am–1:30pm each Tuesday (unless otherwise noted)
- **Location:** Raiders Club Kippax.

What's on December 2023

- **5 Dec:** Christmas crafts and games
- **12 Dec:** Christmas party at the Clubhouse Kaleen (see page 1 for details)
- **19 Dec:** Trivia.



Involve December calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dec	2 Dec
				Movie club: generally between 10am– 1pm; timing advised prior	Coach tour: National Cherry Festival in Young: 8am–7pm
4 Dec	5 Dec	6 Dec	7 Dec	8 Dec	9 Dec
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Afternoon Cuppa & Chat: 3–4:30pm	Gardening with little people: 9:30am–12pm BEST Club: 10:30am– 1:30pm Book Club: 2:30–4:30pm Nighttime dinners: 5:30– 7:30pm	Ukulele: 10am– 12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	Drumming: 10am– 12pm Virtual Reality: 1–2pm Yarn & Stitching 1:30– 3:30pm Virtual Reality: 2–3pm	Coach tour: Blackwattle Alpaca Farm & Murrumbateman Chocolate Co: 8:45am–4pm Op Shop Treasure Hunters: 9:30am–3:30pm	
11 Dec	12 Dec	13 Dec	14 Dec	15 Dec	16 Dec
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Recycle, Redesign: 3–4:30pm	CRCS Seniors Christmas party: 11:30am to 2pm 	Ukulele: 10am– 12pm Come Sew with Me: 10am– 12:30pm IT for Seniors: 1–3pm Bunnings workshop: 1:30–4:30pm	Drumming: 10am– 12pm Virtual Reality: 1–2pm Yarn & Stitching 1:30– 3:30pm Virtual Reality: 2–3pm	Coach tour: Bredbo Christmas Barn: 9am–4pm Movie club: generally between 10am– 1pm; timing advised prior	
18 Dec	19 Dec	20 Dec	21 Dec	22 Dec	23 Dec
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Afternoon Cuppa & Chat: 3–4:30pm Christmas lights tour: 7:30–10pm	Gardening with little people: 9:30am–12pm Westfield Belconnen gift wrapping: 10am–5pm BEST Club: 10:30am– 1:30pm Culture tour: 1pm (BCC)/1:15 (Humpy Hall)– 4pm Christmas lights tour: 7:30–10pm	Ukulele: 10am– 12pm Come Sew with Me: 10am–12:30pm Westfield Belconnen gift wrapping: 10am–5pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm Christmas lights tour: 7:30–10pm	Drumming: 10am– 12pm Virtual Reality: 1–2pm Yarn & Stitching 1:30– 3:30pm Virtual Reality: 2–3pm Christmas lights tour: 7:30–10pm	Op Shop Treasure Hunters: 9:30am–3:30pm	



**Wishing you and your families a
very Merry Christmas and
a Happy New Year!**



Coach tours

Our excursions and day trips are the perfect way to discover new places and explore fun and exciting activities. They are open to everyone.

Upcoming tours & excursions



Saturday 2 December: National Cherry Festival in Young (\$65)

Departs Humpy Hall at 8am, BCC at 8:15am; leave Young at 5pm.

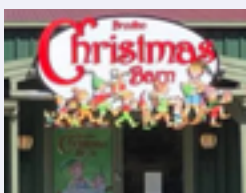
Get ready for the excitement of all things 'cherry' with our coach trip to the National Cherry Festival in Young. Pick your own cherries at Ballinaclash Orchard and Cellar Door, then enjoy the fun and festivities of the 73rd National Cherry Festival.



Friday 8 December: Explorer series: Murrumbateman (from \$85)

Departs Humpy Hall at 8:45am, BCC at 9am; leave Murrumbateman at 3pm.

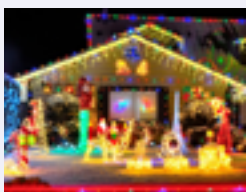
Experience a guided tour of an alpaca farm and feed the alpacas! Then explore Murrumbateman, enjoy lunch at the Murrumbateman Country Inn before our last stop a Murrumbateman Chocolate Co.



Friday 15 December: Explorer series: Bredbo (\$45)

Departs Humpy Hall at 9am, BCC at 9:15am; leave Bredbo at 2:30pm.

Combine the best of the festive season and local history with a visit to Bredbo. We'll start at the Bredbo Christmas Barn, a veritable Christmas wonderland. Then we'll enjoy lunch at The Historic Bredbo Inn.



18, 19, 20 & 21 December: Christmas lights tours (\$10)

Departs Humpy Hall at 7:30pm, BCC at 7:45pm; return at 10pm..

Our Christmas elves (drivers) will take you around to the best Christmas light displays on Canberra's north side, all from the comfort of our fully air-conditioned coach. You will see dazzling light displays, some of which we will stop at so you can have a really good look around.

Feel free to dress up, and bring the family.

Notes:

- Our Explorer series tours are designed so you can make the day your own. We provide the transport, you decide what you want to do in each location!
- All other costs on the day are at your own expense, including lunch.
- Minimum booking numbers apply to all tours and excursions.

Find out more and purchase tickets through the QR code or head to: crcs.com.au/programs-services/excursions to find out more and get tickets.

Keep an eye out: we have some exciting trips planned!

Contacts

Transport team

Phone: 02 6278 8124

Email: coach@crcs.com.au



Gym and fitness programs

Looking for a relaxed and social environment to enjoy fitness and strength programs? Look no further than our gym at the Belconnen Community Centre.

Notes:

- **Gym programs finish for 2023 on 15 December.** We will reopen on 17 January 2024.
- Mature Movement and the Monday Circuit class are no longer running.

Classes:

- **Back in Balance¹:** Exercises designed to help with fall prevention & support free and easy daily movement.
- **Building Fitness²:** Increase your aerobic fitness, no matter where you are starting from.
- **Building Strength²:** Learn how to safely execute movements to get the most out of your workout.
- **Chair yoga²:** A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Circuit²:** A high-intensity workout rotating through stations targeting different muscle groups with minimal rest in between, to improve cardiovascular endurance, strength & flexibility.
- **Dance Aerobics²:** A high-energy fitness program combining choreographed dance routines with aerobic exercise to improve cardiovascular health, strength & coordination.
- **Mature Fitness¹:** Activities to improve strength, balance, & coordination. No machines are used in this class. Designed for seniors.
- **Mature Multi Fitness¹:** Low-impact cardio & strength activities for seniors, including cross training, interval training & cross fit.
- **Mature Strength¹:** Basic weight exercises combined with machine exercises to improve fitness & strength. Designed for seniors.
- **Open Gym³:** Do an assessment with a PT to create a program just for you, or freely use the gym.
- **Swiss Ball¹:** Exercises using large inflated exercise balls to improve balance, stamina & fitness.
- **Yoga²:** A physical, mental and spiritual practice combining postures, breathing exercises & meditation to enhance wellbeing & consciousness.

Costs:

1. \$12 per class
\$10 for concessions
\$5 for Involve members
2. \$12 per class
\$10 for concessions
\$6 for Involve members
3. \$15 per class
\$12 for concessions
\$10 for Involve members.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Dance Aerobics 7:30–8:10am			
	Swiss ball 9:30–10:30am	Building Strength 9:30–10:30am		Mature Strength 9:45–10:45am	Dance Aerobics 9:30–10:10am
		Building Fitness 11:30am–12:30pm		Mature Fitness 11am–12pm	
	Yoga 12:30–1:30pm	Mature Multi-Fitness 12:45–1:45pm			
Chair yoga 3–4pm		Back in Balance 1:45–2:45pm	Open gym 2–4pm		

Contacts

Belconnen Community Centre
 Phone: 02 6264 0200
 Email: contact@crs.com.au

