

NEWSLETTER

July 2023



Talk this month

Three Culture, Three Values on Jade.

Jade has long been prized for its beauty, durability, and cultural significance. Across the world, different cultures have their own unique ways of valuing and using jade. In this talk, Arthur Main will explore the fascinating history and significance of jade in three distinct cultures: Chinese, Māori, and Central American.

[Page 3 for more detail.](#)



Christmas in July

Get ready to beat the cold this winter with Involve Group's Christmas in July celebration! Join us for two course lunch at Gungahlin Lake. Don't miss out - mark your calendar.

Meet at 11:30am on the 4th of July at the Gungahlin Lakes Club | Secret Santa for those who would like to participate, with maximum spent of \$20.



New Programs

Book Club | 11 July 2:30pm - 4:00pm

Calling all book lovers! Join Involve Group's book club for a chance to connect with like-minded individuals, discover new titles, and spark meaningful conversations.

IT Connection | 25 July 2:30pm - 4:00pm

Do you need help with an IT problem, or you just want to learn a new thing like "cybersecurity, artificial intelligence, and more? Join us at the Community Centre for IT support. Please book your place at reception, limited spaces are available.

Virtual Reality | August, date TBA

Join our VR group to get experience on the cutting edge technology, from virtual tours and movies around the world or to be creative on creating 3D sculpture. Please book your place at reception, limited spaces are available.

Language Club | August, date TBA

Are you interested in learning a new language. Join our beginners language club, we will be starting with Indonesian.



Jade: Three cultures, three values

We are thrilled to announce a special talk by Arthur Main, a retired tutor in Canberra on the theme of "Three Cultures, Three Values."

In this talk, Arthur will discuss how these cultures have valued jade over time and how it has been used in both everyday life and ceremonial contexts. From the symbolic meanings attached to jade to the intricate designs used in carving, this talk will provide an in-depth insight into the cultural significance of jade across three distinct cultures.

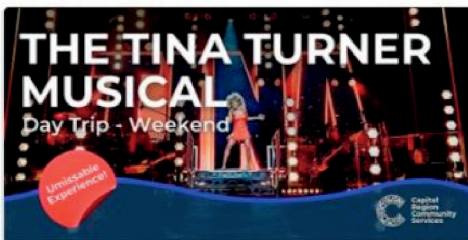
This talk is a must-see for anyone interested in the history and cultural significance of jade. Don't miss out

on this rare opportunity to learn from an expert in the field. Join us for some fascinating insights, beautiful visuals, and engaging discussion while enjoying lunch together.



Talk is at Belconnen Community Centre | Meeting Room 2 | from 12:00pm to 3:00pm | Please Book if you would love to join
| Cost: \$15 | Lunch provided

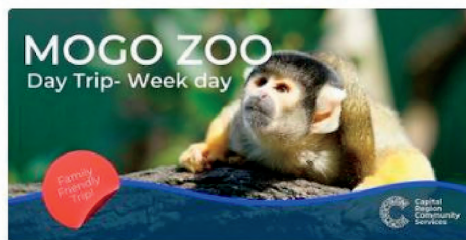
CRCS Bus Tours



Sat 9th Sep 2023, 7:00 am - 8:30 pm AES...

The Tina Turner Musical Day Trip

Theatre Royal Sydney 108 King St, Sydney NSW 2000, Australia



Wed 13th Sep 2023, 7:15 am - 8:45 pm AE...

Mogo Zoo Day Trip

Mogo Wildlife Park Mogo Zoo, 222 Tomakin Rd, Mogo NSW 2536, Australia



Thu 28th Sep 2023, 7:15 am - 11:00 pm AE...

Cowra Japanese Gardens Tour- Weekday

Cowra Japanese Garden and Cultural Centre Ken Nakajima Pl, Cowra NSW 2794, Australia

- [Cowra Japanese Gardens](#)
- [The Tina Turner Musical day trip](#)
- [Mogo Zoo](#)

Scan The QR code to buy tickets and find more information

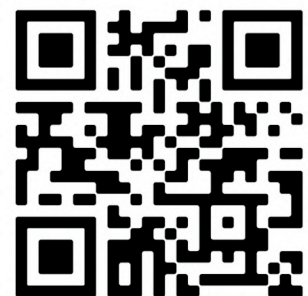
For more information and enquiries about Bus Tours please contact the tours team via email at coach@crccs.com.au or by phone on 02 6278 8124

Alternatively, use the link below to find more information about CRCS excursions on our website.

<https://crccs.com.au/programs-services/excursions/>

Link for purchasing bus tour tickets on Humanitix:

<https://events.humanitix.com/organisers/615280d75b8fee0b2dc5fd9d>



Please keep an eye on humanitix website (the link above or QR code) as we are planning some exciting trips in July

New Activities:

- Online Activity:** we are excited to announce that some of our activities from Involve Group Program is now offering online classes in addition to our physical classes! Our online classes are running simultaneously with our physical classes, which means you can choose to attend either the physical or online classes, depending on your preference. A link will be provided through email. Please note: The online access will be a look into the group only and you will not be able to communicate with the group.



CRCS Gym Classes

Involve participants are able to attend any of the CRCS gym classes held at BCC for just **\$5** per class.

Gym Class	Tuesday	Wednesday	Friday
Swiss Ball: Exercises which use large inflated exercise-balls to improve balance, stamina and fitness.	9:30am - 10:30am		
Mature Strength: Basic weight exercises combined with machine exercises to improve fitness and strength.			9:45am - 10:45 am
Mature Fitness: Activities to improve strength, balance, & coordination, no machines used in this class.			11:00am - 12:00pm
Mature Multi Fitness: Low impact cardio & strength activities including cross training, interval training and cross fit.		12:45pm - 1:45pm	
Back in Balance: Exercises designed to help with falls prevention and support free and easy daily movement.		1:45pm - 2:45pm	
Mature Movement: Advanced cardio & strength based activities for those looking for a bit more of fitness challenge.			12:30pm - 1:30pm

Enrolling in Groups

Please complete an enrolment form and return via scan to involve@crs.com.au or by handing in to reception or to the group facilitator during programs. Enrolment forms can be found at reception.

Participants must first be registered with the Commonwealth Government's My Aged Care Program to enroll in Involve. Contact Reception on **6264-0200** if you need help with the process.

How to contact the Involve Team

Visit Belconnen Community Centre (BCC) 23 Swanson Court, Belconnen ACT.

Call Inoeg on **6278-8184** or Tracy on **6278-8113**

Phone **6264-0200** (Payment for Involve Groups only)

Email involve@crs.com.au

BEST Club

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

What's On July 2023

- 4 July : Christmas in July Lunch @ Gungahlin Lakes
- 11 July : Belconnen Senior Singers
- 18 July: Chair Yoga
- 25 July : St John's Project Resilience program



Monthly Group Activities

- Tuesday 11 July: Book club - 2:30pm - 4:00pm \$6
- Tuesday 18 July : Language Group - 2:30pm - 4:00pm \$6
- Tuesday 25 July : I.T. Class - 2:30pm - 4:00pm \$6





3 July: Tuggeranong Town Park Beach

Walkies: Starting point is at Tuggeranong town park beach walk through the nature play, Tuggeranong College and local CBD

Talkies: We will talk about how Tuggeranong urban

10 July : Carilion to National Portrait Gallery

Walkies: Walk from National Carillon pathway towards National Portrait Gallery.

Talkies: The new National Portrait Gallery is the most significant building to be constructed in the Parliamentary Triangle in the last 20 years. Won through an open international design competition by Johnson Pilton Walker in 2005, the 14,000m² building provides exhibition space for approximately 500 portraits in a simple configuration of day-lit galleries. while we are there we will explore the current exhibition, with the title of: **GULGAWARNIGU, Thinking of something, someone.**

17 July: Yerrabi Pond, Gungahlin

Walkies: Starting from suburban walk path towards Yerrabi pond located at the heart of Gungahlin. We will walk through nice and easy path around the pond and enjoying coffee at the end of the walk at The Raides

Talkies: The pond loop distance is 4.2km. This pond is a very popular area for birding, Fishing and Running.

24 July: Point Hut Pond District Park

Walkies:

Talkies: Point Hut Pond District Park covers 3.6 hectares and features a 2.7 kilometer shared pathway around the pond, which is perfect for family bike rides.

The park has a shaded play area with climbing structures and a super slide. It also has a basketball court, barbecues, picnic facilities and public toilets.

31 July: Australian War Memorial

Walkies: Starting walk at New Zealand memorial toward the National War Memorial building.

Talkies: The term 'ANZAC' stands for 'Australian and New Zealand Army Corps'. The Anzac legend has its roots in Gallipoli and the First World War, when Australian and New Zealand soldiers landed on the Gallipoli Peninsula in Turkey on 25 April 1915.

NOTICE BOARD

Walkie Talkies: Adding Humpy hall as a new pickup point has been started, Pickup at Humpy Hall is at 10:30am and Belconnen Community Centre at 10:40am

Expressions of Interest on Language Classes of Indonesian and Bislama (Vanuatu/Pacific), Please email us.

Singers Wanted: Ukulele group is looking for some singers, please reach us if you want to join the fun group and adding some more songs in your song list.

Bunnings Workshop: There will be no Workshop in July.

Involve Fun!



Out and About - Civic



Walking Group - Yurralumla



Treasure Hunter



Walking group - Parliament House



Parliament House



Yass



Involve Activities

Participants must be registered with My Aged Care and have a Commonwealth Home Support Programme (CHSP) Social Group Referral Code to enroll in Involve activities. If you are a Home Care Package (HCP) recipient, or a Full Fee participant, please contact the CRCS Community Care Team on **6278 8101** to discuss eligibility and pricing.

- **Walkie Talkies \$6:** Join us every Monday for our walking group, we meet at the Belconnen Community Centre (BCC) and Humpy Hall. We go to various places around Canberra for walks, 10:00am - 2:00pm.
- **Best Club \$13:** Meet at Raiders Club Kippax every Tuesday from 10:30am - 1:30pm, enjoy morning tea while connecting with others, then enjoy lunch (at participants' own expense) in the Club restaurant at 12:30 pm. There's often special guest presenters and monthly excursions.
- **Gym Sessions \$5:** Held in the BCC gym on **Tuesdays** for Swiss Ball 9:30-10:30, **Wednesdays** for Mature Multi Fitness 12:45 - 1:45pm, Backs in Balance 1:45-2:45pm and **Fridays** for Mature Strength 9:45-10:45am, Mature Fitness 11:00am -12:00pm and Mature Movement 12:30-1:30pm.
- **Art Tasters \$8:** Held in the BCC Art Room on Wednesdays 1.30 - 4.30pm, enjoy a rotating roster of activities such as mosaics, ceramics, collage, lino-cut and more.
- **Crafty Creations \$6:** Come along to Meeting Room 2 every Thursday from 1:30 - 3:30pm to create new craft projects over afternoon tea, or bring along a project you are working on.
- **Ukulele Class \$8:** Every Wednesday from 10:30am - 12:30pm, enjoy our supportive group and explore your hidden talent | [Online viewing available](#)
- **Drumming Class \$8:** Join our drumming group and learn some rhythm together every Thursday from 10:30am - 12:30pm. | [Online viewing available](#)
- **Movie \$8 (alternate) Fridays:** Enjoy a movie together at Hoyts Belconnen, information about the movie/time will be sent out by email. *RSVP required for this activity*
- **Bunnings Workshop \$6:** Held on the 2nd Wednesday of the month 1:30 - 3:30pm, grow your DIY skills with the help of visiting Bunnings staff.
- **Treasure Hunters \$8:** Meet at BCC or Humpy Hall before we head off to the various op-shops around Canberra and surrounds together and hunt for bargain treasure. 9:30am - 3:30pm *RSVP required for this activity*
- **Out and About \$ Cost Varies:** Enjoy exploring different locations in Canberra and beyond, times and destination to be confirmed. *RSVP required for this activity*
- **Chair Yoga \$6:** Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga can include improved flexibility, better concentration, increased strength and fun.
- **Book Club \$6:** Enjoy reading? Come along to the CRCS book club – all welcome!

RSVP: Some activities require an RSVP in advance so we can purchase items like tickets, catering, equipment or seats on buses. Should you need to cancel once an RSVP has been received, no refund will be given as the items required for your attendance would have already been purchased.

Transport: If you require transport from your home to the Belconnen Community Centre (BCC) or group meeting point, you will need to book it separately by calling the CRCS transport team on **6278 8124** (you will require the Transport Referral Code).

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 July</p> <p>Walkie Talkies - Tuggeranong town park beach Humpy hall 10:30am BCC 10:45am Chair Yoga 3-4pm @BCC</p>	<p>4 July</p> <p>BEST Club - Christmas in July Lunch 11:30 - 3pm @ Gungahlin Lake Swiss Ball Gym 9:30am @ BCC</p>	<p>5 July</p> <p>Gym 12:45pm and 1:45pm @ BCC Ukulele 10:30am - 12:30pm BCC and Online Art Tasters - Mosaics 1:30pm - 4:30pm</p>	<p>6 July</p> <p>Drumming 10:30am - 12:30pm BCC and Online Crafty Creations - Sewing Napkin Holder 1.30 - 3:30pm @ BCC</p>	<p>7 July</p> <p>Gym 9:45am, 11:00am, and 12:30pm sessions Movie Group - Detailed email will be sent on Wednesday afternoon</p>
<p>10 July</p> <p>Walkie Talkies - Carillion to Nat Portrait Gallery Humpy hall 10:30am BCC 10:45am Chair Yoga 3-4pm @BCC</p>	<p>11 July</p> <p>BEST Club- Belco Senior Singers 10:30 - 1:30pm @ Raiders Club Kippax Swiss Ball Gym 9:30am @ BCC Book Club 2:30pm - 4:00pm @ BCC</p>	<p>12 July</p> <p>Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm BCC and Online Art Tasters - Mosaics 1:30pm - 4:30pm</p>	<p>13 July</p> <p>Drumming 10:30am - 12:30pm BCC and Online Crafty Creations - Sewing Napkin Holder 1.30 - 3:30pm @ BCC</p>	<p>14 July</p> <p>Gym 9:45am, 11:00am, and 12:30pm sessions Treasure Hunters - South side of Canberra 9:30am - 3:30pm</p>
<p>17 July</p> <p>Walkie Talkies - Yerrabi Pond, Gungahlin Humpy hall 10:30am BCC 10:45am Chair Yoga 3-4pm @BCC</p>	<p>18 July</p> <p>BEST Club - Chair Yoga 10:30-1:30pm @ Raiders Club Kippax Swiss Ball Gym 9:30am @ BCC Language Club - Indonesian 2:30pm - 4:00pm @ BCC</p>	<p>19 July</p> <p>Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm BCC and Online Art Tasters - Mosaics 1:30pm - 4:30pm</p>	<p>20 July</p> <p>Drumming 10:30am - 12:30pm BCC and Online Crafty Creations - Sewing Napkin Holder 1.30 - 3:30pm @ BCC</p>	<p>21 July</p> <p>Gym 9:45am, 11:00am, and 12:30pm sessions Jade Talk and Lunch - Three cultures, Three values 12-3pm @ BCC</p>
<p>24 July</p> <p>Walkie Talkies - Point Hut Pond Humpy hall 10:30am BCC 10:45am Chair Yoga 3-4pm @BCC</p>	<p>25 July</p> <p>BEST Club - St John's 10:30-1:30pm @ Raiders Club Kippax Swiss Ball Gym 9:30am @ BCC I.T, Support 2:30pm - 4:00pm @ BCC</p>	<p>26 July</p> <p>Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm BCC and Online Art Tasters - Mosaics 1:30pm - 4:30pm</p>	<p>27 July</p> <p>Drumming 10:30am - 12:30pm BCC and Online Crafty Creations - Sewing Napkin Holder 1.30 - 3:30pm @ BCC</p>	<p>28 July</p> <p>Gym 9:45am, 11:00am, and 12:30pm sessions Out & About - TBC</p>
<p>31 July</p> <p>Walkie Talkies - Australian War Memorial Humpy hall 10:30am BCC 10:45am Chair Yoga 3-4pm @BCC</p>	<p>1 August</p> <p>To Be Advised</p>	<p>2 August</p> <p>To Be Advised</p>	<p>3 August</p> <p>To Be Advised</p>	<p>4 August</p> <p>To Be Advised</p>