

# Get Involved

## January 2024

### Merry Christmas and a happy new year!

We're sending this newsletter just before Christmas, so we wanted to wish you all a lovely and restful Christmas! We also hope those who attended our Involve Christmas party had an excellent time, we certainly did! It was a great way to end the year, all coming together to celebrate.

At CRCS, we are excited about what we have planned for our Involve program in 2024. You will see the favourites are still running, as well as some new ones, and we are bringing some old groups back by popular demand.

To enable that, we are removing some less popular groups; if you really want them to return, please let us know!

Full details of our program changes are on page 5.

Don't forget that we love hearing your ideas and suggestions. Please send an email to [feedback@crcs.com.au](mailto:feedback@crcs.com.au) or talk to us about what you want the Involve program to include.

You can also give your thoughts on our programs through our quarterly Participatory Advisory Committee (PAC) meetings. Our next meeting is scheduled for 22 February. Contact [community@crcs.com.au](mailto:community@crcs.com.au) to get involved.

### 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](mailto:involve@crcs.com.au) or calling 02 6278 8184.

If you need help on the day, call Heidi Prowse on 0422622127.



### Involve member tip

We know our Involve members have lots of tips and tricks. Here's just one we've learnt about lately:

#### Alison's tip for picking cherries



"If you go cherry-picking, don't just fill your bucket and then pay for it. Fill your bucket a third of the way, pay and then repeat. This way, the cherries at the bottom of the bucket won't get squashed by the weight of those above!"

# CRCS updates

## Launch of the Social Bean Café and Emporium

On 30 November, over 50 community members joined us for a memorable evening of connection, culture and culinary delights as we officially launched our revitalised [Social Bean Café and our new Emporium](#) at the Belconnen Community Centre.

Local businesses and artisans showcased their unique wares, from handcrafted treasures and recycled gems to one-of-a-kind creations, including:

- Aisha's Collection
- Calico Bubbles
- Daydream Machine (featuring a range of young creators)
- Edward Mowat
- Leena
- Rodie Hair Restoration
- Sumaya's Galleria
- Sajib Paul
- Ze Inspired
- Plus pre-loved fashion from CRCS programs.

For those who were lucky enough to book a dinner table, [Her Kitchen Table](#) took over the cooking for the night and brought us home-cooked meals from around the world, prepared with love by migrant and refugee women right here in Canberra.

Drop by and check out the wares in our Emporium, while enjoying a cuppa and a bite from the Social Bean Café!

- Café open Monday to Friday, 7:30am to 2:30pm
- Emporium open Monday to Friday, 9am to 5pm.

**Do you have some spare time, or do you have a secret skill? We are seeking [volunteers](#) and more [stallholders](#) for the Emporium.**



## Christmas shut-down

Please note that all CRCS facilities, programs and employees will have a shutdown period from close of business on Friday 22 December, starting up again on Tuesday 2 January 2024. This includes the Belconnen Community Centre.

- Our gym programs finished for 2023 on 15 December and will start again on Wednesday 17 January.
- We will continue to provide personal care as agreed with participants on all days except public holidays and weekends.
- Our Wellbeings service will reopen on Monday 8 January.

## Contacts

### Reception

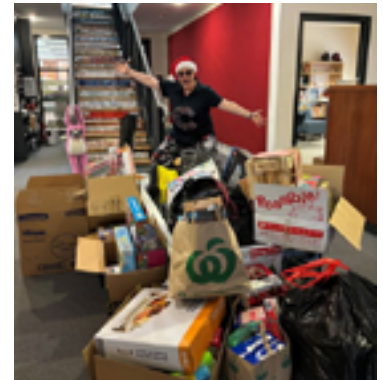
Phone: 02 6264 0200

Email: [contact@crs.com.au](mailto:contact@crs.com.au)

## Giving Tree event

On 24 and 25 November, we invited 80 individuals and families in our programs, including over 125 children, to join us at the Belconnen Community Centre for a free Christmas shopping experience.

These were mainly families from our [education and care services](#) and seniors (both Involve members and those who use our in-home care services to make their lives a little easier through [Home Care Packages](#) and the [Commonwealth Home Support Program](#)).



Thanks to generous donations of food, gifts, vouchers and money from local businesses, schools and community groups, these participants took home a food hamper and presents for under their Christmas tree. Parents got to choose presents for their children, which we gift-wrapped for them. Meanwhile, children enjoyed the play space and picked presents for their parents from a lucky dip.

This was a really special experience for all involved, and we would like to do a shout-out to Aldermane, National Healthcare Services and Radford College - Junior School for their donations. We also couldn't have managed everything without the support of 1andOne Consulting, which donated gifts and volunteered over the two-day shopping event. Thank you!

## What's on at the Belconnen Community Centre

At the **Belconnen Community Theatre**:

- **15 to 24 February:** [Next to Normal](#), presented by Queanbeyan Players. This winner of three Tony awards explores how one suburban household copes with crisis and mental health.

### Contacts

#### Reception

Phone: 02 6264 0200

Email: [contact@crs.com.au](mailto:contact@crs.com.au)

## No waitlist psychology services available

Our [Wellbeings service](#) is a multidisciplinary, allied health practice that believes in accessible, holistic health care for people of all ages and backgrounds.

The team provides high-quality, evidence-based psychology and counselling services in a welcoming environment, with tailored psychological assessment, education and therapeutic interventions to address a range of life challenges and mental health concerns.



Wellbeings is located around the corner from BCC, at 26 Chandler St, Belconnen.

### Contacts

#### Wellbeings

Phone: 02 6264 0200

Email: [wellbeings@crs.com.au](mailto:wellbeings@crs.com.au)

# Hire our coach for your summer adventures

The warmer weather makes it a great time to get out and about with your friends or community group.

Did you know that the same excellent coach we use for our day trips (on page 10) is also available to hire for your private function?

The accessibility and comfort of the coach, combined with our reliable transport services, make our coach private hire service perfect for tours, excursions, clubs trips, special events and more.

All of the spacious passenger seats have seatbelts and armrests and offer USB connectivity. The coach has low-floor kneeling, offering wheelchair accessibility for up to four wheelchairs at a time.

Our local, reliable drivers can take you all around the Canberra region. We also offer tour-planning services, taking the stress away from the planning, and

## Contacts

### Transport

Phone: 02 6264 0200

Email: [coach@crs.com.au](mailto:coach@crs.com.au)

providing your group with an unforgettable experience!

Hire pricing is dependent on your requirements, so please contact our friendly team to discuss your needs, using the [form on our website](#), or give us a call or an email.

## Involve fun over the last month



Christmas party



Paper Crafts



Walkie Talkies at Stella's Café



Walkie Talkies at the Art Gallery



## From our members

*"I'm so glad my daughter pushed me into doing this! I've met some lovely people, and I love the activities."* – Helen



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

Want to join Involve?

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

## 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
- Full-fee participants.

# Involve groups and programs

See the calendar on page 9 to find out when each activity is on.

## January 2024 Involve program changes

### New programs

- We have added a monthly session of our popular **Treasure Hunters** group, this one focused on heading **out of town** to regional op shops and antique stores.
- In a new fortnightly program, we will explore **Hidden Gems** around Canberra. Discover unique cafés and boutique art shops, explore stunning landscapes and have a picnic with scenic views!
- Join our **Lunch with friends** each fortnight. We will be alternating between a catch-up over lunch at the BCC Social Bean Café and heading out to some of the wonderful local restaurants and clubs in our area.

### Temporary changes

The first week of January will have a different timetable. Our usual **Yarn and Stitching** will go ahead. However, the other activities for the week will be:

- **2 January at 10:30am: Screening of Mao's Last Dancer (free).** Based on a memoir written by Chinese-Australian ballet dancer and author Li Cunxin, the film recounts his journey from a young, impoverished village boy destined to labour in the fields of China to a world-famous professional dancer. Location: Belconnen Community Theatre, BCC.

- **3 January at 10:30am: Screening of Invictus (\$free).** Based on the real life of Nelson Mandela, this film recounts his efforts to unify a racially-divided South Africa through sport. Location: Belconnen Community Theatre, BCC.
- **4 January at 12pm: Trivia (\$6).** Location: BCC Emporium
- **5 January from 10am: Ten Pin Bowling (\$27.90 for two games and lunch at own expense).** Meet at Zone Bowling (1 Emu Bank, Belconnen). Afterwards, we will have **lunch at the Light House** (a short walk or own drive away).

As some of our team will be taking leave in January:

- **Ukelele** and **IT for Seniors** will not run on 10 January.
- Our 11 January **Drumming** session will be a participant-led jam.
- **VR** will not run on 11 January. Instead, we will have **Trivia in the Emporium** from midday.
- We will not have a **Nighttime dinner** in January.
- We will not have a **Bunnings Workshop** in January; we will have **Art Tasters** on 17 January instead.

### Cancelled/changed programs

- Due to low participation, we are no longer running **Intergrated sports and games**, **Gardening with Little People** or our **Book club**.
- **Culture Tours** will be replaced by **Out and About**, on the fourth Tuesday of the month.
- Our **VR sessions** will now run every second week instead of weekly.

## Contacts

### Involve team

Phone: 02 6278 8113

Email: [involve@crs.com.au](mailto:involve@crs.com.au)

## 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 8.
- **Lunch with Friends (\$15 plus lunch):** A chat and catch up over lunch. Location alternating between the Social Bean Café and some of the wonderful local restaurants and clubs. **Bookings required; max 7 people when not at BCC.** Meet at the location, or let us know if you need transport.
- **Movie group (buy own ticket):** Enjoy a movie at Hoyts Belconnen. Movie and time details will be sent by email. **Bookings required.**
- **Nighttime Dinners (\$8 without transport, \$15 if transport required; meal at own expense):** Join us for a meal, with the location changing each month. Transport available if required (**bookings required, max 7 people**): Pickups from BCC at 4:45pm and Humpy Hall at 5pm.
- **Walkie Talkies (\$6):** Details on page 8.

## 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.
- **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.
- **Yarn and Stitching (\$6):** Learn how to crochet, macrame or knit or bring along your own project to work on while chatting over afternoon tea. Location: BCC Meeting Room 2.

## 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

- **Hidden Gems (\$10):** Explore hidden gems around Canberra, such as unique places for lunch, boutique art shops and picnic spots with stunning views. **Bookings required; max 7 people.** Pickups from BCC at 12:30pm and Humpy Hall at 12:40pm.
- **Op Shop Treasure Hunters Canberra (\$8) and Out of town (cost varies on location, up to \$25):** Group trips to various op shops around Canberra or head out to the surrounding regions to hunt for bargain treasure. **Bookings required; max 7 people.** Pickups from BCC at 9:30am and Humpy Hall at 9:40am.
- **Out and About (\$15):** Short day trips to explore the wonders of national capital and surrounding regions. **Bookings required; max 7 people; may have additional costs (e.g. entry fees).** Pickups from BCC at 9:30am and Humpy Hall at 9:40am.

**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.

## Contacts

### Involve team

Phone: 02 6278 8113

Email: [involve@crccs.com.au](mailto:involve@crccs.com.au)

Some programs change regularly. In January, they are:

- **Art Tasters:** We will be continuing with **Raffia weaving.** Bookings required.
- **Crafts Galore:** Explore **rock art.**
- **Lunch with Friends:** On 16 January, we'll be at **Stella's By the Lake.**
- **Op Shop Treasure Hunters Out of Town:** We'll head to **Goulburn (\$25)**
- **Out and About:** We will head to the **Australian War Memorial,** with lunch at the café.
- **Paper Crafts:** Get messy and make objects with **paper mâché.**



## Walkie Talkies

Our Monday walking group visits various places around Canberra.

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



### 8 January: Kangara Waters to Social Bean Café

**Walkies:** Starting at Kangara Waters, we'll walk along the lake and through John Knight Memorial Park, ending up at the Social Bean Cafe.

**Talkies:** John Knight Park covers 12 hectares and is on the eastern side of Lake Ginninderra. It has play areas, BBQs and water views.

### 15 January: Tidbinbilla (BYO lunch and water; we'll supply tea and coffee)

**Walkies:** We'll enjoy some of the many walking areas that Tidbinbilla has to offer.

**Talkies:** With environments ranging from grasslands to wetlands, and options for walking or biking, Tidbinbilla has something for everyone. Stop at the Visitors Centre to discover where to go, then enjoy a picnic surrounded by nature.

### 22 January: Rond Terrace through Commonwealth Park to Walter Café

**Walkies:** We'll start at Rond Terrace and walk through Commonwealth Park, around Nerang Pooland, and end up at Walter Café.

**Talkies:** Rond Terrace, on the northern foreshore, was originally designed for military events. Commonwealth Park was launched in 1964 and now hosts many of Canberra festivals and concerts.

### 29 January: National Arboretum

**Walkies:** We'll explore some of the beautiful walks around the Arboretum and then enjoy lunch with views out to the lake.

**Talkies:** The National Arboretum was opened in February 2013 and covers 250 hectares. It is devoted to scientific research, growing trees for conservation and educational purposes, with over 44,000 rare and endangered trees.

## 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 January 2024

- 9 January: **Welcome back**
- 16 January: **Bingo**
- 23 January: **Craft**
- 30 January: **Board games.**



# Involve January 2024 calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Jan</b>	<b>2 Jan</b>	<b>3 Jan</b>	<b>4 Jan</b>	<b>5 Jan</b>
<b>Public holiday</b>	Film screening: Mao's Last Dancer: 10:30am-2:30pm	Film screening: Invictus: 10:30am-2:30pm	Trivia in the Emporium: 12-1pm <b>Yarn &amp; Stitching:</b> <b>1:30-3:30pm</b>	Ten Pin Bowling & lunch at the Lighthouse: 10am to 2pm
<b>8 Jan</b>	<b>9 Jan</b>	<b>10 Jan</b>	<b>11 Jan</b>	<b>12 Jan</b>
Paper Crafts: 10am-12pm <b>Walkie Talkies</b> <b>10:30am-2pm</b> Crafts Galore: 12:30-2:30pm <b>Repair, Redesign, Upcycle:</b> <b>3-4:30pm</b>	BEST Club: 10:30am-1:30pm <b>Op Shop Treasure Hunters Out of Town:</b> <b>9:30am-4:30pm</b>	Come sew with Me: 10am-12:30pm <b>Art Tasters:</b> <b>1:30-3:30pm</b>	Drumming: 10am- 12pm <b>Trivia in the Emporium:</b> <b>12-1pm</b> Yarn & Stitching: 1:30-3:30pm	Coach tour: Adaminaby & Lake Eucumbene: 8am-5pm <b>Op Shop Treasure Hunters:</b> <b>9:30am-3:30pm</b>
<b>15 Jan</b>	<b>16 Jan</b>	<b>17 Jan</b>	<b>18 Jan</b>	<b>19 Jan</b>
Paper Crafts: 10am-12pm <b>Walkie Talkies</b> <b>10:30am-2pm</b> Crafts Galore: 12:30-2:30pm <b>Afternoon Cuppa &amp; Chat: 3-4:30pm</b>	BEST Club: 10:30am-1:30pm <b>Lunch with Friends:</b> <b>11:30am-2:30pm</b>	Ukulele: 10am-12pm <b>Come Sew with Me: 10am-12:30pm</b> IT for Seniors: 1-3pm <b>Art Tasters:</b> <b>1:30-3:30pm</b>	Coach tour: Fairground Follies: 7:30am-5pm <b>Drumming:</b> <b>10am- 12pm</b> Hidden Gems: 12:30-3pm <b>Yarn &amp; Stitching:</b> <b>1:30-3:30pm</b>	Movie club: generally between 10am-1pm; timing advised prior
<b>22 Jan</b>	<b>23 Jan</b>	<b>24 Jan</b>	<b>25 Jan</b>	<b>26 Jan</b>
Paper Crafts: 10am-12pm <b>Walkie Talkies</b> <b>10:30am-2pm</b> Crafts Galore: 12:30-2:30pm <b>Repair, Redesign, Upcycle:</b> <b>3-4:30pm</b>	Out and About: 9:30am-3:30pm <b>BEST Club:</b> <b>10:30am-1:30pm</b>	Ukulele: 10am-12pm <b>Come Sew with Me:</b> <b>10am-12:30pm</b> IT for Seniors: 1-3pm <b>Art Tasters:</b> <b>1:30-3:30pm</b>	Coach tour: Batemans Bay River Cruises: 7:30am-5pm <b>Drumming:</b> <b>10am- 12pm</b> Virtual Reality: 1-2pm <b>Yarn &amp; Stitching:</b> <b>1:30-3:30pm</b> Virtual Reality: 2-3pm	<b>Public holiday</b>
<b>29 Jan</b>	<b>30 Jan</b>	<b>31 Jan</b>		
Paper Crafts: 10am-12pm <b>Walkie Talkies</b> <b>10:30am-2pm</b> Crafts Galore: 12:30-2:30pm <b>Afternoon Cuppa &amp; Chat: 3-4:30pm</b>	BEST Club: 10:30am-1:30pm	Ukulele: 10am-12pm <b>Come Sew with Me:</b> <b>10am-12:30pm</b> IT for Seniors: 1-3pm <b>Art Tasters:</b> <b>1:30-3:30pm</b>		



# 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



### Friday 12 January: Adaminaby and Lake Eucumbene (\$55pp)

Departs Humpy Hall at 8am, BCC at 8:15am; leave Adaminaby at 3pm.

Join us in Adaminaby, where the famous Snowy Mountains Hydro-Electric Scheme began. The area is steeped in history: from the Aboriginal groups who lived here or visited for the Bogong moth feasts, to pastoralists and gold diggers.

Includes a stop in Cooma for lunch (at your own expense) and to explore.



### Thursday 18 January: Fairground Follies (\$85pp)

Departs Humpy Hall at 7:30am, BCC at 7:45am; leave Bowral at 2:30pm.

The new and exciting Fairground Follies in Bowral, embraces fun with interactive cultural music, folk art, mechanical music, 100-year-old carousels and much more of the world's greatest museum exhibits from 1840 to 1950.

Enjoy morning tea before a two-hour guided tour through the incredible Fairground Follies. You will also have time to explore Bowral.



### Thursday 25 January: Batemans Bay River Cruises (\$100pp)

Departs Humpy Hall at 7:30am, BCC at 7:45am; leave Batemans Bay at 3pm.

We are thrilled to present this exciting three-hour lunch cruise aboard the MV Escapade, along the beautiful Clyde River. On board, you can indulge in The Boatshed's Famous fish and chips and complimentary tea and coffee, or treat yourself to a drink from their licensed bar (at your own expense).

The lunch cruise includes a 20-minute stop at Nelligen.

### 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 (except for Batemans Bay river cruise).
- 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](https://crcs.com.au/programs-services/excursions)

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

## Contacts

### Transport team

Phone: **02 6278 8124**

Email: [coach@crcs.com.au](mailto: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.

**Note: Gym programs will recommence on Wednesday 17 January 2024.**

## Classes:

- **Back in Balance**<sup>1</sup>: Exercises designed to help with fall prevention & support free and easy daily movement.
- **Building Fitness**<sup>2</sup>: Increase your aerobic fitness, no matter where you are starting from.
- **Building Strength**<sup>2</sup>: Learn how to safely execute movements to get the most out of your workout.
- **Chair yoga**<sup>2</sup>: A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Mature Fitness**<sup>1</sup>: Activities to improve strength, balance, & coordination. No machines are used in this class. Designed for seniors.
- **Mature Multi-Fitness**<sup>1</sup>: Low-impact cardio & strength activities for seniors, including cross training, interval training & cross fit.
- **Mature Strength**<sup>1</sup>: Basic weight exercises combined with machine exercises to improve fitness & strength. Designed for seniors.
- **Open Gym**<sup>3</sup>: Do an assessment with a PT to create a program just for you, or freely use the gym.
- **Swiss Ball**<sup>1</sup>: Exercises using large inflated exercise balls to improve balance, stamina & fitness.
- **Yoga**<sup>2</sup>: 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
	Swiss ball 9:30-10:30am	Building Strength 9:30-10:30am		Mature Strength 9:45-10:45am
		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](mailto:contact@crs.com.au)