

NEWSLETTER

June 2023



As the leaves continue to fall and the air becomes crisp and cool, we are reminded that winter is just around the corner. With the change of seasons, it's time to embrace all that the winter months have to offer. Groups are still on during winter, so don't forget to rug up in your layers to attend the activities, there's something for everyone to enjoy.

The Involve team are excited to welcome winter and all the fun that comes with it.

We can't wait to share all the exciting activities and events that we have planned for this winter season. So, bundle up and get ready to join us as we welcome winter with open arms.

Thank you for being a part of our community and we look forward to sharing the winter season with you!
Warm regards,



Join the private "CRCS Involve Group" on Facebook to find more photos of our recent activities.



Scan The QR code to buy tickets and find more information

CRCS Bus Tours

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

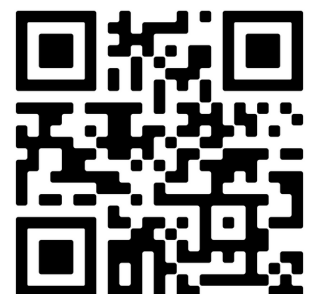
For more information and enquiries about Bus Tours please contact the tours team via email at coach@crs.com.au or by phone on 02 6278 8124

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

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

Link for purchasing bus tour tickets on Humanitix:

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



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!
- **Singing Group \$6:** Showcase your hidden talent by joining our relaxed singing group!

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).

SPEAKER SERIES

involve
SOCIAL GROUPS FOR SENIORS

Local History, Culture and Adventure
Belconnen Community Theatre

Innovative
and
informative

Capital
Region
Community
Services

We're excited to announce the first speaker series event presented by Capital Region Community Services, commencing Thursday, 8th of June. Hosted by former ABC Radio, radio host Phil Staley, the series explores a range of topics that help us to "Age with Purpose" in the great community we call home. We look forward to welcoming you to the Belconnen Community Theatre for these innovative and interactive discussions.

Local History, Culture and Adventure – Our first event on the **8th of June** gives you a dose of local and family history. You'll hear from retired Member of the Legislative Assembly representing Ginninderra and former ACT Minister for Arts Gordon Ramsay. Mr. Ramsay, now head of the Canberra Cultural Facilities Corporation, has a passion for the arts, our museums, cultural precincts and of course the local history of the ACT. It's sure to be a fascinating presentation and of course you're invited to join the conversation. During this event We'll also focus on family history and help you learn ways to discover more about your relatives, even those you didn't know you had!

Technology and Innovation – Our second event on the **15th of June** is designed to help you stay as safe as possible when it comes to internet banking and surfing the web. Last year we saw just how vulnerable even our most reliable institutions can be to cyberattacks and scams with health providers, banks and telecommunication organisations getting infiltrated. During this vital presentation you'll hear from experts from Care Financial about how it aims to protect clients and what you can do as a consumer to stay safe. Then you'll hear from a cyber-security expert who's seen just about every scam there is. How do these scammers get your phone number? How do they know your name? You can ask any questions you like because you're entitled to enjoy your time on the internet.

Social Connection and finding joy and meaning – this might just be the most fun of all our presentations. On **22nd of June** we explore and discuss the immeasurable value of friendship and having fun socialising as we enter an age where we have time on our hands but we don't always know how to spend it. We all go through hard times and face struggles and the family at Capital Region Community Services won't let you go through them alone. You'll be delighted to hear from the ACT's very own Local Hero Dr Shamaruh Mirza, scientist and co-founder of SiTara's Story – an organisation aimed at giving women of diverse backgrounds a safe space to talk about stigmatised and challenging topics without fear or judgement.

Health and Wealth - This special series of Ageing with Purpose culminates a crucial conversation on the **29th of June** about how to heat up your home in winter, the easiest and cheapest way possible. Our host, former ABC radio host Phil Staley has just moved to Canberra from sweltering Cairns so he'll need all the advice you can give! We will be joined by St Vincent De Paul's 'Energy Efficiency' experts for this session. Then you'll be inspired by our special guests Peter Granleese and Lind Hou, (OAM) from the Canberra Blind Society (see biographies below) who'll talk about succeeding in the community no matter what the challenge. Finally in this jam packed event you'll also hear a delightful and personal presentation by a guest speaker from the Mental Illness Education ACT organisation, followed by your opportunity to ask questions and meet our speakers in person.

How to attend:

Please booked online though this link :

<https://events.humanitix.com/ageing-with-purpose-speaker-series> or reach us (Inoeg & Tracy) if you need any help to book.

Involve members drum up applause



Brilliant drummers and close friends Gall Byron and Margaret Juskevics



Awesome drumming performance from the INVOLVE group

It was literally a case of 'standing room only' at the Raiders Club in Belconnen for the drumming and ukulele performed by the amazing INVOLVE team from Capital Region Community Services on Tuesday.

The INVOLVE senior social group took its act "on tour" to the Raiders club in Holt, visiting the Best Club (Belconnen Energetic Seniors who meet on Tuesdays) for marvellous morning of music, singing and cups of tea. Led by the multi-talented program facilitator

Ineog Nugraha, drummers like Maragret Juskevics concentrated hard on the rhythm and never made an error, but reflected on the value of socialising at the group meetings.

"It gave me my life back. This thing here this group literally gave me my life back," she said.

"When my husband died I didn't get out of bed for about four months.

"One day I googled around and found the INVOLVE social group at Capital Region Community Centre and thought I'd give it a go," said Ms. Juskevics.

Retired nurse and fellow INVOLVE drummer Rahini Beaumont said she anticipated becoming lonely as she approached retirement and joined INVOLVE straight away.

"When I came here everyone was so welcoming and eventually lots of others joined who were also retired," she said.

"There were retired judges, retired professors, all kinds of retirees who had become lonely," said Ms. Beaumont.

Close friend Beatrice Williams didn't mind admitting the current group of INVOLVE members are her favourite.

"This is the best group, I think, we're all good friends and all so happy to see each other," said Ms. Williams.

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NOT JUST FRIENDSHIP

It's quite obvious as soon as an INVOLVE member walks into the room how much joy there is. There are waves, hugs and kisses not a frown in sight but Ms Beaumont said there's also a significant cognitive value of the drumming classes.

"When I was a nurse I would often have to do six or eight things all in order and think ahead," she said.

"Drumming is very similar, I keep the rhythm and it even helps me when I stand up or sit down."

"Unfortunately some retirees have accidents for example if the phone rings and they react too quickly trying to stand up; I always try to stay steady and walk with rhythm so the drumming is really good for me, even walking down the street," said Ms Beaumont.

Ineog Nugraha stressed to the Best Club onlookers, some of whom had never seen the drumming performers, that it was very easy and anyone can do it.

"We keep things very simple," Ineog said.

We use things like 'One Ba-na-na' or 'Apple-in-the-bank-on the-drum' rhythms so nobody will get confused.

Speaking of Ineog and fellow program facilitators Tracy Hitchins and Tracy Dodt, INVOLVE drummer Margaret Juskevics insisted on the last word.

"They are all superstars, you make sure you write that down," she said.



" If it weren't for volunteering, I would be sitting at home, doing nothing and getting depressed."



Across Australia, it is estimated that nearly six million (5.897 million) people volunteer through an organisation annually.

It's well-known that volunteering positively impacts communities, but volunteering's most significant impact is on the mental health and wellbeing of those who participate.

Irene Hewitt (77) and Carole Jensen (80), pictured above, are perfect examples of this. These two ladies have volunteered for over a decade at Best Club, a social group program for seniors created by Capital Region Community Services (CRCS) to provide support and connections for elderly people in Canberra.

Without fail, Irene and Carole serve morning tea to Best Club participants each week and provide practical support with activities such as crafts, games and light exercise activities.

"Although the facilitators are the face of Best Club, our volunteers provide a backbone and together, those efforts have created a program in which friendships have flourished, support has been given and received and stories have been shared," says Heidi Prowse, Executive Manager CRCS.

But the sense of helping the community is not only what Carole and Irene have gained through their work at Best Club. Because of this experience, they have become close friends to the point that they have travelled together and volunteering also has improved their mental health and wellbeing.

In Irene's words, "If it weren't for volunteering, I would be sitting at home, doing nothing and getting depressed."

Carole also agrees with this statement given that, like Irene, she joined the group as a volunteer after her husband passed away ten years ago. They were looking for something else to do after this tremendous loss and found in volunteering a new way of reinventing themselves.

"Get out and volunteer because it is good for your health, you will make new friends, you will learn new things and you will serve your community," Irene and Carole recommend to all.

Despite the ACT holding the highest volunteering rate in the country, some volunteer-involving organisations in the Canberra region are struggling to engage new volunteers to continue running their community programs.

Therefore, VolunteeringACT's Annual Volunteering Expo is the perfect opportunity for Canberrans to interact with community organisations and talk with them directly about volunteering opportunities available.

The 2023 Expo will be held on 20 May, from 10 am to 4 pm, at the main hall of Campbell High School. It is a free event for the public, and it will have more than 40 volunteer-involving organisations in one place.

VolunteeringACT CEO Jean Giese encourages people to consider volunteering.

"Volunteering is the perfect way to gain new skills, meet and connect with people. It is an ideal way to transition to employment or retirement and give back to an organisation that aligns with your values."

This article was released by HerCanberra.com.au on the 18 May, 2023



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.
- **Fishing Group:** Do you want to learn a new skill, share your skills or just want to try fishing? Then pack your lunch and join us!



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.		Temporarily not running	9:45am - 10:45 am
Mature Fitness: Activities to improve strength, balance, & coordination, no machines used in this class.		Temporarily not running	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 June 2023

- **June 6th: Belconnen Labor Club**
- **June 13th: Spotlight – Patsy Allan**
- **June 20th: Karaoke**
- **June 27th: Board Games**



Monthly Group Activities

- **Tuesday 6 June:** Book club - 2:30pm - 4:00pm \$6
- **Tuesday 13 June:** Games Galore - 2:30pm - 4:00pm \$6
- **Tuesday 20 June:** Hearing Australia - 2:30pm - 4:00pm FREE
- **Tuesday 27 June:** Singing - 2:30pm - 4:00pm \$6





5 June: Albert Hall to Narra Park and Yacht club

Walkies: We will start walking from Albert Hall, Yarralumla before exploring Narra Park, and then finish the walk at the Yacht Club.

Talkies: The Albert Hall is a hall in Canberra, Australia, used for entertainment. It is on Commonwealth Avenue between Commonwealth Bridge and the Hotel Canberra in the suburb of Yarralumla.

12 June : Public Holiday

19 June: Yarralumla Bay

Walkies: Today we walk through bike path started from Yarralumla bay towards the local CBD.

Talkies: The name "Yarralumla" adopted from the name for an area some 35km to the west surrounding the Goodradigbee River. It is thought the area, spelt 'Yarrowlumla, was so named by the Nymuddy Aboriginal tribe as the river ran through a steep sided valley which made the water flow noise echo In 1881.

26 June: Arboretum

Walkies: We will be walking through a gravel track along the beautiful pine plantation. Not just the plants but the landscape are also stunning!

Talkies: Do you know that in Arboretum we have over 44,000 rare and endangered trees across a 250-hectare site ?

NOTICE BOARD

4 July - Christmas in July: Meet at 11:30am at the Gungahlin Lakes Club and enjoy a 2 course Christmas lunch. Don't forget to mention any dietaries when booking, Cut off day is 23rd of June. Secret Santa for those who would like to participate, max \$20.

21 July - Gems Talk about Jade and lunch the theme of 3 Cultures, 3 Values. Arthur Main will lead the talk. | BCC | 12:00pm - 3:00pm

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.

Involve Fun!



Art Taster - Mozaic



Crafty Creation



Jerrabomberra Wetland



Volunteer Interview - ABC Radio



Yass Trip



Treasure Hunter - Civic



Pide Lunch- Yurralumla



National Museum



Best Club - Celebration

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
29 May Community Centre Closed for Reconciliation Day Public Holiday	30 May BEST Club Swiss Ball Gym 9:30am session	31 May Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm Art Tasters - Mosaics 1:30pm - 3:30pm	1 June Drumming 10:30am - 12:30pm BCC and Online Crafty Creations 1.30pm - 3:30pm	2 June Gym 9:45am, 11:00am, and 12:30pm sessions Treasure Hunters 9:30am - 3:30pm
5 June Walkie Talkies - Albert Hall to Narra Park/yacht Club. Yoga Chair 3:00pm - 4:00pm session	6 June BEST Club- Belconnen Labor Club Swiss Ball Gym 9:30am session Book Club 2:30pm - 4:00pm	7 June Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm BCC and Online Art Tasters - Mosaics 1:30pm - 3:30pm	8 June Speaker: Local History, Culture & Adventure 10am Drumming BCC and Online Crafty Creations Nr	9 June Gym 9:45am, 11:00am, and 12:30pm sessions Movie Group - time TBC
12 June Community Centre Closed for Queen Birthday Public Holiday	13 June BEST Club - Spotlight - Patsy Allan Swiss Ball Gym 9:30am session Games Galore 2:30pm - 4:00pm	14 June Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm BCC and Online Bunnings Workshop - Fine Art 1.30pm - 3:30pm	15 June Speaker: Cyber & Technology 10am Theatre Drumming 10:30am - 12:30pm BCC and Online Crafty Creations 1.30pm - 3:30pm	16 June Gym 9:45am, 11:00am, and 12:30pm sessions Out & About - TBC
19 June Walkie Talkies - Yarralumla 10:00am Yoga Chair 3:00pm - 4:00pm session	20 June BEST Club - Karaoke Swiss Ball Gym 9:30am session Hearing Australia BCC 2:30pm - 4:00pm	21 June Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm BCC and Online Art Tasters - Mosaics 1:30pm - 3:30pm	22 June Speaker: Social Connection 10am Theatre Drumming 10:30am - 12:30pm BCC and Online Crafty Creations 1.30pm - 3:30pm	23 June Gym 9:45am, 11:00am, and 12:30pm sessions Movie Group - time TBC
26 June Walkie Talkies - Arboretum. Meet at BCC 10:00am Yoga Chair 3:00pm - 4:00pm session	27 June BEST Club - Board Games Swiss Ball Gym 9:30am session Walking Plus 10:00am - 2:00pm Singing 2:30pm - 4:00pm	28 June Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm BCC and Online Art Tasters - Mosaics 1:30pm - 3:30pm	29 June Speaker: Health & Wealth 10am Theatre Drumming 10:30am - 12:30pm BCC and Online Crafty Creations 1.30pm - 3:30pm	30 June Gym 9:45am, 11:00am, and 12:30pm sessions Treasure Hunters 9:30am - 3:30pm