

# NEWSLETTER

May 2023



We hope our Involve family enjoyed the April holiday break and you had the opportunity to get out and about to enjoy the beautiful Autumn colours that Canberra provides. Although the weather is rapidly getting cooler, our Involve program is still going strong and we hope that you continue to come along and enjoy the laughter, connections, and activities on offer. Places are still available so, if you or someone you know is interested in enrolling in an activity, please contact reception or the Involve team for assistance.

Throughout May and June, CRCS will be presenting a series of mini seminars with topics of interest to our Involve community. There will be four seminar topics, each offered at a morning and afternoon session. The titles for these seminars are Health and Wealth; Local History, Culture and Adventure; Technology and Innovation; and Social Connection and Finding Joy and Meaning in the Golden Years. Further information will be provided in the near future, including early bird specials for our Involve community, so keep an eye on your in-box.

You may also be interested in some upcoming day trips, offered by CRCS Bus Tours. These include a trip to Cowra Japanese Gardens and another to Mogo at the South Coast. Bus Tours are open to everyone and provide a great opportunity to get away with your friends and family, experience sights and experiences, all while being chauffer driven in the comfort of our coach. Further details, including contact details for our tours program, are listed below. Please don't hesitate to contact the tours team for further information.

Please note that Wednesday morning gym sessions of Mature Strength and Mature Fitness are temporarily on hold while we recruit a new gym instructor to step in for Ryan who is taking some time to spend with his new baby. Although Ryan will be missed at these sessions, we wish him well and hope to fill the gap with someone equally as excellent very soon.



[Join the private "CRCS Involve Group" on Facebook to find more photos of our recent activities.](#)



## CRCS Bus Tours

- Cowra Japanese Gardens
- Mogo Coast Trip

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

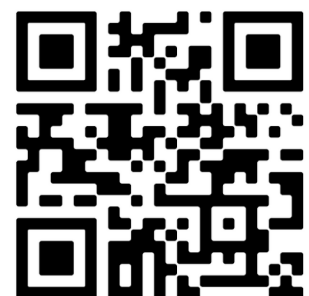
Alternatively, use the link below to find more information about CRCS excursions on our website.

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

Link for purchasing bus tour tickets on Humanitix:

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

Scan The QR code to buy tickets and find more information



# Involve Activities

Participants must be registered with My Age Care and eligible for Commonwealth Home Support Package (CHSP) to enroll in Involve activities. If you are a Home Care Package (HCP) recipient, 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 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 stay and 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 Strength 9:30-10:30am, Mature Fitness 11:30am-12:30pm, 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 - 3:30pm, enjoy a rotating roster of activities such as mosaics, ceramics, collage, lino-cutting 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.
- **Drumming Class \$8:** Join our drumming group and learn some rhythm together every Thursday from 10:30am - 12:30pm.
- **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\*
- **Friday Swagger \$6:** Meet at Birrigai Café every Friday, Kangara Waters, at 9:30 - 11:30am for a stroll around lake Ginninderra.
- **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 before we head off to the various op-shops around Canberra 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\*

**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).

# New Activities:

- **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!
- **Fishing Group \$10:** Do you want to learn a new skill, share your skills or just want to try fishing? Then pack your lunch and join us!
- **Photography \$6:** Learn photography techniques and get creative together
- **Swiss Ball \$5:** Exercises which use large, inflated exercise-balls to improve balance, stamina and fitness.



## 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
<b>Swiss Ball:</b> Exercises which use large inflated exercise-balls to improve balance, stamina and fitness.	9:30am - 10:30am		
<b>Mature Strength:</b> Basic weight exercises combined with machine exercises to improve fitness and strength.		Temporarily not running	9:45am - 10:45 am
<b>Mature Fitness:</b> Activities to improve strength, balance, & coordination, no machines used in this class.		Temporarily not running	11:00am - 12:00pm
<b>Mature Multi Fitness:</b> Low impact cardio & strength activities including cross training, interval training and cross fit.		12:45pm - 1:45pm	
<b>Back in Balance:</b> Exercises designed to help with falls prevention and support free and easy daily movement.		1:45pm - 2:45pm	
<b>Mature Movement:</b> 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](mailto: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](mailto: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 May 2023

- **May 2nd: Southern Cross Club**
- **May 9th: Ukulele and Drum Performance**
- **May 16th: Canberra Blind Society**
- **May 23rd: COTA**
- **May 30th: Stroke Safety Talk**



## Monthly Group Activities

- **Tuesday 2 May:** Book club - 2:00pm - 3:30pm \$6
- **Tuesday 9 May:** Photography - 2:00pm - 4:30pm \$6
- **Tuesday 16 May:** Singing - 2:00pm - 3:30pm \$6
- **Tuesday 23 May:** Games Galore - 2:00pm - 4pm \$6
- **Tuesday 30 May:** Games Galore - 2:00pm - 4pm \$6





## **1 May: 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.

## **8 May : Henry Rolland Park to the National Museum of Australia**

**Walkies:** Newly built park that is equipped with a BBQ and gym equipment, located next to the lake. The pathway is connected to the National Museum of Australia.

**Talkies:** We will talk about the history of National Museum of Australia.

## **15 May: Jerrabomberra Wetland to Kingston**

**Walkies:** Walk from Jerrabomberra wetland, with the option of doing the full loop, then walk towards Kingstone foreshore or just straight to Kingston foreshore without doing the full loop (for a shorter walk).

**Talkies:** Jerrabomberra Wetlands Nature Reserve is a nationally important group of small wetlands in central Canberra (the capital of Australia). The Wetlands area is on a part of the Molonglo River - Jerrabomberra Creek floodplain that became permanently inundated when the Molonglo River was dammed to form Lake Burley Griffin in 1964.

## **22 May: Queanbeyan River Track**

**Walkies:** Walking along the Queanbeyan River and crossing a suspension bridge towards the café on the other side of the river.

**Talkies:** Prior to the construction of the original suspension bridge in 1901, the people of Queanbeyan had to make do with only one bridge crossing of the river. At the point where the suspension bridge was later built, there was another crossing consisting of stepping stones.

## **29 May: Public Holiday**

# NOTICE BOARD

**Booking & Payments:** When booking your place in a group, your payment will confirm your place. This becomes necessary when we have a limit on numbers, so always remember to RSVP and pay for your spot with reception early to avoid disappointment.

**Cancelling:** When cancelling your place as a one-off, please remember to give 24 hours notice where possible to avoid being charged. **In the event that you are cancelling a group that involves us purchasing items in advance (such as movie tickets or catering etc.) you will be required to pay with no refund given, as we still need to cover the cost of items purchased from your RSVP.**

**Courtesy:** When attending groups, it is expected that we all (both staff and participants) treat each other with respect at all times and, if at any time, you are feeling that someone is not being respectful please reach out to the group facilitator at the time, or via phone or email if that's your preferred option.

## Involve Fun!



Bunnings Workshop - Making Macramé



Walking Group - Point Hut Crossing



Getting Creative



Art Taster - Lino Cut



Best Club - Brite Note



Queanbeyan hanging bridge



Mount Stromlo

# Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 May</b> Walkie Talkies - Albert Hall - Yacht Club. Meet at BCC 10:00am   Yoga Chair 3:00pm - 4:00pm session</p>	<p><b>2 May</b> BEST Club - Southern Cross Club lunch Swiss Ball Gym 9:30am session Book Club 2:00pm - 3:30pm</p>	<p><b>3 May</b> Gym 12:45pm and 1:45pm sessions <b>NOTE: 9:30am &amp; 11:30am sessions , cancelled for May</b> Ukulele 10:30am - 12:30pm Art Tasters - Mosaics 1:30pm - 3:30pm</p>	<p><b>4 May</b> Drumming 10:30am - 12:30pm Crafty Creations 1.30pm - 3:30pm</p>	<p><b>5 May</b> Gym 9:45am, 11:00am, and 12:30pm sessions Treasure Hunters 9:30am - 3:30pm</p>
<p><b>8 May</b> Walkie Talkies - Henry Rolland Park - Nat Museum. Meet at BCC 10:00am   Yoga Chair 3:00pm - 4:00pm session</p>	<p><b>9 May</b> BEST Club - Ukulele and Drumming Performance Swiss Ball Gym 9:30am session Photography 2:00pm - 4:30pm</p>	<p><b>10 May</b> Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm Bunnings Workshop - Wood Burning 1.30pm - 3:30pm</p>	<p><b>11 May</b> Drumming 10:30am - 12:30pm Crafty Creations 1.30pm - 3:30pm</p>	<p><b>12 May</b> Gym 9:45am, 11:00am, and 12:30pm sessions Movie Group - time TBC</p>
<p><b>15 May</b> Walkie Talkies - Jerrabomberra Wetland - Kingston Meet at BCC 10:00am   Yoga Chair 3:00pm - 4:00pm session</p>	<p><b>16 May</b> BEST Club - Canberra Blind Society Swiss Ball Gym 9:30am session Singing 2:00pm - 3:30pm CRCS Open Day</p>	<p><b>17 May</b> Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm Art Tasters - Mosaics 1:30pm - 3:30pm</p>	<p><b>18 May</b> Drumming 10:30am - 12:30pm Crafty Creations 1.30pm - 3:30pm</p>	<p><b>19 May</b> Gym 9:45am, 11:00am, and 12:30pm sessions Out &amp; About National Zoo and Aquarium</p>
<p><b>22 May</b> Walkie Talkies - Queanbeyan River Track Meet at BCC 10:00am   Yoga Chair 3:00pm - 4:00pm session</p>	<p><b>23 May</b> BEST Club - COTA Swiss Ball Gym 9:30am session Games Galore 2:00pm - 3:30pm</p>	<p><b>24 May</b> Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm Art Tasters - Mosaics 1:30pm - 3:30pm Out &amp; About Bowral Trip TBA</p>	<p><b>25 May</b> Drumming 10:30am - 12:30pm Crafty Creations 1.30pm - 3:30pm</p>	<p><b>26 May</b> Gym 9:45am, 11:00am, and 12:30pm sessions Movie Group - time TBC</p>
<p><b>29 May</b> Community Centre Closed for Reconciliation Day Public Holiday</p>	<p><b>30 May</b> BEST Club - Stroke Safety Talk Swiss Ball Gym 9:30am session Walking Plus 10:00am - 2:00pm Games Galore 2:00pm - 4:00pm</p>	<p><b>31 May</b> Gym 12:45pm and 1:45pm sessions Ukulele 10:30am - 12:30pm Art Tasters - Mosaics 1:30pm - 3:30pm</p>	<p><b>1 June</b> TBA</p>	<p><b>2 Jun</b> TBA</p>