

Get Involved

November 2023

New programs

We're excited about our recent improvements and new programs, and wanted to highlight two new programs starting in November for our Involve members.

- **Join us for dinner:** The first is a dinner catch-up, with the first being at Snapper & Co at the Southern Cross Yacht Club. We will be doing a pickup at BCC and Humpy Hall, so if you are wanting to get out at night but don't want to drive, this is for you. If this proves popular, we will be continuing with a different dining location each month.
- **Let's have a cuppa:** The second program is an Afternoon Cuppa and Chat on every second Monday in November. Sometimes, chatting about the worries of your world is all we need to keep going! Depending on interest, we will look at adding this to our regular activity schedule.



Member's story: Anu



Anuroop (Anu) first engaged with the Involve program in September, doing Paper Craft on a Monday morning. She had never done anything like it before but, by the end of the first session, she had made three cards!

Then Anu join us for Gardening on Tuesday mornings. Having planted a pot of petunias for the Belconnen Community Centre in the first week, she decided to bring her grandson with her to the next session. They both had an excellent time painting plant pots and rocks for the garden.



"In my country, we never did anything like this. I have had lots of fun and I very much love coming to the centre."

Involve member tip

Our Involve members have lots of tips to share. Here's one we learnt recently:

Helen's travel tip

Having had her bag stolen while travelling, Helen now stores her credit card in her bra. She hasn't had any issues since (except maybe some odd glances when she has gone to pay for items)!

CRCS updates

Could you use a little more support at home?



We provide a range of high-quality in-home and social support services to help you continue to live independently in your home. We have a particular focus on people with Commonwealth Home Support Program (CHSP) packages and Home Care Packages (HCP), but can also provide services for a fee for others who would benefit from in-home support.

Depending on your package, as assessed by My Aged Care, we can enable your independence through:

- domestic assistance (such as chores or meal preparation)
- personal care
- home maintenance and gardening
- flexible in-home respite
- social support both one-on-one and with groups
- transport to/from appointments.

Our services can help make life more convenient for you. You deserve it!

Find out more at <https://crs.com.au/programs-services/categories/senior-services> or contact our friendly team.

Contacts

Community Care team

Phone: 02 6278 8101

Email: packages@crs.com.au



Giving Tree appeal

We will soon be launching our annual Giving Tree and once again asking our community to donate gifts suitable for children, parents or our senior community.

- All gifts must be unwrapped and as new.
- You can donate at any of our offices or Early Childhood Centres, or register to host a Giving Tree location by emailing contact@crs.com.au.
- All gifts must be dropped off by 22 November, or call us to book in a pick up on 23 November 2023.

Thank you in advance for your support for those in our community in need!



Foyer improvements

If you dropped by BCC over the last week, you might have seen a flurry of activity as we repainted the foyer with the help of volunteers from Deloitte. This is not just a refresh of our space but a sign of big changes to come!

Emporium

Since it began, our Social Bean Café has been a place for our community to gather. It is now going to expand, with our foyer becoming an Emporium where you can support local emerging artisans, enjoy a delicious meal or simply connect with your neighbours and friends.

We will have cycling stalls where you can peruse goods from emerging businesses, artists and entrepreneurs, as well as items designed and created in our social programs.



Emporium concept

Extended hours and menu

To complement this change, Social Bean Café will have expanded opening hours and an enhanced menu. With refreshed seating, it will be a cozy environment for coffee, pastries and a casual lunch.

We are also exploring other options to transform the care in future.

We will keep you updated on when we are opening so you can come along to our launch event and enjoy our refreshed community space.

November events & activities

What's on at the Belconnen Community Theatre

- 23 November, 10:15am: [Free movie screening: Judy](#). Join us for this 2019 biographical film about the tumultuous life of Judy Garland.

What's on at the Belconnen Community Gallery

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

Contacts

Reception

Phone: 02 6264 0200

Email: contact@crs.com.au

Other community events coming up

Orange Day 2023 Symposium

Initiatives For Women In Need (IWIn) invites all interested members of the ACT Community to join them, the South Asian Federation ACT (SAFACT) and the Multicultural Hub (MHUB) on Saturday 25 November, as a part of the United Nation (UN) Secretary-General's UNiTE campaign, "Orange the world". This event is about taking action as a community to says 'NO' to violence against women.

This symposium is open to all genders and includes an interactive information session on how to end violence against women. There will also be an interactive panel discussion and networking opportunities in a culturally safe environment.

Find out more and book tickets at <https://events.humanitix.com/orange-day-2023-symposium>

Involve fun over the last month



Bowral day trip



Mogo Zoo trip



From our members

"[The Repair, Redesign, Recycle program is] completely awesome, I've learnt a lot. The program makes me happy, relaxed and a great sense of accomplishment." — Rhonda



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
- Full-fee 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 8 to find out when each activity is on.

November Involve program changes

New groups:

- Afternoon Cuppa and Chat
- Nighttime Dinners.

Cancellations:

- Come Sew with Me will not run on 22 November.

Time changes:

- Repair, Redesign, Recycle will now run every second week.

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 7.
- **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 7.

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.

Contacts

Involve team

Phone: 02 6278 8113

Email: involve@crs.com.au

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

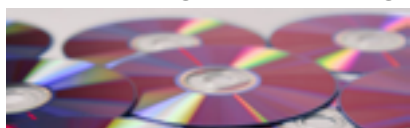
- **Culture Tours (\$15):** Visit historic locations, galleries and museums around Canberra. **Bookings required; max 7 people; may have additional costs (e.g. entry fees).**

- **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.**

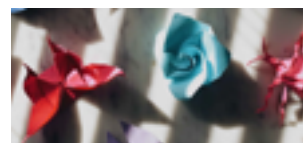
Other activities

- **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 November, they are:



- **Art Tasters:** Use CDs to make a **mosaic tray**.
- **Crafts Galore:** Make **Christmas decorations** from air dry clay.
- **Culture Tours:** Location: **National Art Gallery**. We'll enjoy some of the many touring exhibitions as well as the permanent collection.
- **Integrated sports and games:**
 - **14 Nov:** Walk along the lake and through John Knight Memorial Park. Meet at BCC reception.
 - **28 Nov:** Pickleball in the BCC Sports hall.
- **Paper Crafts:** **Origami gift cards with flowers or butterflies.**



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.

6 Nov: Jerrabomberra

Walkies: Start at Peter Bray Walk, make our way around Lake Jerrabomberra and onto Suppetó Collective Cafe

Talkies: The first home in Jerrabomberra was built in 1988, but it had been used as farmland since the early 1800s. Peter Bray was a Deputy major in Queanbeyan and an ACT volunteer.

13 Nov: Cotter Dam

Walkies: Drop off at the Cotter and we'll enjoy many of the walks it has to offer.

Talkies: Cotter Dam was built in 1912 and was Canberra's main water supply until 1960. The Dam was enlarged in 2013 and now covers 44 hectares.

20 Nov: National Carillion

Walkies: Start at the National Carillion and walk across the Kings Ave bridge to the Art Gallery Café.

Talkies: The Carillion was built from 1967 to 1970. The three columns symbolise the British and Australian governments and the city of Canberra.

27 Nov: Kingston

Walkies: From Bowen Park, walk through part of Telopea Park and onto Kingston.

Talkies: Bowen Park is on the shores of the lake and has the Hungarian Gate. Telopea Park is one of the oldest parks in Canberra.



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 November 2023

- **7 Nov: Federation Square and lunch at Café Injoy.** Meet at Raiders Club at 10am, return at 2pm.
- **14 Nov: Bingo**
- **21 Nov: Board games**
- **28 Nov: Craft.**



Involve November calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Nov Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	2 Nov Drumming: 10am–12pm Virtual Reality: 1–2pm Yarn & Stitching: 1:30–3:30pm Virtual Reality: 2–3pm	3 Nov Coach tour (Tumut): 8am–5:30pm Movie club: generally between 10am–1pm; timing advised prior
6 Nov Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Recycle, Redesign: 3–4:30pm	7 Nov Gardening with little people: 9:30am–12pm BEST Club: 10:30am–1:30pm	8 Nov Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Bunnings workshop: 1:30–4:30pm	9 Nov Drumming: 10am–12pm Virtual Reality: 1–2pm Yarn & Stitching 1:30–3:30pm Virtual Reality: 2–3pm	10 Nov Coach tour (Kangaroo Valley): 8am–5:30pm Op Shop Treasure Hunters: 9:30am–3:30pm
13 Nov Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Afternoon Cuppa & Chat: 3–4:30pm	14 Nov Gardening with little people: 9:30am–12pm BEST Club: 10:30am–1:30pm Integrated Sports & Games: 2.30–4.30pm Nighttime dinners: 5:30–7:30pm	15 Nov Coach tour (Goulburn): 8am–4:30pm Ukulele: 10am–12pm Come Sew with Me: 10am–12:30pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	16 Nov Drumming: 10am–12pm Virtual Reality: 1–2pm Yarn & Stitching 1:30–3:30pm Virtual Reality: 2–3pm	17 Nov Movie club: generally between 10am–1pm; timing advised prior
20 Nov Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Repair, Recycle, Redesign: 3–4:30pm	21 Nov Gardening with little people: 9:30am–12pm BEST Club: 10:30am–1:30pm Cultural Tour (National Art Gallery): 1–4pm	22 Nov Ukulele: 10am–12pm IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	23 Nov Drumming: 10am–12pm Free movie: Judy: 10:30am–12:30pm Virtual Reality: 1–2pm Yarn & Stitching 1:30–3:30pm Virtual Reality: 2–3pm	24 Nov Coach tour (Mogo): 8am–5:30pm Op Shop Treasure Hunters: 9:30am–3:30pm
27 Nov Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm Afternoon Cuppa & Chat: 3–4:30pm	28 Nov Gardening with little people: 9:30am–12pm BEST Club: 10:30am–1:30pm Integrated Sports & Games: 2.30–4.30pm	29 Nov Ukulele: 10am–12pm Come Sew with Me: 10am–12:30PM IT for Seniors: 1–3pm Art Tasters: 1:30–3:30pm	30 Nov Drumming: 10am–12pm Virtual Reality: 1–2pm Yarn & Stitching 1:30–3:30pm Virtual Reality: 2–3pm	



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 3 Nov: Explorer series: Tumut (\$45)

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

Explore Tumut, a delightful town in the Riverina region, situated on the banks of the Tumut River. Local attractions include Tumut River Brewing Company, Tumut Broom Factory and a Community Labyrinth For Peace. Includes a quick stop in Yass.



Friday 10 Nov: Explorer series: Fitzroy Falls and Kangaroo Valley (\$45)

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

Kangaroo Valley has so much to offer: incredible natural scenery, gourmet food, local wines and produce and historical pioneer sites. Highlights include Fitzroy Falls, Hampden Bridge, and the Kangaroo Valley Pioneer Village Museum (additional entry fee of \$5).

Includes a quick stop in Marulan.



Wednesday 15 Nov: Explorer series: Goulburn (\$45)

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

Be enticed by the country charm of Australia's first inland city. Goulburn highlights include Belmore Park, Rocky Hill War Memorial and Museum, The Big Merino and the Heritage Railway Museum.



Friday 24 Nov: Explorer series: Mogo (\$45)

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

There's plenty to keep you busy in Mogo! Home to a small group of craftspeople and artists, this adorable town features the Mogo Zoo, Mogo Lolly Shop, and a delightful strip of cafes, galleries and shops.

Includes a stop in Braidwood.

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.

- **Back in Balance**¹: Exercises designed to help with fall prevention & support free and easy daily movement.
- **Building Fitness**²: Increase your aerobic fitness, no matter where you are starting from.
- **Building Strength**²: Learn how to safely execute movements to get the most out of your workout.
- **Chair yoga**²: A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Circuit**²: A high-intensity workout rotating through stations targeting different muscle groups with minimal rest in between, to improve cardiovascular endurance, strength & flexibility.
- **Dance Aerobics**²: A high-energy fitness program combining choreographed dance routines with aerobic exercise to improve cardiovascular health, strength & coordination.
- **Mature Fitness**¹: Activities to improve strength, balance, & coordination. No machines are used in this class. Designed for seniors.
- **Mature Movement**¹: Advanced cardio & strength-based activities for those looking for a bit more of a fitness challenge. Designed for seniors.
- **Mature Multi Fitness**¹: Low-impact cardio & strength activities for seniors, including cross training, interval training & cross fit.
- **Mature Strength**¹: Basic weight exercises combined with machine exercises to improve fitness & strength. Designed for seniors.
- **Open Gym**³: Do an assessment with a PT to create a program just for you, or freely use the gym.
- **Swiss Ball**¹: Exercises using large inflated exercise balls to improve balance, stamina & fitness.
- **Yoga**²: A physical, mental and spiritual practice combining postures, breathing exercises & meditation to enhance well-being & 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			
Circuit 9:30-11:30am	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		Mature Movement 12:30-1:30pm	
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

