

Get Involved

October 2023

Welcome to our new-look newsletter for Involve participants!

As mentioned in the last newsletter, we're trying to make this publication more usable for you and have designed a new format. We would love your feedback on it! Please send your thoughts to marketing@crcs.com.au.

Showcasing our new programs

We're excited about our recent improvements and new programs, and wanted to highlight two of the new programs.

Paper craft

Join Tracy in the Belconnen Community Centre (BCC) Art Room from 10am–12pm on Mondays to craft with paper. Tracy will have great ideas for you, or come with your own! Techniques you will cover include quilling, stamping for card making and scrapbooking.

Repair, Redesign and Upcycle

From 3–4:30pm on Mondays, join Therese in BCC Meeting Room 1 to repair or repurpose garments and other items. Therese will show you how to sew on buttons, hem clothes or repair holes. If you have a garment you love but don't wear, turn it into something new: turn a cardigan into a cushion, or a button-down shirt into an apron! We'll also be upcycling paper shopping bags into Christmas decorations. The sky's the limit!

This is the time to try something new.



Involve member tip

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

Irene's microwave poached egg

1. Add water to a small bowl.
2. Crack an egg into the water.
3. Cover with plastic wrap.
4. Cook in the microwave for 30 sec.

How easy is that?



CRCS updates

Involve art exhibition

Thanks to everyone who joined us for the Involve Group art exhibition opening. This is a truly uplifting and inspiring exhibition, based on the theme of Art and Friendship.



We all had a great time viewing the art, enjoying the live performance from our drumming and ukulele group, and generally catching up over a nibble. At CRCS, we are honoured to have enabled this display of social connection and creativity.



The exhibition is on display at Belconnen Community Gallery until 28 September.

More than just childcare

Do you have grandchildren or great-grandchildren in need of early childhood education and care? As those Involve members who enjoyed drumming with children last month would know, CRCS runs four early childhood services across Belconnen and Bruce (including one in the Belconnen Community Centre).

We have availability to welcome more children into the CRCS family, if anyone you know needs early childhood services.

Find out more on [our website](#).



Coach hire



Many of you know the comfort and ease of taking trips on our community coach. But did you know that the coach is available to hire? Our coach hire service is perfect for tours, excursions, sports club trips, special events and more.

We can cater for all your event travel needs, including tour-planning services. Our local, reliable drivers can take you all around the Canberra region.

Let us transport you and your group to your destination in comfort and style.

Find out more on [our website](#).

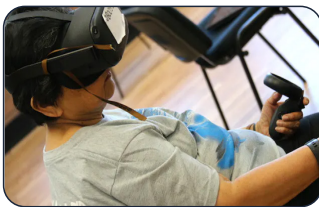
Noticeboard



Plant pots needed: Do you have any old plant pots over about 20cm high that are in good condition and no longer need or want them? We would be grateful to take them off your hands! (Please not the thin plastic style you buy plants in.)

Please either leave them at BCC reception or contact **Therese** on **02 6264 0200** and we will arrange to pick them up.

Fun over the last month



From our members

"VR makes me feel in control." — Trevor



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

October events & activities

CRCS events

What's on at the Belconnen Community Theatre

- 22 to 29 Sep: [Pirates of Penzance](#) by Child Players ACT
- 30 Sep: [Green Oak Theatre's Cabaret 2023](#)
- 10 Oct: CRCS World Mental Health Day event
- 10 Oct: [Free movie: Rocketman](#), hosted by CRCS
- 14 Oct: [ICW Canberra: Capital Carnage](#)
- 19 to 21 Oct: [Charleston! Musical Theatre Show](#) by Perform Australia
- 22 Oct: [Go-Glow Family Disco](#) by CRCS
- 25 Oct: [Free movie: Mary Queen of Scots](#), hosted by CRCS
- 31 Oct: [Halloween Movie: Coco](#), hosted by CRCS.

Contacts

Capital Region Community Service

Phone: 02 6264 0200

Email: contact@crs.com.au

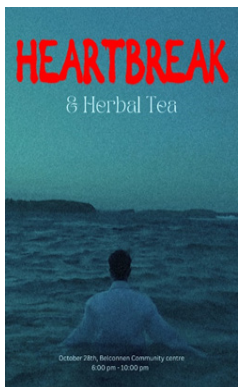


What's on at the Belconnen Community Gallery

- **13 to 28 Sep:** Involve Group art exhibition: Art and Friendship
- **2 to 13 Oct:** BPD Awareness ACT exhibit for Mental Health Month.
- **23 Oct to 8 Dec:** "Dark Snow," an environmental photography exhibition by John Brookes.
- **11 to 22 Dec:** [Bungee youth resilience program](#) exhibition

Other community events coming up

Heartbreak and Herbal Tea



6 to 10pm on 28 Oct, Belconnen Community Centre gym

This multi-sensory art exhibition highlights the human experience of heartbreak and its impact on mental health. You will be immersed in a diverse range of mediums in this journey: paintings, soundscapes, music, short film, herbal tea blends and interactive sections.

Heartbreak & Herbal Tea aims to create a safe and welcoming space where visitors can connect with their emotions and find solace in shared experiences.

Free native plant propagation & care session

2 to 4pm on 14 or 29 Oct, or 10am to 12pm on 12 Nov, Holt Community Micro-Forest

Conservationist and plant propagation enthusiast Blake Canackle will take you through an interactive education session on native plant care and propagation. The session will include basic, smoke and scarification propagation techniques, and tips to help your native garden thrive.

You will be able to take home a small tray of propagated native plants.

Spring Wheelchair Rugby League season

Starting 9am on 24 Sep, Tuggeranong Archery Centre

Wheelchair Rugby League is an all-adaptive, all-inclusive variant of Rugby League that caters to everyone, including those not using wheelchairs. Anyone and everyone can get involved, and you don't need to have played Rugby League or Wheelchair Rugby League before. New players are welcome!

All equipment will be provided; just bring a water bottle and comfortable shoes.

For more information, email Anthony McQueen at amcqueen@raiders.com.au or just show up on Sunday.



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.

Social groups

- **BEST Club (\$13):** Details on page 7.
- **Movie group (buy own ticket):** Enjoy a movie at Hoyts Belconnen. Movie and time details will be sent by email. **Bookings required.**
- **Walkie Talkies (\$6):** Details on page 7.
- **Book Club (\$6):** Enjoy reading? Come along to the CRCS book club: all welcome! Location: BCC Meeting Room 2.

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.

October program

Some programs change regularly. In October, the details are:

- **Art Tasters: Montage.** Using paint, pencil & pastels, create a one-page montage of shapes on any theme you want: floral, anatomy, abstract—the sky's the limit! Turn them into gift cards or use as inspiration for a larger artwork. 
- **Crafts Galore:** Make a **beaded suncatcher.**
- **Culture Tours:** Location: **National Museum of Australia.** We'll wander around the range of exhibitions that the museum has on offer, like Material World and Belonging.
- **Integrated sports and games:**
 - **10 Oct:** Walk along the lake. Meet at BCC reception.
 - **24 Oct:** Badminton in the BCC Sports hall.
- **Paper Crafts: Magazine collage.** Please bring a magazine with images that interest you.

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.

9 Oct: Floriade

Walkies: Stroll around the beautiful gardens at Commonwealth Park.

Talkies: Started in 1988 as a one-off celebration of Canberra's 75th birthday, due to the success it has continued to run.

16 Oct: Albert Hall to Yacht Club

Walkies: From Albert Hall through the beautiful Lennex Gardens around Lotus Bay and finishing at the Yacht Club.

Talkies: Albert Hall was opened in 1928. It was and is still used for entertainment. Lennox Gardens overlook Lake Burley Griffin and houses the Canberra Beijing Garden and Canberra Nara Peace Park.

23 Oct: Tuggeranong Park to Southern Cross club

Walkies: Start at the Tuggeranong Town Park beach walk, go through the nature play, Tuggeranong College and local CBD, finishing at the Southern Cross Club.

Talkies: Tuggeranong Lake was built in 1987 as a settling pond to trap soil and debris. Its shores boast BBQ & picnic areas, walking tracks, a college, businesses and homes.

30 Oct: Questacon to Old Parliament House

Walkies: From Questacon, walk through part of the Parliament Square, finishing at Old Parliament House.

Talkies: Questacon started in a spare room at the Ainslie Public School and was run by volunteers. In 1988, it opened on the shores of the lake. Old Parliament House opened in 1927 and was used until 1988.



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 October 2023

- **3 Oct: National Museum.** Meet at Raiders Club at 10am, return at 2pm.
- **10 Oct: Belconnen Senior Singers**
- **17 Oct: Parkinsons Australia**
- **24 Oct: Lids4Kids tour.** Meet at Raiders Club at 10am, return at 12:30pm.
- **31 Oct: Making Christmas cards.**

Involve October calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oct	3 Oct	4 Oct	5 Oct	6 Oct
Public holiday	Gardening with little people: 9:30am-12pm BEST Club: 10am-2pm Book Club: 2:30-4:30pm	Ukulele: 10am-12pm Come Sew with Me: 10am-12:30pm IT for Seniors: 1-3pm Art Tasters: 1:30-3:30pm	Drumming: 10am-12pm Coach tour (Tulip Top Gardens): 10am-5pm Virtual Reality: 1-2pm Yarn & Stitching: 1:30-3:30pm Virtual Reality: 2-3pm	Movie club: generally between 10am-1pm; timing advised prior
9 Oct	10 Oct	11 Oct	12 Oct	13 Oct
Paper Crafts: 10am-12pm Walkie Talkies 10:30am-2pm Crafts Galore: 12:30-2:30pm Repair, Recycle, Redesign: 3-4:30pm	Gardening with little people: 9:30am-12pm BEST Club: 10:30am-1:30pm Integrated Sports & Games: 2.30-4.30pm	Ukulele: 10am-12pm Come Sew with Me: 10am-12:30pm IT for Seniors: 1-3pm Bunnings workshop: 1:30-4:30pm	Coach tour (Berry Gardens): 7am-5pm Drumming: 10am-12pm Virtual Reality: 1-2pm Yarn & Stitching 1:30-3:30pm Virtual Reality: 2-3pm	Op Shop Treasure Hunters: 9:30am-3:30pm
16 Oct	17 Oct	18 Oct	19 Oct	20 Oct
Paper Crafts: 10am-12pm Walkie Talkies 10:30am-2pm Crafts Galore: 12:30-2:30pm Repair, Recycle, Redesign: 3-4:30pm	Gardening with little people: 9:30am-12pm BEST Club: 10:30am-1:30pm Cultural Tour (National Musuem): 1-4pm	Ukulele: 10am-12pm Come Sew with Me: 10am-12:30pm IT for Seniors: 1-3pm Art Tasters: 1:30-3:30pm	Coach tour (Grenfell): 8am-5pm Drumming: 10am-12pm Virtual Reality: 1-2pm Yarn & Stitching 1:30-3:30pm Virtual Reality: 2-3pm	Movie club: generally between 10am-1pm; timing advised prior
23 Oct	24 Oct	25 Oct	26 Oct	27 Oct
Paper Crafts: 10am-12pm Walkie Talkies 10:30am-2pm Crafts Galore: 12:30-2:30pm Repair, Recycle, Redesign: 3-4:30pm	Gardening with little people: 9:30am-12pm BEST Club: 10:30am-1:30pm Integrated Sports & Games: 2.30-4.30pm	Ukulele: 10am-12pm Come Sew with Me: 10am-12:30PM IT for Seniors: 1-3pm Art Tasters: 1:30-3:30pm	Coach tour (Berrima): 8am-5pm Drumming: 10am-12pm Virtual Reality: 1-2pm Yarn & Stitching 1:30-3:30pm Virtual Reality: 2-3pm	Op Shop Treasure Hunters: 9:30am-3:30pm
30 Oct	31 Oct			
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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.

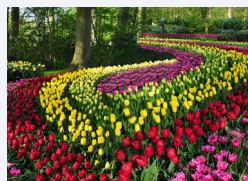
Upcoming tours & excursions



Sun 1 Oct: Festivals: Goulburn Lilac City Festival

Departs Humpy Hall at 9am, BCC at 9:15am.

The Goulburn Lilac City Festival is Australia's longest continuously-run festival. Experience the historic festival established since 1951.



Thursday 5 October: Tours: Tulip Top Gardens

Departs Humpy Hall at 10am, BCC at 10:15am.

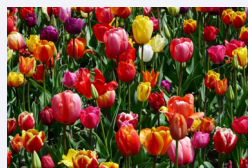
Nestled at Canberra's doorstep is the Tulip Top Gardens in Sutton. Explore these beautiful gardens and enjoy lunch at the café.



Sat 7 October: Family Fun Days: Harden Kite Festival

Departs Humpy Hall at 8am, BCC at 8:15am.

The Harden Kite Festival is a family-friendly event in the Hilltops region of NSW. Enjoy a day out with activities, entertainment, food and kites.



Thur 12 October: Festivals: Berry Gardens Festival

Departs Humpy Hall at 7am, BCC at 7:15am.

Explore the Berry Gardens Festival, showcasing beautiful gardens in and around Berry on the South Coast of NSW.



Thur 19 October: Explorer Series: Grenfell

Departs Humpy Hall at 8am, BCC at 8:15am.

Join us as we embark on the exploration of Grenfell. Featuring the iconic Silo Art, Chrysler Car Museum and Grenfell Railway Station.



Sat 21 October: Temora: A Day at the Lake

Departs Humpy Hall at 7:30am, BCC at 7:45am.

A Day at the Lake will encompass a 'Day on the Green' style, fully licensed event, featuring live music, aircraft displays and air shows.



Thur 26 October: Explorer Series: Berrima

Departs Humpy Hall at 8am, BCC at 8:15am.

Join in, on the exploration of Berrima. Featuring the Australian Alpaca Centre, Lolly Swagman, Harpers Mansion and Berrima Patchwork.

Find our 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			
	Swiss ball 9:30-10:30am	Building Strength 9:30-10:30am		Mature Strength 9:45-10:45am	Dance Aerobics (from 14 Oct) 9:30-10:10am
Circuit 10:30-11:30am		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

