



## New team members, new program, upcoming new format!

First, we want to apologise for the sudden changes last month. We recognise that we did not communicate this properly or with enough notice, and that this caused significant unintended distress to some of our Involve group members.

Thank you to everyone who provided feedback on these changes. We are using this feedback to improve the activities, schedule and communication for our Involve group.

### Involve team

We've had some changes in the Involve team, so we thought this was a great opportunity to introduce the team members to our newer Involve members.



#### Tracy Hitchins

Tracy is a program facilitator who has been with the Involve program since it started in 2020. She is mainly involved in our crafting activities.



#### Helen Langham

Helen is a casual staff member who helps facilitate our Walkie talkies and movie groups.



#### Therese Beckman

Therese is a new program facilitator who joined us last month. A seamstress by trade, she is bringing her extensive experience in teaching sewing to start new programs with us.



#### Lisa Martins

Lisa is our Senior Manager Aged and Disability Services, in charge of the overall Involve program as well as our NDIS and community care programs.



#### Inoeg Nugraha

Many of you will already know and love Inoeg, whose drumming skills reverberate around the Belconnen Community Centre each week. Inoeg is lending his expertise to our Youth Centre three days a week, but will remain working with Involve for the other two days.



#### Deb Bampton

Deb is our Deputy CEO and provides oversight of our programs and services.

### Involve Contacts

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

Phone: 02 6278 8113

## New activity program

We've got exciting additions to the activity schedule, including new **IT for Seniors** classes, **Paper crafts** and **Gardening with little people**.

We've also made changes to some existing activities:

- **Ukulele** and **drumming** classes will now run from 10am–12pm.
- **Movie group** attendees will now buy tickets directly at Hoyts to get the cheaper seniors' price. We will still send information on the movie in advance, and bookings are still essential.
- **Games Galore** is changing to an **Integrated sports and games group**.
- We are adding an extra session for our **Virtual Reality** activity due to popular demand. This will run from 2 to 3pm on Thursdays, immediately following the 1 to 2pm session.

Full details of all of our activities are included later in this newsletter.

The team is working on some new groups and activities to start in October! Please send your suggestions for activities to [Feedback@crs.com.au](mailto:Feedback@crs.com.au)

## New newsletter format coming

We are working on a new and improved newsletter format, which we're aiming to launch next month. We hope this will make it easier to find out what is going on at Capital Region Community Services, both in the Involve program and in our wider program offerings.

## Please vote for our Local Hero!

Graham McKerchar has been the beating heart of our transport program for 30 years, enabling seniors and people with medical conditions to access treatment and stay independent and connected,



Westfield  
*Local Heroes*  
Vote for Graham McKerchar

We know our clients can rely on Graham, and are proud to see him getting well-deserved recognition as a finalist for Westfield Belconnen's Local Hero!

Please help recognise Graham's incredible work by **voting for him using this QR code by 11 September**.



## Community Theatre: Green Oak Theatre's Cabaret 2023 show

A fun and entertaining variety show suitable for 13 years and over, featuring monologues, skits, songs, dances and more from local Canberrans!

**When:** 7 to 9pm, Saturday 30 September

**Where:** Belconnen Community Theatre, within the Belconnen Community Centre

## Join the Amazing Belco Race!

Gather your friends, family or colleagues and form teams of two to five people on Saturday 23 September to compete in a thrilling and charitable adventure!

Starting at 12pm from Humpy Hall, Scullin, you will discover the Belconnen region like never before as you put your wits to the test and solve riddles and puzzles to find your next destination.

Unravel the hidden gems of our community while racing against time to uncover your next clue, all while raising money for a great cause: helping us create Christmas hampers specially crafted for local families in need!



There are three Involve participant types:

- Participants 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.

Please contact the Community Care Team on **6278 8101** to discuss eligibility and pricing.

## September Program

Please see the Calendar on page 7 to find out when each activity is running.

### Cancellations

- Inoeg is taking some well-deserved leave on 6 & 7 September. Our **ukulele, drumming** and **virtual reality** groups will not run on these dates.
- We will no longer be running our **Indonesian language** classes.
- **Come sew with me** will not run on 13 or 20 October due to scheduled coach trips.

### Social Groups

- **BEST Club (\$13)**: See page 5 for details.
- **Movie group (buy own ticket)**: Enjoy a movie together at Hoyts Belconnen. Information about the movie/time will be sent out by email. **Bookings required**
- **Walkie Talkies (\$6)**: See page 6 for details.
- **Book Club (\$6)**: Enjoy reading? Come along to the CRCS book club: all welcome!

### New Skills

- **Bunnings Workshop (\$6)**: Grow your DIY skills with the help of visiting Bunnings staff.
- **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.
- **Virtual Reality (\$6)**: Join our VR group to get experience with cutting-edge technology, from virtual tours and movies around the world to getting creative with 3D sculpture.
- **NEW! IT for Seniors (\$6)**: Learn the necessary skills to navigate the digital world with confidence, such as placing items in a marketplace or the basics of AI and device security. This course is divided into two sections: sharing informative content and troubleshooting specific problems.

### Art & Craft

- **Art Tasters (\$8)**: Held in the BCC Art Room, learn about mosaics in September.
- **Yarn & Stitching (\$6)**: (formally Crafty Creations): Learn how to crochet, macrame or knit, or bring along your own project to work on while chatting over afternoon tea.
- **NEW! 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.
- **NEW! Come sew with me (\$8)**: Learn all about sewing, whether starting from the beginning or improving on your skills.
- **NEW! Crafts Galore (\$8)**: From pots, rocks or beads to sun catchers or tie-dye, come along and craft together.
- **NEW! Paper Crafts (\$8)**: Create with paper, scrapbooking, card making or quilting, just to name a few ideas.
- **NEW! 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.



## Adventures

- **Out and About (cost varies):** Explore different locations in Canberra and beyond, with times and destinations revolving. **Bookings required**
- **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.**
- **NEW! Culture tours (\$15):** Visit historic locations, galleries and museums around Canberra. **Bookings required; max 7 people; may have additional costs associated with entry fees.**

## Music

- **Drumming Class (\$8):** Join our drumming group and learn some rhythm together. **Online viewing available.**
- **Ukulele Class (\$8):** Enjoy our supportive group and explore your hidden talent. **Online viewing available.**

**RSVP:** Where noted, some activities require booking in advance to purchase items like tickets, catering, transport, etc. Should you need to cancel after RSVPing, we cannot provide a refund as these items would have already been purchased.

**Transport:** If you require transport from home to BCC or group meeting point, you will need to book it separately by calling the CRCS transport team on **6278 8124**. You will need a Transport Referral Code.



## Involve Exhibition: 13 to 28 September

Please join us for the Involve Group exhibition opening on **13 September at 6pm with the theme of Art and Friendship**. Light refreshments will be provided.

You will get to admire the incredible artwork created by our talented members across the programs, and experience a live performance from our drumming and ukulele group. This unique combination of social connections and creativity is sure to inspire and uplift you.

Feel free to bring along any friends or family. We look forward to seeing you there!

**Note:** The Mogo coach trip will be returning in time for participants to join this event.



Join the private 'CRCS Involve Group' on Facebook for more photos of our recent activities.



# 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.

Enjoy morning tea while connecting with others, then have lunch (at participants' own expense) in the Club restaurant at 12:30 pm.

- **Cost:** \$13
- **Time:** 10:30am-1:30pm each Tuesday
- **Location:** Raiders Club Kippax every Tuesday

## What's On September 2023

- **5 September:** Cockington Green with lunch at The George
- **12 September:** Chair yoga
- **19 September:** Parkinsons presentation
- **26 September:** St John's Project Resilience Program



## Coach tours

**7 September, 7am–5pm: Explorer Series day trip on the Canola Trail.** The Canola Trail is brimming with unique attractions, from sweet indulgence to savoury delights amidst blooming canola fields,

**9 September, 7am–8:30pm: The Tina Turner Musical day trip.** Experience the electrifying energy of Tina Turner's iconic music with a day trip to the Tina Turner musical in Sydney!

**13 September, 7:15am–5:45pm: Mogo Zoo day trip.** Join us for a fun-filled day and explore Mogo Zoo, an impressive wildlife park dedicated to the conservation of endangered animals.

**20 September, 8am–5pm: Explorer Series day trip to Tulip Times Bowral.** Every spring, the picturesque Corbett Gardens in Bowral burst into a kaleidoscope of colours as 80,000 tulip bulbs bloom into a breathtaking display.

**28 September, 7:15am–6pm: Cowra Japanese Garden Tour.** This enchanting experience takes you on a journey through the beauty and tranquillity of Japanese culture.

For enquiries about coach tours, please contact the tours team by email at [coach@crs.com.au](mailto:coach@crs.com.au) or call **02 6278 8124**.

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

[crs.com.au/programs-services/excursions](https://crs.com.au/programs-services/excursions)

**Please keep an eye on the Humanitix website (the link above or QR code) as we are planning some exciting trips for the remainder of the year.**

**Scan the QR code to**



**buy tickets and find more information**



Join us every Monday for our walking group as we visit various places around Canberra.

**Cost:** \$6

**When & Where:** Pickup from Humpy Hall at 10:30am, BCC at 10:40am. Returning around 2pm.

## 4 September: Acton to Museum

**Walkies:** Start at Old Canberra House Tennis courts off Lennox Crossing and walk down to the Australian Museum.

**Talkies:** Along the way, take in some of Canberra's older buildings. Old Canberra House is heritage listed and the tennis courts can still be hired out today.

## 11 September: Weston Park to Oaks Café

**Walkies:** Start at the tip of Weston Park and walk along to the Oaks cafe next to the Yarralumla Nursery.

**Talkies:** Weston Park was named after Charles Weston in 1963. Weston founded the Yarralumla Nursery in 1914.

## 18 September: Carleton Street Kambah to On the Grind Kambah

**Walkies:** Walking through Canberra's biggest suburb, you will pass through a wool shed that dates back to 1875.

**Talkies:** The historic Kambah Woolshed is one of the remaining buildings from the Kambah Homestead property

## 25 September: Queanbeyan Railway

**Walkies:** From the train station, walk through the riverside path towards the Queanbeyan Suspension Bridge and Art Gallery.

**Talkies:** Queanbeyan railway station is a heritage-listed railway station located on the Bombala line in New South Wales.



# Involve September Calendar

**Note:** This does not include the gym activities on the next page..

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4 September</b></p> <p>Paper Crafts: 10am-12pm</p> <p>Walkie Talkies: 10am-2pm</p> <p>Crafts Galore: 12:30-2:30pm</p> <p>Repair, Recycle, Redesign: 3-4:30pm</p>	<p><b>5 September</b></p> <p>Gardening with little people: 9:30am-12pm</p> <p>BEST Club: 10:30am-1:30pm</p> <p>Book Club: 2:30-4:30pm</p>	<p><b>6 September</b></p> <p>Come Sew with Me: 10am-12:30pm</p> <p>Art Tasters: 1:30-4:30pm</p>	<p><b>7 September</b></p> <p>Coach tour @ Canola Trail: 7am-5pm</p> <p>Yarn &amp; Stitching: 1:30-3:30pm</p>	<p><b>8 September</b></p> <p>Movie club: generally between 10am-1pm; timing advised prior</p>
<p><b>11 September</b></p> <p>Paper Crafts: 10am-12pm</p> <p>Walkie Talkies 10:30am-2pm</p> <p>Crafts Galore: 12:30-2:30pm</p> <p>Repair, Recycle, Redesign: 3-4:30pm</p>	<p><b>12 September</b></p> <p>Gardening with little people: 9:30am-12pm</p> <p>BEST Club: 10:30am-1:30pm</p> <p>Integrated Sports &amp; Games, 2.30-4.30pm</p>	<p><b>13 September</b></p> <p>Coach tour @ Mogo Zoo: 7:15am-5:45pm</p> <p>Ukulele: 10am-12pm</p> <p>Bunnings workshop: 1:30-4:30pm</p> <p>Involve Exhibition: from 6pm</p>	<p><b>14 September</b></p> <p>Drumming: 10am- 12pm</p> <p>Virtual Reality: 1-2pm</p> <p>Yarn &amp; Stitching 1:30-3:30pm</p> <p>Virtual Reality: 2-3pm</p>	<p><b>15 September</b></p> <p>Op Shop Treasure Hunters: 9:30am-3:30pm</p>
<p><b>18 September</b></p> <p>Paper Crafts: 10am-12pm</p> <p>Walkie Talkies @ Kambah: 10:30am-2pm</p> <p>Crafts Galore: 12:30-2:30pm</p> <p>Repair, Recycle, Redesign: 3-4:30pm</p>	<p><b>19 September</b></p> <p>Gardening with little people: 9:30am-12pm</p> <p>BEST Club: 10:30am-1:30pm</p> <p>Cultural Tour to National Library: 1-4pm (Pickup BCC @ 1pm, Humpy Hall @ 1:15pm)</p>	<p><b>20 September</b></p> <p>Coach tour @ Tulip Times Bowral: 8am-5pm</p> <p>Ukulele: 10am-12pm</p> <p>Come Sew with Me: 10am-12:30pm</p> <p>IT for Seniors: 1-3pm</p> <p>Art Tasters: 1:30-4:30pm</p>	<p><b>21 September</b></p> <p>Drumming: 10am- 12pm</p> <p>Virtual Reality: 1-2pm</p> <p>Yarn &amp; Stitching 1:30-3:30pm</p> <p>Virtual Reality: 2-3pm</p>	<p><b>22 September</b></p> <p>Movie club: generally between 10am-1pm; timing advised prior</p>
<p><b>25 September</b></p> <p>Paper Crafts: 10am-12pm</p> <p>Walkie Talkies @ Queanbeyan Railway: 10:30am-2pm</p> <p>Crafts Galore: 12:30-2:30pm</p> <p>Repair, Recycle, Redesign: 3-4:30pm</p>	<p><b>26 September</b></p> <p>Gardening with little people: 9:30am-12pm</p> <p>BEST Club: 10:30am-1:30pm</p> <p>Integrated Sports &amp; Games, 2.30-4.30pm</p>	<p><b>27 September</b></p> <p>Ukulele: 10am-12pm</p> <p>Come Sew with Me: 10am-12:30PM</p> <p>IT for Seniors: 1-3pm</p> <p>Art Tasters: 1:30-4:30pm</p>	<p><b>28 September</b></p> <p>Coach tour @ Cowra: 7:15am-6pm</p> <p>Drumming: 10am-12pm</p> <p>Virtual Reality: 1-2pm</p> <p>Yarn &amp; Stitching 1:30-3:30pm</p> <p>Virtual Reality: 2-3pm</p>	<p><b>29 September</b></p> <p>Op Shop Treasure Hunters: 9:30am-3:30pm</p>

# Gym Program

**Note:** prices listed are for Involve members

- **Swiss Ball \$5:** Exercises that use large, inflated exercise balls to improve balance, stamina and fitness.
- **Mature Fitness \$5:** Activities to improve strength, balance, & coordination. No machines are used in this class.
- **Mature Multi Fitness \$5:** Low-impact cardio & strength activities, including cross training, interval training and cross fit.
- **Back in Balance \$5:** Exercises designed to help with fall prevention and support free and easy daily movement.
- **Mature Movement \$5:** Advanced cardio & strength-based activities for those looking for a bit more of a fitness challenge.
- **Mature Strength \$5:** Basic weight exercises combined with machine exercises to improve fitness and strength.
- **Chair yoga \$6:** A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Building Strength \$6:** Learn how to safely execute movements to get the most out of your workout.
- **Building Fitness \$6:** No matter where you are starting from, you will focus on increasing your aerobic fitness.
- **Open Gym \$10:** Do an assessment with a PT to create a program just for you, or freely use the gym.



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Swiss Ball</b> 9:30-10:30am	<b>Building Strength</b> 9:30-10:30am		<b>Mature Strength</b> 9:45-10:45am
		<b>Building Fitness</b> 11:30am-12:30pm		<b>Mature Fitness</b> 11am-12pm
		<b>Mature Multi-Fitness</b> 12:45-1:45pm		<b>Mature Movement</b> 12:30-1:30pm
<b>Chair yoga</b> 3-4pm		<b>Back in Balance</b> 1:45-2:45pm	<b>Open Gym</b> 2-4pm	