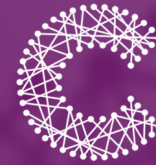


Get Involved

September/October 2024

involve
SOCIAL GROUPS FOR SENIORS



Capital
Region
Community
Services

We're excited to announce a new approach to our newsletter. To better support you, our valued participants, we're now providing several months of activities upfront, to help you plan around your life. Our new weekly email updates will also include reminders of major events and any changes to the published timetable. If you're not yet receiving our email updates, please email involve@crs.com.au and ask to be added to our mailing list.

We Want to Hear from You!

At Involve, you're always our top priority when planning activities. We strive to offer a diverse range of activities so there's always something you'll enjoy. Your ideas and suggestions are important to us, so if you have an activity in mind that you'd like to see us organise, please share it with our team. We'd love to hear from you!

Program Updates

- New program: We've introduced **Walking Wonders**—longer walks that are generally 2.5-3.5kms. See page 2 for details.
- Monday 7 October is a public holiday so we will not be running activities on this day.
- Our popular **IT sessions** are returning, facilitated by **Dominic**, from 1–3pm on Wednesdays. September sessions will only run on 11 and 18 September. See page 4 for details.
- We regret to announce the temporary cancellation of **Repair, Redesign, Upcycle** until further notice.
- **Ukelele** sessions remain on hold while we recruit a new facilitator.
- **Helen** will be on holiday from 22 August to 16 September. Her activities will be facilitated by other people in her absence.
- The Australian Electoral Commission will be using the gym from 30 September to 22 October. There will be disruptions to gym class times and locations. We'll provide more details soon.

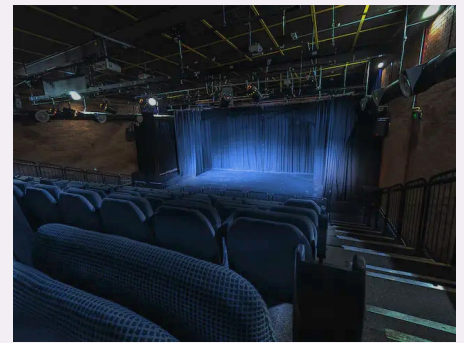
Involve team contact details

Belconnen Community Centre, 23 Swanson Court, Belconnen
(02) 6264 0200 | involve@crs.com.au | www.crs.com.au

Everyone's Invited to Our Concert!

Belconnen residents are invited to attend a community concert at the BCC Community Theatre, sponsored by Capital Region Community Services. The Belconnen Senior Singers will perform a selection of melodies from the 1950s to the 2000s. Bookings are essential, get your seat by contacting Reception at contact@cracs.com.au or calling **(02) 6264 0200**. Entry is a \$1 coin donation at the door.

Date: Wednesday 18 September, 12pm.



Involve Art Exhibition

We would like to invite you, your family, and friends to explore a stunning display of artwork, sewing, and other creative projects crafted by our talented participants over the past year. **Exhibition dates: 13 to 25 September.**

Join us for the **official opening**. Enjoy light refreshments, including tea and coffee, as you immerse yourself in the creativity of our community.

Date: Tuesday 17 September, 4pm to 5pm.



Coming Soon to Belconnen Community Centre Theatre

We're excited to announce movie screenings at the BCC Community Theatre (complete with complimentary snacks and popcorn), and we want you to help us choose the films. Please email your movie suggestions to involve@cracs.com.au and we'll select the most popular choices for our upcoming screenings. We look forward to seeing what movies you suggest.



Involve Care Plans: Let us Help You Reach Your Goals

In the coming weeks, Sara, our Program Officer, will contact you to discuss your care plans and set goals for our activities. We want to hear how we can best support you in areas such as exercise, fitness, and social engagement. For more information, please contact Sara at involve@cracs.com.au.





Some programs change topic, theme or activity regularly. In September and October, the activities are:

Adventures

- **Treasure Hunters (\$10):** Group trips to various op shops around Canberra to hunt for bargain treasure. Bookings required. Max. 7 people. Pickups from BCC and Humpy Hall.
- **Out-of-Town Hunting and Exploring (\$15–\$25 depending on destination):** Whether you are hunting for your next treasure or would like to explore somewhere new, join us on these short-day trips. Bookings required. Pickup from BCC at 9:30am and Humpy Hall at 9:40am.
- **Walking Wonders (\$8):** These walks are suitable for those who can walk 2.5 - 3.5 kilometers on gravel paths with small inclines. They are not suitable for individuals who require walking assistance, such as walkers. No shorter walks will be available for this group.
- **Out and About (\$15):** Short day trips to explore the wonders of the national capital and surrounding regions. Bookings required. Max. 7 people. May incur additional costs (e.g. entry fees). Pickups from BCC at 9:30am and HumpyHall at 9:40am.

Art and 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.
- **Yarn and Stitching (\$6):** Learn how to crochet, macrame or knit or bring along your own project to work on while chatting over afternoon tea. Location: BCC Meeting Room 2.

Activity Information

Music

- **Drumming Class (\$8):** Join our drumming group and learn some rhythm together. Location: BCC Meeting Room 2.
- **Ukulele Class (\$8): Currently on hold.** Enjoy our supportive group and explore your hidden talent. 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 Sessions (\$8):** Learn skills to navigate the digital world with confidence. This course includes sharing informative content and troubleshooting specific problems. Location: BCC Meeting Room 2.

Social Groups

- **Belconnen Energetic Seniors on a Tuesday (BEST) Club (\$13*):** Details on page 6.
- **Movie Group (buy your own ticket):** Enjoy a movie at Hoyts Belconnen. Movie and time details will be sent by email.
- **Walkie Talkies (\$6):** Details on page 6.

** Please note that the fee charged for each activity is the mandatory participant contribution fee. There are other fees chargeable for HCP participants to attend activities, these are charged directly to your HCP.*

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.



September

Arts and crafts

Art Tasters:

- 4 Sep: Finishing off Balloon Painting
- 11 Sep: Bunnings – Stone Lamps
- 18 Sep: Creating a Landscape with Paper Collage
- 25 Sep: Adding detail to Landscape

Adventures

Walking Wonders:

- 17 Sep: Mulligans Flat. We will start our walk at Wildbark Cafe and finish back at Wildbark Cafe.

Out-of-Town Hunting and Exploring:

- 10 Sep: We will explore Braidwood, have lunch, and if time permits, we'll stop at Bungendore on our way home. Cost: \$20.

Out and About:

- 24 Sep: Tulip Top Gardens. Enjoy the colours of spring. \$20 entry at venue. \$20 transport fee paid to Reception.

Treasure Hunters:

- 6 Sep: We will be heading south to the to Fusion Op Shop and Vinnies Tuggeranong. Cost \$10, have any suggestions for the southside? Email us at involve@crs.com.au
- 20 Sep: We'll head north to Belconnen and explore Another Change Op Shop, Re-Runs Charnwood, Barneys Boutique, Vinnies Belconnen, Salvos Belconnen, Salvos Macquarie and Vinnies Kippax. Cost: \$10

October

Arts and crafts

Art Tasters:

- 2 Oct: Jewellery Making
- 9 Oct: Jewellery Making
- 16 Oct: Beaded wreath with clay shape centre
- 23 Oct: Beaded wreath with clay shape centre
- 30 Oct: Beaded wreath with clay shape centre

Adventures

Walking Wonders:

- 15 Oct: Lake Ginninderra. We'll walk through John Knight Park, around the point then back to BCC.

Out-of-Town Hunting and Exploring:

- 8 Oct: Explore Goulburn. Do some high street shopping, explore the Rocky Hill War Memorial and Museum, or the Goulburn Historic Waterworks. Cost \$20.

Out and About:

- 22 Oct: Visit Floriade. Entry is free with lunch at your own expense.

Treasure Hunters:

- 4 Oct: We'll head to Quenbeyan to explore Salvos, Vinnies and Anglicare. Stopping for a spot of lunch to be decided on the day.
- 18 Oct: We will head to Fyshwick to explore various op shops around the area.

Walkie Talkies

Our Monday walking group visits various places around Canberra and cost **\$6**. Pickup is from Humpy Hall at 10:30am and BCC at 10:40am. Returning approximately 2pm.

September

2 Sep: Bonner parkland

Starting at Bonner, we'll walk through a lovely green parkland space finishing at Bonner shops.

9 Sep: Australian National University

We'll walk between Sullivans Creek and the ANU. We'll see the Big Dish, ANU Boat Club, and finish at Vanilla Bean Cafe.

16 Sep: Monash to Tuggeranong

Starting in Monash we'll walk along one of the many ponds, crossing the lake and finishing at 2 Before 10 Cafe.

23 Sep: Lake Burley Griffin

We'll start at Nara Park Walk along the lake edge to the Jetty Cafe in front of the High Court.

30 Sep: Floriade

We'll enjoy the wonderful Commonwealth Park full of tulips and other vibrant flowers.

October

14 Oct: Arboretum

Long walk will start at Dairy Farmers Hill. The short walk will be through the gallery of gardens.

21 Oct: Dickson Wetlands

We will start by walking through Dickson parkland around the Dickson wetlands, finishing at Cafe Stepping Stone.

28 Oct: Mulligan Flat

We will start and finish at Wild Bark Cafe. We will head to the wetlands, turn around and finish back at Wild Bark Cafe.

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 your own expense) in the Club restaurant at 12:30pm.

- **Cost:** \$13
- **Time:** 10:30am–1:30pm each Tuesday (unless otherwise noted)
- **Location:** Raiders Club Kippax.



September

- **3 Sep:** Cafe Stepping Stones/Art Gallery
- **10 Sep:** Belconnen Senior Singers and morning tea **\$13**
- **17 Sep:** 'Spotlight' A talk by Patsy Allan and morning tea **\$13**
- **24 Sep:** Word games and morning tea

October

- **1 Oct:** Federation Square Shopping
- **8 Oct:** Board games
- **22 Oct:** Crafts and Fabric Magnets
- **29 Oct:** U3A Ladies Choir Performance

September

Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 September	3 September	4 September	5 September	6 September
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm	BEST Club: 10:30am–1:30pm	Come Sew with Me: 10am– 12:30pm Art Tasters: 1:30–3:30pm	Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
9 September	10 September	11 September	12 September	13 September
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm	BEST Club: 10:30am–1:30pm Out-of-Town Hunting and Exploring: 9:30am- 3:30pm	Come Sew with Me: 10am– 12:30pm IT Session 1-3pm Art Tasters 1:30-3:30pm	Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	Movie club: generally between 10am–1pm; timing advised prior
16 September	17 September	18 September	19 September	20 September
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm	BEST Club: 10:30am–1:30pm Walking Wonders 10:45am-2:30pm	Come Sew with Me: 10am– 12:30pm IT Session 1-3pm Art Tasters: 1:30–3:30pm	Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
23 September	24 September	25 September	26 September	27 September
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm	Out and About: 9:30am–3:30pm BEST Club: 10:30am–1:30pm	Come Sew with Me: 10am– 12:30pm Art Tasters: 1:30–3:30pm	Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	Lifeline Book Fair: 9am–12pm and 12:30–3:30pm
30 September				
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm				

October

Calendar

Tuesday		Wednesday		Thursday		Friday	
1 October		2 October		3 October		4 October	
BEST Club: 10:30am–1:30pm		Come Sew with Me: 10am–12:30pm IT Session 1-3pm Art Tasters 1:30–3:30pm		Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm		Treasure Hunters: 9:40am–3:30pm	
7 October		8 October		9 October		10 October	
Public Holiday, no activity or program will be running on this day		BEST Club: 10:30am–1:30pm Out-of-Town Hunting and Exploring: 9:30am–3:30pm		Come Sew with Me: 10am–12:30pm IT Session 1-3pm Art Tasters 1:30–3:30pm		Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	
11 October		14 October		15 October		16 October	
Movie club: generally between 10am–1pm; timing advised prior		Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm		Walking Wonders 10:45am–2:30pm		Come Sew with Me: 10am–12:30pm IT Session 1-3pm Art Tasters 1:30–3:30pm	
18 October		21 October		22 October		23 October	
Treasure Hunters: 9:40am–3:30pm		Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm		Out and About: 9:30am–3:30pm BEST Club: 10:30am–1:30pm		Come Sew with Me: 10am–12:30pm IT Session 1-3pm Art Tasters 1:30–3:30pm	
25 October		28 October		29 October		30 October	
Movie club: generally between 10am–1pm; timing advised prior		Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm		BEST Club: 10:30am–1:30pm		Come Sew with Me: 10am–12:30pm IT Session 1-3pm Art Tasters 1:30–3:30pm	
31 October							
Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm							

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.

Costs

- (1) \$12 per class
\$10 for concessions
\$5 for Involve members
- (2) \$12 per class
\$10 for concessions
\$6 for Involve members,

Classes

- **Back in Balance (1):** Exercises designed to help with fall prevention and support free and easy daily movement.
- **Mature Fitness (1):** Activities to improve strength, balance, and coordination. No machines are used in this class. Designed for seniors.
Mature Multi-Fitness (1): Low-impact cardio and strength activities for seniors, including cross training, interval training and CrossFit.
- **Mature Strength (1):** Basic weight exercises combined with machine exercises to improve fitness and strength. Designed for seniors.
- **Open Gym (1):** Do an assessment with a personal trainer to create a program just for you, or freely use the gym.
- **Swiss Ball (1):** Exercises using large exercise balls to improve balance, stamina and fitness.
- **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.
- **Yoga (2):** A physical, mental and spiritual practice combining postures, breathing exercises and meditation to enhance wellbeing and consciousness.

Note: The Australian Electoral Commission will be using the Gym from 30 September to 22 October. There will be disruptions to gym class times and locations. We'll provide more details soon.

Monday	Tuesday	Wednesday	Thursday	Friday
	Swiss Ball 9:30-10:30am	Building Strength 9:30-10:30am		Mature Strength 9:45-10:45am
	Open Gym 11am-12pm	Building Fitness 11:30am-12:30pm		Social Badminton (open) 10:30-12pm
	Yoga 12:30-1:30pm	Mature Multi-Fitness 12:45-1:45pm		Mature Fitness 11am-12pm
Chair Yoga 3-4pm	Social Pickleball 2:30-4:30pm	Social Badminton (advanced) 12:30-2pm	Social Pickleball 1:30-3:30pm	Social Badminton (advanced) 12:30-2pm
		Back in Balance 1:45-2:45pm		