

Get Involved

November/December 2024

involve
SOCIAL GROUPS FOR SENIORS



Capital
Region
Community
Services

Dear Involve Community

As we conclude a wonderful year of activities, adventures and friendships, we're pleased to share our final newsletter for 2024. Inside, you'll find November and December programs, along with an invitation to our Involve Christmas Lunch on Thursday 5 December. We'd love to celebrate with you. Please see page 4 for details and remember to RSVP.

Warm regards

CRCS Involve Team

Program Updates

- **Christmas shutdown:** Our scheduled groups will not be running on 23–24 December and 2–3 January. During this time, you're welcome to drop by between 10:00am and 4:00pm for arts and crafts, a movie or a chat over tea or coffee. Belconnen Community Centre will close from Christmas Day through New Year's Day, reopening on 2 January.
- **Mat Yoga:** While Radhika is away in India on a yoga retreat, our Mat Yoga class will be led by Fahmida. These sessions will temporarily shift to Mondays from 1:30pm – 2:30pm on 4, 11 and 18 November. Regular Tuesday sessions with Radhika will resume on 3 December.
- **Chair Yoga:** Please note there will be no Chair Yoga or Mat Yoga sessions on Monday 25 November.
- **IT Sessions:** There will be no IT sessions from 17 November to 6 December as Dominic will be on leave. Sessions resume Wednesday 11 December.
- **Out and About:** Going forward, the start time for this activity is now 10:00am.

Reminder to Book Activities

Please remember to book in for all activities. This helps us keep you informed in case of any cancellations, time or location changes, and allows us to reach out to those on the waiting list if a spot opens up.

Involve team contact details

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

Moments to Remember

Welcome to this new section of Get Involved, where we'll be sharing photos from recent Involve activities and events attended by our wonderful members.

Do you have photos from activities you've enjoyed? We'd love to see them! Please email your photos to involve@crcs.com.au, and we may feature them in our next issue.

Out and About

Walkie Talkies: Floriade, Monday 30 September

We had a delightful time at Commonwealth Park, surrounded by the stunning displays of Floriade. The park was filled with a variety of vibrant flowers, creating a breathtaking tapestry of spring.



Out and About: Tulip Top Gardens, Tuesday 24 September

We enjoyed a beautiful day to walk around Tulip Top Gardens, strolling through country gardens filled with tulips and blossoming trees.



Involve Community Supporting Children's Week

Do you recognise some familiar faces in these photos? Marianne and Helen recently volunteered at our Children's Week celebration at the Ginninderra Early Childhood Centre. This year's theme, "Every child has the right to a safe and clean environment," inspired our special gardening session, where we got hands-on with spring planting.

Our preschool children had a wonderful time putting on their gardening gloves and planting flowers, seedlings and seeds. This activity was

a fun way to connect them with nature and reinforce our dedication to creating a nurturing environment for every child.

We extend a heartfelt thank you to our volunteers, Helen and Marianne. Both are members of our Involve social group, and Marianne has an extra-special role as the "Oma" of one of our GECC preschoolers.

Their enthusiasm and support helped make this Children's Week activity truly memorable.



Welcome To The Team Debra Hughes

My name is Deb, and I am the new CRCS Customer Support Officer for Get Involved. I'll be working with our team of facilitators and supporting participants in our social support groups, based at reception.

Previously, I worked at Communities@Work in the Seniors and Transport area. I've also held roles with the NDIS, ACT Housing, the RTA, and even ran my own business. After living in Yass for thirteen years, I moved back to Canberra five years ago.

I have three grown children and seven grandsons who are the apples of my eye. I also have a Poodle, a Burmese cat, and a horse. I love to cook—especially cupcakes and all those sweet things I shouldn't eat. I enjoy a good chat and am always up for talking about dogs, cats, kids, or just about anything, really. And I love a good dad joke!

I'm truly excited to join the CRCS family and community. Please pop by reception and say hi!



Marilyn Dunworth Travel Talk Presentation

Join Marilyn as she shares highlights from a recent trip with her husband, Richard, in celebration of their 55th wedding anniversary. After plans for a Northern Lights cruise were postponed, they opted for a summer voyage to experience the Midnight Sun. Their journey included memorable moments in Iceland and England, reflecting on their life together and the adventures they've shared.

"Richard and I tied the knot way back in September of 1969, a memory I still cherish deeply. Not long after, in 1972, we made what was supposed to be a short trip to England. Little did we know, that 'short trip' turned into a 15-year adventure!

Life, with its unexpected twists, kept us there until 1987—far longer than we had planned, but it's a chapter we'll never forget. Fast forward to two years ago: we'd dreamed of taking a magical cruise to witness the Northern Lights. It was all set, but then, life intervened once again. Richard ended up in the hospital, and the trip was put on hold. We were disappointed but hopeful that our dream wasn't lost.

This year, in celebration of our 55th wedding anniversary, we decided to give it another go. But, knowing how much the cold affects Richard now, we opted for a summer voyage instead. No shimmering Northern Lights this time, but the Midnight Sun would be our new marvel.

To make the trip even more special, we extended it. Two days in Iceland to start, and then three glorious weeks in England, where Richard's sister still lives. It was the perfect opportunity to reconnect and reminisce. Our 14-day cruise was the highlight, but the days spent exploring

England held their own magic. We visited corners we had missed during our years there, like the enchanting New Forest, sailed along peaceful canals in a narrowboat, and wandered through historical sites steeped in stories of the past.

It was more than just a trip—it was a celebration of our journey together, filled with new experiences, shared memories, and the joy of seeing the world through each other's eyes once more."



We hope to see you at BEST Club for Marilyn's talk.

When: 10:30am–1:30pm, Tuesday 26 November

Where: Raiders Club Kippax

Cost: \$13 (this is the standard BEST Club fee)

Join Us For

Christmas Lunch 2024



Capital
Region
Community
Services

Celebrate the season at our end-of-year gathering. Enjoy a festive lunch, entertainment and the company of the Involve team as we celebrate the year together!

Thursday 5 December

11:30am – 2:30pm

(Lunch will be served at 12:30pm)

Fred Daly Room, Canberra Labor Club

51 Chandler Street, Belconnen

\$30.00 per person

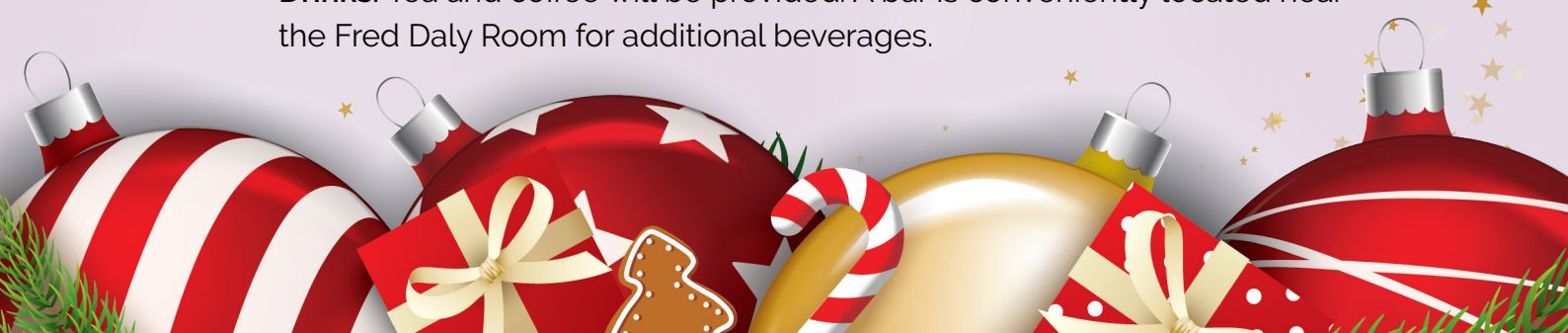
RSVP

Bookings are essential, with payment required at the time of booking to secure your seat. Payments can be made in person or by phone at the Belconnen Community Centre reception.

For any dietary requirements, please email involve@crcs.com.au or phone (02) 6264 0200.

We hope to see many Involve members join us for this special occasion!

Menu

- **Main course:** Chicken or turkey (alternating) with a bread roll, roasted potatoes, carrots, pumpkin, steamed mixed greens and gravy.
 - **Dessert:** Christmas pudding or mini pavlova (alternating)
 - **Drinks:** Tea and coffee will be provided. A bar is conveniently located near the Fred Daly Room for additional beverages.
- 

Noticeboard

Clash in the Capital

Insane Championship Wrestling (ICW) is bringing its unique brand of entertainment wrestling back to the Belconnen Community Theatre this December. ICW offers an engaging, family-friendly show with action and humour that fans of all ages can enjoy. It's a fun night out that's suitable for everyone – so gather the family and join us for a memorable evening of entertainment wrestling!

When: Doors open at 5:30pm, show starts at 6pm, Saturday 7 December.

Where: Belconnen Community Theatre, 23 Swanson Court Belconnen.

Cost: \$12 adults, \$7 children.

Purchase tickets at the Box Office on the night.



Bungee Youth Resilience Art Exhibition

We would like to invite you, your family and friends to explore an exciting display of artwork, and other creative projects crafted by our talented Bungee participants over the term.

Exhibition dates: 11 December to 10 January, 9am to 5pm, Mondays to Fridays excluding public holidays.

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

Date: Thursday 12 December, 5pm to 7pm.

RSVP your interest in attending by 30 November to bungee@cracs.com.au or rav.hind@cracs.com.au.



Involve Member Tip

We know our Involve members have plenty of great tips to share! Here are two we've learned recently:

Patricia Allen:

If your shoes are squeaking due to insoles, applying a bit of Vaseline along the insole rim inside the shoe can stop the noise.

Celia D'Silva:

Adding white vinegar to your wash can help remove fluff and pet hair.

Have your own clever ideas? Share them in our next issue! Email us at involve@cracs.com.au or speak to our team.



Some programs change topic, theme or activity regularly. In November and December, 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 from 10am, exploring 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 10:00am 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 1.

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 10.
- **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 9.

**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.



November

Arts and crafts

Art Tasters:

- 6 Nov: Zentangle, create intricate patterns
- 13 Nov: Zentangle
- 20 Nov: Christmas decorations
- 27 Nov: Oil crayon drawings

Paper Crafts

- 4 Nov: Christmas cards
- 11 Nov: Triangle art
- 18 Nov: Christmas cards
- 25 Nov: Elf photos

Crafts Galore:

- 4 Nov: Paddle pop stick snowmen
- 11 Nov: Key holders
- 18 Nov: Painted rock photograph holders
- 25 Nov: Pompom bauble or wreath

Adventures

Out-of-Town Hunting and Exploring:

- 12 Nov: Our first stop will be the Christmas Barn in Bredbo, then we'll head to Cooma for lunch. If time allows, we'll do Christmas shopping before heading home. Cost: \$20.

Out and About:

- 26 Nov: We'll be visiting Majura Park Shopping Centre for Christmas shopping.

Treasure Hunters:

- 1 Nov: Join us for a shopping trip to Civic for Vinnies, Red Cross and Goodbyes.
- 15 Nov: We'll visit Woden to explore the Red Cross, Anglicare, Salvos, and Vinnies.
- 29 Nov: We're heading Northside with stops including Goodies Junction, Gungahlin and Mitchell.

If you know of any other locations for the treasure hunters to explore, please let the team know by emailing us at involve@crs.com.au.

December

Arts and crafts

Art Tasters:

- 4 Dec: Christmas gift bags
- 11 Dec: Bunnings workshop
- 18 Dec: Christmas pinecone gnomes

Adventures

Out-of-Town Hunting and Exploring:

- 10 Dec: We'll explore Young and one of the cherry farms, then stop for lunch. Cost \$20.

Treasure Hunters:

- 13 Dec: Join us for the final Treasure Hunters of 2024 at Fusion Op Shop Kambah, Vinnies Tuggeranong, and Saint Mary in the Valley Calwell.

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.

November

4 Nov: Bonner Parkland

Enjoy a walk through a beautiful green parkland, ending at the Bonner shops.

11 Nov: Tidbinbilla

We'll leave earlier than usual, so please bring your own lunch. Choose from two walks: the Sanctuary Loop or the Koala Path.

18 Nov: Kambah

We'll begin on the west side of Kambah, walking from the playing fields under Drakeford Drive to Kambah shops.

25 Nov: Kippax Fair

We'll start in MacGregor and walk through a section of Umbagog District Park, ending at Kippax Fair.

December

2 Dec: Waramanga to Coolamon Court Weston

Starting in Waramanga, we'll walk through parkland, cross Hindmarsh Drive, and conclude at Coolamon Court in Weston.

9 Dec: Jerrabomberra Wetlands

We'll start at the wetlands and walk to Kingston, offering options for both a longer and a shorter route.

16 Dec: Mawson

We'll start at Powell Street in Mawson and walk through green spaces to Mawson Shops.



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.

November

December

- **12 Nov:** Word games and Morning tea
- **19 Nov:** Creating Christmas cards and morning tea
- **26 Nov:** Marilyn Dunworth travel talk and morning tea
- **3 Dec:** Lunch at Canberra Labour Club Belconnen
- **10 Dec:** Yarralumla Heritage Nursery

Melbourne Cup Lunch



It's that time of year to don your finest attire and millinery for the race that stops the nation!

Join us for a special Melbourne Cup lunch at the Belconnen Soccer Club. We'll meet at the Raiders Club, Kippax Belconnen, where a CRCS bus will transport us to the venue.

Bookings are essential and can be made by phone at (02) 6264 0200 or in person at the Belconnen Community Centre. Please note: no cash payments at the BEST Club.

For any dietary requirements, email us at involve@crs.com.au.

When: 10:30am to 2pm, Tuesday 5 November

Where: Belconnen Soccer Club (meet at Raiders Club Kippax)

Cost: \$35.00



November

Calendar

				Friday
				1 November
				Treasure Hunters: 9:40am–3:30pm
Monday	Tuesday	Wednesday	Thursday	
4 November	5 November	6 November	7 November	8 November
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm	BEST Club: Melbourne Cup lunch 10:30am–2pm	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
11 November	12 November	13 November	14 November	15 November
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 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
18 November	19 November	20 November	21 November	22 November
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	Movie club: generally between 10am–1pm; timing advised prior
25 November	26 November	27 November	28 November	29 November
Paper Crafts: 10am–12pm Walkie Talkies 10:30am–2pm Crafts Galore: 12:30–2:30pm	Out and About: 10am–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	Treasure Hunters: 9:40am–3:30pm

December

Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 December	3 December	4 December	5 December	6 December
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 Christmas lunch 11:30am– 2:30pm Yarn and Stitching: 1:30–3:30pm	Movie club: generally between 10am–1pm; timing advised prior
9 December	10 December	11 December	12 December	13 December
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	Treasure Hunters: 9:40am–3:30pm
16 December	17 December	18 December	19 December	20 December
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	Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	Movie club: generally between 10am–1pm; timing advised prior
23 December	24 December	25 December	26 December	27 December
No scheduled groups. Pop in from 10am–4pm for art and craft, a movie or just to chat over a cup of tea and coffee.	No scheduled groups. Pop in from 10am–4pm for art and craft, a movie or just to chat over a cup of tea and coffee.	Christmas shutdown	Christmas shutdown	Christmas shutdown
30 December	31 December			
Christmas shutdown	Christmas shutdown			

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. **No Chair Yoga on Monday 25 November.**
- **Yoga (2):** A physical, mental and spiritual practice combining postures, breathing exercises and meditation to enhance wellbeing and consciousness. **Sessions will temporarily shift to Mondays from 1:30 – 2:30pm on 4, 11 and 18 November. Regular Tuesday sessions with Radhika will resume on 3 December. No session on Monday 25 November.**

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