

Get Involved

January/February 2025

involve
SOCIAL GROUPS FOR SENIORS



Capital
Region
Community
Services

50TH
ANNIVERSARY

Dear Involve Community

Welcome to the first issue of Get Involve for 2025! Start your year with one of our many activities, designed to help you connect with the local community, meet new friends, learn new skills, and stay active.

This year is extra special as CRCS celebrates its 50th anniversary. Keep an eye out for announcements about how we'll mark this milestone throughout the year.

We also extend a warm welcome to members of the Communities at Work senior social groups, now part of the CRCS Involve program. Existing participants can find details about these groups held in Holder and Ngunnawal on page 11.

Warm regards

CRCS Involve Team

Program Updates

- **Activity re-commencement** : Please check the activity calendars on pages 12 and 13 for January re-commencement dates as this varies between programs.
- **Ukulele**: Will not be running at this stage.
- **Movie Club**: Cancelled, due to low attendance. Stay tuned for movies at BCC.

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

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

Crafts Galore

Christmas Baubles: November 2024

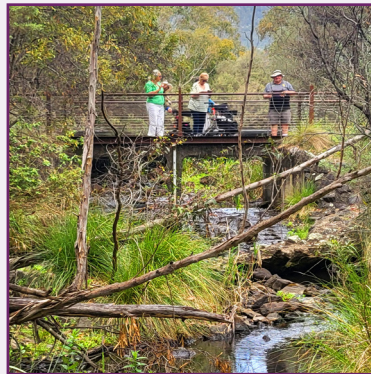
Ally stepped in to help facilitate our Crafts Galore session on Monday, with Christmas baubles being a big hit with Ally and those who participated.



Walkie Talkies

Tidbinbilla: November 2024

Walkie Talkies enjoyed the tranquillity of Tidbinbilla Nature Reserve, exploring the beautiful bushland in good company.



Involve Christmas Lunch

December 2024

Thanks to everyone who attended the Involve Christmas Lunch. It was lovely to celebrate together. Thanks, Santa, for stopping by.



BEST Club

Melbourne Cup Lunch: November 2024

The BEST Club's Melbourne Cup Lunch at Belconnen Soccer Club in McKellar was a lovely celebration, with a delicious meal, lively conversations and cheering for the horses!



Wishing Helen Langham a Wonderful Retirement

After an 18-month volunteer stint with CRCS (then called Belconnen Community Services) in 2015/16 and undertaking some further studies, Helen Langham joined CRCS in 2017 as a Support Worker for group programs supporting people living with disabilities. During COVID, Helen transitioned to aged care, working in group program support and, more recently, as a facilitator for the Involve program.

Reflecting on her time at CRCS, Helen shares, "I've had memorable and wonderful experiences with the many participants I have met over the years, and have always been surrounded optimistic, creative and supportive colleagues."

Helen says, "I will be retiring from working but not from life. I will be able to get back into my hobbies which have taken a backseat, and along with my husband we have a few things planned, one of which is "grandparent" duty to the new addition to our family."



We wish Helen all the best as she embarks on her well-deserved retirement. Her contributions and warmth will be greatly missed, but we hope she stops by the Belconnen Community Centre to say hello and share stories about her new adventures. Retirement is the start of an exciting new chapter, and we can't wait to hear all about it!

Meet Sisa, Our New Involve Program Manager

We are thrilled to introduce Sisa, our new Involve Program Manager. With years of experience in the Canberra community, working with a broad range of people, Sisa has a special passion for working with seniors. She looks forward to meeting everyone, making the social groups fun and meaningful, and getting to know each of you.

She says, "I intend to make our social groups a fun and enjoyable place for all to meet weekly and create meaningful relationships."

Sisa describes herself as warm and approachable, so feel free to stop by and say hello whenever you are at Belconnen Community Centre. She loves music, dancing, and sharing a good laugh.

We wish Sisa a warm welcome to the CRCS team and look forward to getting to know her over the coming months. You'll likely see Sisa at Involve activities in the new year. Let's give her a warm welcome!



Spotlight on Edna O'Dell

Edna is a cherished member of our Ngunnawal and Holder social groups, regularly joining us every Monday, Tuesday, Wednesday and Thursday. Originally from the charming landscapes of England, Edna has embraced life in Australia for an impressive 47 years, all of which she has spent in the vibrant city of Canberra. She embarked on this life-changing journey with her late husband and youngest daughter, later followed by her eldest daughter, her husband and their two children, uniting the family in their pursuit of a better quality of life.



The allure of Australia's sunny weather and promising lifestyle was a major draw for Edna, who has since cultivated a fulfilling and enriching life here. A passionate gardener, Edna finds joy and serenity in nurturing her plants. Her love for the arts frequently takes her to theatre productions and art exhibitions, and she thrives on the camaraderie of a lively game of cards.

Edna values her time at the Ngunnawal and Holder gatherings, which offer her an opportunity to engage with new faces and reconnect with familiar ones. For her, these social groups are more than just meetings – they are a vital source of community and joy.

Edna has joined us from the Communities at Work social groups, and we're excited to welcome her to CRCS. We look forward to learning more about her over the coming months.

Noticeboard

Bookings for 2025

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

In order for us to ensure we offer and maintain accurate group bookings and provide fairness for everyone, the following booking system will apply in 2025.

Bookings must be made and paid for within 48 hours of the booking being made. Bookings

and payments can be made in person at reception, when attending groups at locations other than Belconnen Community Centre or over the phone.

At least 24 hour's notice must be provided to cancel your booking. This can be done over the phone or via email. We do understand however at times there may be extenuating circumstances and this period of time to provide notice may not be possible so we will take late cancellations on a case by case basis. If we do not receive any notice charges will apply.

Contact details: contact@crs.com.au and (02) 6264 0200

CRCS changes or cancellations: Wherever possible we will endeavour to provide as much notice as we can to changes to groups such as times, facilitators, venues or a cancellation of a group. Communication will be via email and if the cancellation is within 24 hours we will inform you via text or a phone call with a follow up email.

Board Games, Cards and Puzzles

We're looking to replenish our supply of board games, cards, and puzzles! If you have any in good used condition with all pieces intact, we'd be grateful for your donation.

What's On at the Centre

Community Theatre

Queanbeyan Players presents: Bubble Boy

Bubble Boy follows Jimmy Livingston, a boy deathly allergic to germs who is kept in a decontaminated bubble room for his own protection. Jimmy's life is turned upside down when Chloe moves in next door and his eyes are opened to how big the world is. Despite Jimmy's disapproving, conservative mother, the two strike up a friendship...and something more? When it's revealed Chloe is getting married in Niagara Falls, Jimmy hatches a plan. Determined to tell Chloe how he feels and experience the world, Jimmy escapes his bubble room in a new-fangled bubble suit, full of naivete and optimism. Along the way, Jimmy meets a cast of quirky characters and unlikely obstacles in his way.

Bubble Boy is a coming-of-age story full of love, laughs and self-discovery.

Join the QP Family for a night of fun for all the family!

When: Friday 14 February 7:30pm and Sunday 23 February 4:30pm

Time: 90 minutes running time, including 20 minute interval.

Where: Belconnen Community Theatre, 23 Swanson Court Belconnen.

Cost: \$30 adults, \$25 concession, \$250 table of 10.

Purchase tickets online at queanbeyanplayers.com





Some programs change topic, theme or activity regularly. In January and February, 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 10am and HumpyHall at 10:15am.

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 how to alter your own garments, create something from the beginning or make one of these great little projects. Location: BCC Art Room.



- **Crafts Galore and Light Lunch (\$16):** From pots or rocks to sun catchers or tie-dye, come along and craft together or create with paper, scrapbooking, card making or quilling. A light lunch is also provided for you. 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.

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.
- **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.



January

Arts and crafts

Art Tasters:

- 8 Jan: CD coasters
- 15 Jan: CD coasters
- 22 Jan: Yarn Bowl
- 29 Jan: Yarn Bowl

Adventures

Out-of-Town Hunting and Exploring:

- 14 Jan: We'll be traveling to Harden where we'll visit the painted silo, historic church and hunt for other treasures along the way. Cost: \$25.

Out and About:

- 28 Jan: We'll be traveling to NSW to explore the Googong Dam area, finishing with lunch in Queanbeyan. Cost: \$15.

Treasure Hunters:

- 17 Jan: We're heading to Fyshwick to explore Salvation Army Op Shop, Down Memory Lane, Ten Tops, Canberra Outlet Centre and Harris Markets.
- 31 Jan: We're heading to Braddon/Dickson to explore Vinnies, The Green Shed, Red Cross and Canberra Centre.

February

Arts and crafts

Art Tasters:

- 5 Feb: Abstract painting with Gail
- 12 Feb: Abstract painting with Gail
- 19 Feb: Outside landscape drawing
- 26 Feb: Outside landscape drawing

Adventures

Out-of-Town Hunting and Exploring:

- 11 Feb: We'll be traveling to Jugiong for a leisurely village walk, followed by lunch at historic The Sir George. Cost \$25.

Walking Wonders:

- 18 Feb: We'll explore the Jerrabomberra Wetlands and enjoy the wildlife, followed by lunch. The venue will be decided on the day.

Out and About:

- 25 Feb: Pialligo is always a treat, whether you are a gardener or not. It's a beautiful place to explore and enjoy lunch. Cost: \$15.

Treasure Hunters:

- 14 Feb: We're heading to Woden/Phillip to explore Anglicare Retail, Vinnies, Salvos and Fusion Op Shop.
- 28 Feb: We're heading to Gungahlin/Mitchell to explore Vinnies, Salvos, Spotlight and The Green Shed.

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.

Our Monday walking group visits various places around Canberra and cost **\$6**. Pickup is from Humpy Hall at 10am and BCC at 10:15am. Returning approximately 1:30pm.

January

6 Jan: Lake Ginninderra

Enjoy a walk through John Knight Park along the water's edge to Café Birrigai. If you are up to it we will walk back to BCC or transport will be available.

13 Jan: Yarralumla to the Mint

Starting in Yarralumla we'll walk across Adelaide Avenue, through Deakin and finish at the Mint café.

20 Jan: Carillion to Portrait Gallery

We'll start by having a walk around Queen Elizabeth II Island where the Carillion stands. Then we'll follow the path across Kings Avenue Bridge finishing at the Portrait Gallery Café.

February

3 Feb: Jerrabomberra ponds to Suppetó Café

Starting on the south side of the pond we'll walk around, observing the gardens, continuing around past the school and finishing at Suppetó Collective café.

10 Feb: Cotter

We'll explore the Cotter Dam lookout and the different walking tracks that are around the grounds of Cotter. Bring your own lunch.

17 Feb: Botanical Gardens

The gardens have many different tracks we can follow. We'll choose the one that best suits the weather on the day.

24 Feb: Erindale

We'll start in Monash walking through a part of the suburb across Erindale Drive finishing at the Erindale shopping Center.



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.



January

7 Jan: Welcome Back Morning Tea

Share stories from participants about their Christmas and holidays during the festive season and catch-up with friends.

NOTE: No outing for the first Tuesday of this month. Outings occur only on the first Tuesday of each month from February.

14 Jan: Board Games

We will be playing our favourite board games.

21 Jan: Trivia

Get your thinking caps on, because we will be playing trivia.

28 Jan: Bingo

Bringing back an old favourite, we'll be playing bingo.

February

4 Feb: Botanical Gardens and Lunch at Pollen

Leave Raiders Club 10:30am and return at 1:30pm

Visit the beautiful Botanical Gardens and finish the trip with lunch at Pollen café.

11 Feb: Exercise Day

We'll be doing exercises to help you with joint movement and muscle strength.

18 Feb: Craft Day

Get creative with a range of arts and crafts.

25 Feb: Brain Games

We'll be testing our brains with games including brain teasers, word games, word searches, kris kros and more.

New Groups, New Friends

Have You Heard the News?

We're excited to announce that Communities at Work seniors' social groups have transitioned to CRCS and are now part of the Involve program. This integration offers even more engaging activities to connect our community through fun and friendship.

Welcome to CRCS!

To our new participants: we can't wait to see you at upcoming Involve activities. Over the next few months, you'll meet new friends, explore CRCS facilities, and enjoy a fantastic lineup of events and activities planned for January and February 2025.

Share Your Ideas

We value your feedback and suggestions for future activities. Reach out to the Involve team on (02) 6264 0200 or email involve@cracs.com.au.

Join a New Activity

Sessions cost \$16 each or \$20 for two sessions when you attend two groups that run on the same day.

	Fun and Games Enjoy outings, adventures, and classic board games.	Creative Projects Gather with friends to craft and celebrate creativity.	Woodwork Group From beginner to expert, share skills and create timber projects.	Men's Business Socialise with lunch, games, and group activities.	Healthy Living Stay active with chair yoga, exercises, and shared meals.	Spice of Life Laughter-filled games and social activities to keep things lively!
Mon	Holder 10am-2pm	Ngunnawal 10am-1pm	Ngunnawal 1-3pm	Ngunnawal 11:30am-3:30pm		
Tue	Ngunnawal 1:30-3:30pm				Ngunnawal 9:30am-1:30pm	
Wed						Ngunnawal 10am-2pm
Thu					Holder 10am-2pm	
Fri						Holder 10am-2pm

January

Calendar

Wednesday	Thursday	Friday
1 January	2 January	3 January
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.		

Monday	Tuesday	Wednesday	Thursday	Friday
6 January	7 January	8 January	9 January	10 January
Crafts Galore and Lunch: 10am-2pm Walkie Talkies 10am-1:30pm	BEST Club: Botanical Gardens: 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	
13 January	14 January	15 January	16 January	17 January
Crafts Galore and Lunch: 10am-2pm Walkie Talkies 10am-1:30pm	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
20 January	21 January	22 January	23 January	24 January
Crafts Galore and Lunch: 10am-2pm Walkie Talkies 10am-1:30pm	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	
27 January	28 January	29 January	30 January	31 January
Crafts Galore and Lunch: 10am-2pm	Out and About: 10am-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	Drumming: 10am-12pm Yarn and Stitching: 1:30-3:30pm	Treasure Hunters: 9:40am-3:30pm

February

Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 February Crafts Galore and Lunch: 10am–2pm Walkie Talkies 10am–1:30pm	4 February BEST Club: 10:30am–1:30pm	5 February Come Sew with Me: 10am–12:30pm IT Session 1-3pm Art Tasters 1:30-3:30pm	6 February Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	7 February
10 February Crafts Galore and Lunch: 10am–2pm Walkie Talkies 10am–1:30pm	11 February BEST Club: 10:30am–1:30pm Out-of-Town Hunting and Exploring: 9:30am–3:30pm	12 February Come Sew with Me: 10am–12:30pm IT Session 1-3pm Art Tasters 1:30-3:30pm	13 February Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	14 February Treasure Hunters: 9:40am–3:30pm
17 February Crafts Galore and Lunch: 10am–2pm Walkie Talkies 10am–1:30pm	18 February BEST Club: 10:30am–1:30pm Walking Wonders 10:45am–2:30pm	19 February Come Sew with Me: 10am–12:30pm IT Session 1-3pm Art Tasters 1:30-3:30pm	20 February Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	21 February
24 February Crafts Galore and Lunch: 10am–2pm Walkie Talkies 10am–1:30pm	25 February BEST Club: 10:30am–1:30pm Out and About: 10am–3:30pm	26 February Come Sew with Me: 10am–12:30pm IT Session 1-3pm Art Tasters 1:30-3:30pm	27 February Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	28 February Treasure Hunters: 9:40am–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.

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga 11am-12pm	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
	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