

# Get Involved

March/April 2025

**involve**  
SOCIAL GROUPS FOR SENIORS



Capital  
Region  
Community  
Services

**50<sup>TH</sup>**  
ANNIVERSARY

Dear Involve Community

Can you believe summer is already coming to an end? We're excited to embrace the beautiful colours of autumn here in the nation's capital. Join us for one of our nature walks to experience it firsthand.

We're pleased to welcome Simon as a new facilitator. Be sure to say hello if you see him at the Belconnen Community Centre (BCC) or at upcoming activities.

Keep reading to hear what's new and how you can get involved.

We look forward to seeing you all soon!

Warm regards

CRCS Involve Team

## Program Updates

- **Treasure Hunters:** Commencing March this group will run every Friday. We will visit the same location two weeks in a row, with van pickup from BCC and Ngunnawal Centre.
- **IT Sessions:** Currently on hold until further notice.
- **Walking Wonders and Creative Projects:** Permanently cancelled due to low numbers.
- **Group Combine:** Creative Project and Fun and Games groups will be combining at BCC from 3 March.
- **Expression of Interest:** We are seeking interest in adding more days/times for Woodwork and Building Strength groups.
- **Healthy Living group instructor:** Kim from Reclink Australia will be running chair exercise sessions. Ngunnawal Centre 9:30 – 10:30am Tuesdays and BCC 11am – 12pm Thursdays.
- **Woodwork Ngunnawal:** We are seeking expression of interest to run an additional group at 10am to 12pm on Mondays.
- **Intergenerational Program:** Preschool children from the Edge Learning Centre will be joining our participants groups at Ngunnawal centre on a fortnightly basis.

### Involve team contact details

Belconnen Community Centre, 23 Swanson Court, Belconnen  
(02) 6264 0200 | [involve@crs.com.au](mailto:involve@crs.com.au) | [www.crcs.com.au](http://www.crcs.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@crccs.com.au](mailto:involve@crccs.com.au), and we may feature them in our next issue.

## Craft Galore and Fun and Games Groups

February 2025

Craft Galore combined with Fun and Games, to create utility boxes. The activity brought participants from CRCS and Communities At Work together.



## Come Sew With Me

February 2025

Bea purchased a skirt that needed some changes. Here's the before and after. Bea is very happy with the finished result.



## Hunting and Exploring

February 2025

Visit to Jugiong. The group had a look around the small village and finished with lunch at the Sir George Pub.





## Walkie Talkie

February 2025

Tree House in the Botanica Gardens. Everyone enjoyed the view and some from the top of the tree house.



## Woodwork Group Ngunnawal

February 2025

Participant Trevor and facilitator Dave showing off an amazing piece of craftsmanship.



## Men's Business Group Ngunnawal

February 2025

The lads getting down to business in the Business Group.



## Meet Simon, Our New Involve Facilitator

We're excited to welcome Simon as our new Involve facilitator. Coming to us from Communities at Work, Simon brings a wealth of experience, enthusiasm, and a passion for creating engaging activities for seniors.

Simon shares, "I love getting to know everyone in the seniors' groups. I have long-standing relationships with many people, which helps me tailor activities to their interests. I have years of experience designing fun and engaging activities – sometimes a little 'out of the box'! I'm passionate about creating activities that get people up and moving."

Simon is warm, kind, and always open to new ideas. If you see him at the Community Centre, feel free to say hello and share your suggestions.

We're delighted to have Simon on board – let's give him a warm welcome!



## Noticeboard

### Moments in Time

In 2025, we're creating a special quilt that captures stories and moments from your life – inspiring others to share and celebrate. Seeing someone else's block has the power to spark a memory from the on looker, which in turn creates another story.

- **March:** Information sessions with Therese to explain the project and how to participate. She'll attend as many sessions as possible.
- **April – July:** Support available for writing your story and creating your quilt block (supplies provided).
- **Check the calendar (pages 12-13)** for session dates and times. Templates available at sessions and reception.
- **End of Year:** A special unveiling ceremony (date TBA).

For more information contact the Involve team at [involve@crs.com.au](mailto:involve@crs.com.au).

### Intergenerational Program

Preschool children from the Edge Learning Centre will be joining our participants groups at Ngunnawal Centre on a fortnightly basis.

Intergenerational programs provide learning opportunities, care and social support for children and older people in the same setting, at the same time. These can benefit wellbeing across generations as children and older adults interact and exchange knowledge and skills.

Commencing on Tuesday 11, and Wednesday 12 March.





Some programs change topic, theme or activity regularly. In March and April, 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.
- **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.

## Music

- **Drumming Class (\$8):** Join our drumming group and learn some rhythm together. Location: BCC Meeting Room 2.

# Activity Information

## 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.
- **Woodwork Ngunnawal (\$16-\$20):** Learn woodworking skills and become a master of the trade. Details on page 10.
- **Walkie Talkies (\$6):** Details on page 8.
- **Men's Business Ngunnawal (\$16-\$20):** Get down to business and socialise with like minded mates. Details on page 10.
- **Healthy Living BCC and Ngunnawal (\$16-\$20):** Get into the healthy lifestyle with your friends. Details on page 10.
- **Fun and Games BCC and Ngunnawal (\$16-\$20):** Play fun games with friends. Details on page 10.
- **Spice of Life BCC (\$16-\$20):** Experience different cultures from around the world and get a spice of life. Details on page 10.

## Social Groups

- **Belconnen Energetic Seniors on a Tuesday (BEST) Club (\$13\*):** 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.





## March

### Arts and crafts

#### Art Tasters:

- 5 Mar: Easter tray
- 12 Mar: Bunnings workshop
- 19 and 26 Mar: Multi Pattern canvas

#### Crafts Galore:

- 3 and 17 Mar: Pot plant painting and flower arrangements.
- 24 and 31 Mar: Flax mat and bag making and traditional New Zealand poi making.

### Adventures

#### Hunting and Exploring:

- 11 Mar: We will be exploring Nimmitabel. Nimmitabel is a charming village south of Cooma. We'll stroll around the pond, visit the bell and explore the main street. Cost: \$25.

#### Out and About:

- 25 Mar: We'll visit the Pompeii exhibition at the National Museum of Australia. Entry cost \$20. Bring money for lunch.

#### Treasure Hunters:

- 7 and 14 Mar: We're heading to Belconnen to explore Salvation Army Op Shop, Vinnies and more. Cost \$10.
- 21 and 28 Mar: We're heading to Queanbeyan to explore Salovs, Vinnies, Anglicare Retail and Mugga Ln. Cost \$10.

## April

### Arts and crafts

#### Art Tasters:

- 2 Apr: Fabric screen printing
- 9 Apr: Bunnings workshop
- 23 Apr: Finish off or create your own art
- 16 and 30 Apr: Fabric screen printing

#### Crafts Galore:

- 7 and 14 Apr: Button on wood collage.
- 28 Apr: Making vases, as well as sensory mats for CRCS Tiny Tumblers.

### Adventures

#### Hunting and Exploring:

- 8 Apr: We'll explore Gundagai, a town rich with cultural heritage in the picturesque Riverina. Cost \$25.

#### Out and About:

- 22 Apr: Enjoy a visit to Honeysuckle, a historic campground with a fascinating link to the 1969 moon landing. After exploring the area, we'll enjoy lunch at Lanyon shops.

#### Treasure Hunters:

- 4 and 11 Apr: We're heading to Woden/Tuggeranong to explore Anglicare Retail, Vinnies, Salvos and Fusion Op Shop. Cost \$10.
- 18 and 25 Apr: We're heading to Fyshwick to explore Salvation Amry Op Shop, Down Memory Lane, Ten Tops and Harris Farm Markets. Cost \$10.

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](mailto:involve@crs.com.au).

# Walkie Talkies

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.

## March

### 3 Mar: Hall

We'll explore its historic sites and enjoy lunch at Daughters at Hall Café – or feel free to bring your own.

### 17 Mar: Queanbeyan Railway Station

Start at the railway station and follow the river, passing an old cemetery and enjoying local wildlife. Finish at Riverside Plaza for lunch.

### 24 Mar: Monash to 2 Before 10

Stroll around Isabella Pond, spot birds that call the pond home, then cross Lake Tuggeranong and finish with lunch at Two Before Ten.

### 31 Mar: Bowen Park to Kingston

Walk through Bowen Park on Lake Burley Griffin, through Telopea Park, and finish in Kingston for lunch.

## April

### 7 Apr: Nara Park to Jetty Café

Nara Park has some wonder sculptures and plants to enjoy as we walk through. We'll finish at Jetty Café for lunch.

### 14 Apr: Black Mountain Peninsula

We'll walk around the Peninsula and then have lunch at the new Sosta Café, or you can bring your own lunch.

### 28 Apr: Weston Park

We'll start at Yarralumla Garden centre and walk around Weston Park and finish back at Oaks Brasserie.





# 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.



## March

### 4 Mar: Rodney's Nursery to Kitchen Garden

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

Stroll through the beautiful Rodney's Nursery in Pialligo and enjoy lunch at the Garden Café.

### 11 Mar: Board Games and Puzzles

We'll play our favourite board games and assemble puzzles.

### 18 Mar: Bryan Butler

Brian Butler will perform evergreen songs – audience participation is encouraged!

### 25 Mar: Chair Yoga

We will be doing relaxing exercises with chair yoga.

## April

### 1 Apr: National Museum of Australia

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

Visit the National Museum of Australia and enjoy lunch at the Broadbean Café.

### 8 Apr: Talk Time

Share your adventures and stories with us.

### 15 Apr: Easter Craft

Get creative before Easter with fun craft activities.

### 22 Apr: Sing With Us

We'll be listening to the evergreen songs that you know and love.

### 29 Apr: Exercise of the Day

Let's enjoy some light movement with our chosen exercise of the day.

# 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 March and April 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](mailto: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.

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



# March

## Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 March</b> Crafts Galore and Lunch: 10am–2pm <b>Walkie Talkie</b> 10am–1:30pm	<b>4 March</b> BEST Club: 10:30am–1:30pm	<b>5 March</b> Come Sew with Me: 10am–12:30pm <b>Art Tasters</b> 1:30–3:30pm	<b>6 March</b> Drumming: 10am–12pm <b>Yarn and Stitching:</b> 1:30–3:30pm Moments in Time, info session: 1–1:30pm	<b>7 March</b> Treasure Hunters: 9:40am–3:30pm
<b>10 March</b> Canberra Day, public holiday, no groups running	<b>11 March</b> BEST Club: 10:30am–1:30pm <b>Hunting and Exploring:</b> 9:30am–3:30pm	<b>12 March</b> Come Sew with Me: 10am–12:30pm <b>Art Tasters</b> 1:30–3:30pm	<b>13 March</b> Drumming: 10am–12pm <b>Yarn and Stitching:</b> 1:30–3:30pm	<b>14 March</b> Treasure Hunters: 9:40am–3:30pm
<b>17 March</b> Crafts Galore and Lunch: 10am–2pm <b>Walkie Talkie</b> 10am–1:30pm	<b>18 March</b> BEST Club: 10:30am–1:30pm	<b>19 March</b> Come Sew with Me: 10am–12:30pm <b>Art Tasters</b> 1:30–3:30pm	<b>20 March</b> Drumming: 10am–12pm <b>Yarn and Stitching:</b> 1:30–3:30pm	<b>21 March</b> Treasure Hunters: 9:40am–3:30pm
<b>24 March</b> Crafts Galore and Lunch: 10am–2pm <b>Walkie Talkie</b> 10am–1:30pm	<b>25 March</b> BEST Club: 10:30am–1:30pm <b>Out and About:</b> 10am–3:30pm	<b>26 March</b> Come Sew with Me: 10am–12:30pm <b>Art Tasters</b> 1:30–3:30pm	<b>27 March</b> Drumming: 10am–12pm <b>Yarn and Stitching:</b> 1:30–3:30pm	<b>28 March</b> Treasure Hunters: 9:40am–3:30pm
<b>31 March</b> Crafts Galore and Lunch: 10am–2pm <b>Walkie Talkie</b> 10am–1:30pm				

	Tuesday	Wednesday	Thursday	Friday
	<b>1 April</b> BEST Club: 10:30am–1:30pm	<b>2 April</b> Come Sew with Me: 10am– 12:30pm <b>Art Tasters</b> <b>1:30–3:30pm</b>	<b>3 April</b> Drumming: 10am–12pm <b>Yarn and Stitching:</b> <b>1:30–3:30pm</b> Moments in Time, creative session: 1–3pm	<b>4 April</b> Treasure Hunters: 9:40am–3:30pm
<b>Monday</b>				
<b>7 April</b> Crafts Galore and Lunch: 10am–2pm <b>Walkie Talkie</b> <b>10am–1:30pm</b>	<b>8 April</b> BEST Club: 10:30am–1:30pm <b>Hunting and Exploring:</b> <b>9:30am–3:30pm</b>	<b>9 April</b> Come Sew with Me: 10am– 12:30pm <b>Art Tasters</b> <b>1:30–3:30pm</b>	<b>10 April</b> Drumming: 10am–12pm <b>Yarn and Stitching:</b> <b>1:30–3:30pm</b> Moments in Time, creative session: 1–3pm	<b>11 April</b> Treasure Hunters: 9:40am–3:30pm
<b>14 April</b> Crafts Galore and Lunch: 10am–2pm <b>Walkie Talkie</b> <b>10am–1:30pm</b>	<b>15 April</b> BEST Club: 10:30am–1:30pm <b>Moments in Time, creative session:</b> <b>11am–12pm</b>	<b>16 April</b> Come Sew with Me: 10am– 12:30pm <b>Art Tasters</b> <b>1:30–3:30pm</b>	<b>17 April</b> Drumming: 10am–12pm <b>Yarn and Stitching:</b> <b>1:30–3:30pm</b>	<b>18 April</b> Treasure Hunters: 9:40am–3:30pm
<b>21 April</b> Crafts Galore and Lunch: 10am–2pm <b>Walkie Talkie</b> <b>10am–1:30pm</b>	<b>22 April</b> BEST Club: 10:30am–1:30pm <b>Out and About:</b> <b>10am–3:30pm</b>	<b>23 April</b> Come Sew with Me: 10am– 12:30pm <b>Art Tasters</b> <b>1:30–3:30pm</b>	<b>24 April</b> Drumming: 10am–12pm <b>Yarn and Stitching:</b> <b>1:30–3:30pm</b>	<b>25 April</b> Treasure Hunters: 9:40am–3:30pm
<b>28 April</b> Crafts Galore and Lunch: 10am–2pm <b>Walkie Talkie</b> <b>10am–1:30pm</b>	<b>29 April</b> BEST Club: 10:30am–1:30pm	<b>30 April</b> Come Sew with Me: 10am– 12:30pm <b>Art Tasters</b> <b>1:30–3:30pm</b>		



# 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
	Swiss Ball 9:30-10:30am	Building Strength 9:30-10:30am		Mature Strength 9:45-10:45am
Chair Yoga 11am-12pm	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 1-3pm		Advanced Social Badminton 12:30-2pm		Social Badminton (advanced) 12:30-2pm
	Social Pickleball 2:30-4:30pm	Back in Balance 1:45-2:45pm	Social Pickleball 1:30-3:30pm	