

Living Well

May / June 2025

CELEBRATING
50
YEARS

Dear Living Well Community

Welcome to the first edition of the **Living Well** newsletter – your guide to services, updates, and activities designed to help you live your best life after 65.

Living Well brings together our Aged Care, Transport and Involve (social groups) programs. It's more than a name change – it reflects our belief that as we get older, we value independence and having the time and ability to focus on the things that matter most – family, friends and enjoying life.

Whether it's help with transport, cleaning and gardening, personal care or connecting with others through social activities, **Living Well** is here to support you to stay active, make memories and enjoy life on your terms.

This newsletter brings you updates across our services – and a full calendar of our May–June activities. From lunches to creative workshops, day trips, music and exercise classes, there's something for everyone.

We look forward to growing this newsletter with your input – email us anytime at **contact@crs.com.au** with feedback or ideas.

Warm regards

Sandy Sheehy-Cox

Executive Manager – Living Well

Living Well Team Update

We're thrilled to welcome **Stella Shin** as our new Senior Manager – Living Well. Stella brings warmth, leadership and a variety of experience to this role. Stella is a Registered Nurse with a commitment to community care.

Stella is stepping into this exciting new senior manager role, where she'll be overseeing all the service streams across our Living Well Program. With Stella at the helm, we'll be strengthening connections and processes across our aged care services to improve the experience for you, our participants.

We recently bid farewell to our long-time CRCS team member and Senior Manager - Transport, **Graham McKerchar**, who is retiring after an incredible 33 years to enjoy some well-earned travel and grandparenting time (you can read more about Graham below).

We also bid farewell to **Diana Terry**, our Senior Manager – Aged Care. We deeply appreciate the valuable contributions Diana has made during her time with us.

We wish both Graham and Diana all the very best for the future!

Our program managers – **Dominique Henss** (Aged Care), **Rachel Martin** (Transport), and **Sisa Gudu** (Involve) – continue leading our fantastic Living Well teams.

Contact CRCS Living Well

Aged Care

Home Care Package Services:

(02) 6278 8101 or packages@cracs.com.au

Community Care CHSP Program:

(02) 6278 8101 or communitycare@cracs.com.au

Transport

(02) 6278 8124 or transport@cracs.com.au (7am to 7pm, Monday to Friday)

Involve

(02) 6264 0200 or involve@cracs.com.au

Involve Social Groups Noticeboard

Healthy Living (Tuesdays, Ngunnawal):

The new venue for this group is Nicholls Early Childhood Centre, 40 Kelleway Avenue, Nicholls.

Woodwork and Men's Business: Please let us know if you would like us to schedule an additional day/time for these groups.

Chair Yoga at BCC: Fahmida will be away from 14 April, recommencing on 23 June. During her absence, Radhika will facilitate classes from Monday 14-28 April and 19 May to 16 June.

Mat Yoga at BCC: Radhika will be away on 5 and 12 May. Kim from Recline Australia will facilitate the class on Monday 5 May, but there will be no classes on 12-13 May.

Expression of Interest: Are you interested in watching a movie in the BCC Theatre on Fridays (11am-1pm)? If so, please let our team know.

Crafts Galore: Sessions are now held from 10am-12pm every Monday. Cost: \$10

Reminder to book for catering: Please note that catering is only available to those who have booked to attend. This applies to all Fun and Games, Healthy Living, Spices of Life and Men's Business groups.

Walkie Talkies: Transport pick up times have changed for May and June. Pick up at Humpty Hall in Scullin at 10:30am, and BCC at 10:45am.

Weekend Outing, Coming Soon: We're excited to share that Saturday brunch will be held once a month, from 9:30-11:30am. We'll visit a different venue each month. Watch this space for more information.



Swanson Court Carpark Closure

The Swanson Court carpark at Belconnen Community Centre is now closed. We understand this makes parking harder and are investigating traffic management plans for the area.

Alternative parking is available at 56 Chandler St, 9 Chandler St, 45 Benjamin Way, 59 Cameron Avenue and Westfield Belconnen (2 hours free). To minimise the impact, we recommend leaving earlier, carpooling, using public transport, Uber or taxis, or contacting CRCS transport on (02) 6278 8124.

To raise your concerns about accessibility and convenience, you can contact **JWLand** on (02) 6180 0100, **Access Canberra** on 13 22 81, or use the **Fix My Street** form:

<https://services.accesscanberra.act.gov.au/s/forms/fix-my-street>.

We will provide updates as they become available. In the meantime, for more information, visit: <https://crccs.com.au/swanson-court-carpark-closure/>.

Ready to live your best life?



Living Well brings together our Aged Care, Transport and Involve programs. It's more than a name change – it reflects our belief that as we get older, we value independence and having the time and ability to focus on the things that matter most – family, friends and enjoying life.

Domestic Assistance		From cleaning, dishwashing, meal prep, we can help with chores in your home.
Personal Care		Our qualified Care Workers provide assist with your personal needs including eating, bathing, grooming, dressing and more.
Home Maintenance		We provide gardening services such as pruning, mowing and yard clearance.
Transport		Sit back and let us do the driving so you can attend social activities and appointments without the fuss.
Social Groups		Our Involve social program is packed with fun activities throughout the week.
Flexible Respite		A flexible support service designed to support the relationships between carers and care recipients.
Social support individual		Support with shopping and attending medical appointments/ accessing the community with a care worker.

Find Out More

Get in touch with the CRCS Living Well team and start making more time for what matters most.

Aged Care Home Care Package Services: (02) 6278 8101 or packages@cracs.com.au

Community Care CHSP Program: (02) 6278 8101 or communitycare@cracs.com.au

Transport: (02) 6278 8124 or transport@cracs.com.au

Involve: (02) 6264 0200 or involve@cracs.com.au

We are an approved Home Care Package (HCP) provider in the ACT and NSW, and support the Commonwealth Home Support Program (CHSP). We also provide non-funded services. Living Well is for people aged 65+, or 50+ if you identify as Aboriginal or Torres Strait Islander.

Aged Care Update



Aged Care Drop In

Visit the Aged Care team every week at the following locations:

Monday, 9am-4pm – Belconnen Community Hub. Benjamin Way, near Club Lime (external access)

Wednesday, 9am-4pm – Belconnen Community Centre, Swanson Court

Speaker Series 2025

Our Speaker Series has returned, providing you and your family or carer with information about topics such as falls prevention, advanced care plans and advanced care directives, changes in funding support, and dementia awareness.

Topic 1:

Unpacking the Changes to My Aged Care – What You Need to Know

Join us to learn about the changes to My Aged Care services that support people living at home. Bring your questions!

Date: Friday 16 May (1-3pm) and Saturday 17 May (10am-12pm)

Location: Belconnen Community Centre

Cost: Free

Register: RSVP by email to communitycare@crccs.com.au

Note: *Both sessions repeat the same information.*

Presented in collaboration with:



Want to suggest a topic? We'd love to hear from you! Email communitycare@crccs.com.au

Transport Update

Transport Drop In

Visit the Transport team every week at the following location:

Wednesday, 9am-4pm | Belconnen Community Hub, Benjamin Way, near Club Lime (external access)



Farewell and Thank You, Graham McKerchar

After an extraordinary 32 years of service, we say a heartfelt goodbye to Graham McKerchar, who recently resigned from CRCS to take some time out, enjoy being a grandad, and undertake some international travel.

Graham has been a cornerstone of our organisation, growing the Transport Program from one car and a handful of trips in 1992 to a fleet of 12 vehicles delivering over 60,000 trips annually by 2025/26.

As Senior Manager – Transport, Graham ensured thousands of older adults and people living with health conditions or disability could stay connected to community, services and support.

His leadership of the 10/10 Project – providing gardening support to people experiencing challenges – reflects his deep care for community and people doing it tough. Over the years, Graham has also been one of the organisers of on initiatives such as our participation in Relay for Life, trivia nights, and introducing the Governor General at the Seniors' Expo that we once ran.

Graham was a finalist in the 2023 Westfield Belconnen Local Hero Awards, another reflection of his impactful work at CRCS.

Beyond his professional accomplishments, Graham brought heart, humour, and an incredible legacy to CRCS. We thank Graham for everything he's contributed and wish him great fun and relaxation in his next chapter.

We look forward to seeing you again soon, Graham!





Patsy's Story

Patsy is a lifelong storyteller and a creative spirit. For nearly 20 years, she was a storyteller at early childhood education centres, captivating children with her tales – sometimes using handmade props to bring them to life, other times sharing stories she wrote herself. Creativity has always been second nature to her, and when she's caught up in a project, time flies by often leading to late nights. Though she recently stepped away from storytelling, she continues her creative pursuits, including a quilt project through Involve. See page 8 for details.

Meet Therese

For Therese Beckmann, sewing isn't just about fabric and stitches – it's a way of telling stories, bringing people together and creating something meaningful. After 30 years of working in sewing, dressmaking and teaching, she realised she wanted to take her skills beyond the retail space and into the community. She had always felt drawn to the senior age group, especially after hearing students in her art classes say, "This is better than therapy." Hearing it over and over made her realise just how powerful creativity could be in bringing people together and improving wellbeing.



Helen's Story

Helen has been part of Involve for a long time – both as a participant and a dedicated volunteer with CRCS. Years ago, while enjoying a coffee at the Social Bean Café, she noticed that the space could use some more life. After chatting with the manager, her volunteer journey began, as she started creating beautiful flower arrangements at the Belconnen Community Centre – a project she continues today. Although it's not an easy task, as she arrives early to ensure everything is ready for the day, Helen is committed and appreciates the positive feedback from her peers and CRCS.

Visit <https://crs.com.au/community-news/> to read the full stories.



When Young Meets Young at Heart

We recently welcomed children from Edge Early Learning to the Nggunawal Community Centre, and it was a wonderful Involve activity.

Intergenerational visits give seniors and children a chance to connect, share stories and enjoy activities together. For children, this experience teaches them social skills, empathy and supports their language development. And exposes them to a range of life experiences. It was lovely to see the children gradually shift from feeling shy to more confident as the event went on – and to watch the smiles and conversations flow between generations.

For seniors, the activity provides improved mood and mental wellbeing, increased physical activity by participating in games. Programs like these create a sense of belonging and community, which in turn reduce loneliness.

Above all, the shared smiles, laughs and moments of curiosity benefit everyone involved. We're looking forward to more visits like this.



Join Our Storytelling Quilt Project

This year, we're creating a special quilt to capture your stories and moments – inspiring others to share and celebrate. Each quilt block can spark memories and new stories from others.

Support is available for writing your story and creating your block. Supplies and templates are provided during sessions, and templates can also be collected from BCC Reception.

We'll unveil the finished quilt at a special ceremony later this year (date TBA).

For session times and more information, contact the Involve team at involve@crccs.com.au

Meet Damien, CRCS Gym Facilitator



Hi, my name is Damien, and I'm 42 years old. I've worked at CRCS for the past 18 months, facilitating fitness classes such as Swiss-Ball, Open Gym, Building Strength and Building Fitness. While most of these classes cater to seniors (65+), I also work with home-schooling families, training both parents (around 40 years old) and children (ages 11-15). Additionally, I have supported young people from the Belconnen Youth Centre (BYC) in their fitness journeys. Though my primary role is as a facilitator, I occasionally step in to support the BYC as needed.

I was born in Sydney but have called Canberra home for the past 23 years. Before that, I spent the first 19 years of my life living all over Australia's eastern coast.

My background is diverse, with studies in fitness at the diploma level and qualifications in community services, including youth work, mental health, and alcohol and other drugs. Over the years, I've worked in a variety of fields, including residential construction and landscaping, to aged care, mental health education

and hospitality. I have always had a passion for learning and continually seek opportunities to expand my knowledge and understanding of the world.

For more than two decades, I've actively trained in swimming, running and strength and conditioning across multiple gyms. Martial arts is a significant part of this, with experience in Aikido, Iaido, Jodo, Judo, Japanese Jujitsu, Karate, Brazilian Jiu-Jitsu, wrestling, Muay Thai kickboxing, Western amateur boxing, Yut Hung Kung Fu, Wushu, Tai Chi, Pai Lum Kung Fu, Yu Shih Tao Kung Fu, and Wing Chun Kung Fu. My goal is to teach western boxing and street-based self-defence in the future.

Beyond fitness, I believe in kindness, sincerity and compassion. Meditation and prayer are important aspects of my life, and I enjoy cooking and playing video games in my downtime. Looking ahead, I hope to explore more outdoor sports.

I look forward to continuing to inspire and support individuals in their fitness and wellbeing journeys.



Feel Stronger, Move Better!

Join fitness and strength classes at Belconnen Community Centre Gym. Visit crs.com.au/gym or ask at **Reception**.

Moments to Remember

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

Craft Galore and Fun and Games Groups

Crafts Galore and Fun and Games participants sharing skills and enjoying great company at BCC.



Fun and Games Groups

A day at the National Museum of Australia with our Fun and Games Participants.



Activity Information



Some programs change topic, theme or activity regularly.

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

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 (\$10):** From pots or rocks to sun catchers or tie-dye, come along and craft together or create with paper, scrapbooking, card making or quilling. 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

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):** Learn woodworking skills and become a master of the trade. Details on page 19.

**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.*

Social Groups

- **Belconnen Energetic Seniors on a Tuesday (BEST) Club (\$13*):** Details on page 21.
- **Walkie Talkies (\$6):** Details on page 17.
- **Men's Business Ngunnawal (\$16):** Get down to business and socialise with like minded mates. Details on page 20.
- **Healthy Living BCC and Ngunnawal (\$16):** Get into the healthy lifestyle with your friends. Details on page 16.
- **Fun and Games BCC and Ngunnawal (\$16):** Play fun games with friends. Details on page 18.
- **Spice of Life (\$16):** Each week is different! Games, excursions, golf, bingo, bowling, cultural celebrations and more! Details on page 16.



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 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.

Join us for our annual
Christmas in July Celebration

When: Thursday 24 July

Time: 11:30am

Where: Fred Daly Room, Canberra Labor Club
51 Chandler Street, Belconnen

We'll be doing Secret Santa. If you would like to participate, please bring a wrapped gift to the maximum value of \$20, and hand it to one of Santa's helpers on the day.

Feeling festive (or brave)? Enter our **Best/Worst Christmas Fashion** competition. Dust off that jumper or outfit you secretly love to hate. We have prizes up for grabs!

Menu: Alternate serve of roast chicken and turkey (feel free to swap at your table), with roasted potatoes and vegetables, steamed greens and gravy. Christmas pudding and mini pavlovas are for dessert. Tea and coffee is included and other drinks are available for purchase.

Please email any dietary requirements to involve@crccs.com.au

Cost: \$40 – bookings essential and must be paid at time of booking.

Call **02 6264 0200** or visit reception at Belconnen Community Centre.

**Please book and pay
by 30 June 2025.**



**Capital
Region
Community
Services**



Arts and Crafts

May	June
<p>Art Tasters</p> <ul style="list-style-type: none"> • 7 May: Air Dry Clay Dish We'll use various objects to create textures on clay, then shape it into a tray. • 14 May: Bunnings The project details will be revealed the week before, so stay tuned! • 21 May: Air Dry Clay Dish We'll use various objects to create textures on clay, then shape it into a tray. • 28 May: Bird Painting A large picture will be divided into smaller pieces to create one collective artwork once finished. 	<p>Art Tasters</p> <ul style="list-style-type: none"> • 4 June: Bird Painting (continued) • 11 June: Bunnings The project details will be revealed the week before, so stay tuned! • 18 June: Bottle Top Art Using various colours and sizes of common bottle tops, we'll create unique pictures. • 25 June: Bottle Top Art (continued) Using various colours and sizes of common bottle tops, we'll create unique pictures.
<p>Crafts Galore</p> <ul style="list-style-type: none"> • 5 and 12 May: Make beautiful cards, paper flowers, bracelets and necklaces for Mother's Day. • 19 May: Create thoughtful, handcrafted gift boxes for birthdays, anniversaries and more. • 26 May: Create your own 2026 calendar featuring family, pets and memories. 	<p>Crafts Galore</p> <ul style="list-style-type: none"> • 16 June: Walk to the park near the Belconnen Library, take a photo, and paint it on canvas. • 23 and 30 June: Create a scrapbook celebrating your life, family, adventures and special moments.

Adventures

May	June
<p>Hunting and Exploring</p> <ul style="list-style-type: none"> 13 May: Burrinjuck Dam Burrinjuck Dam, located 112 km south of Canberra, is nestled near the headwaters of the Murrumbidgee River in the Great Dividing Range. We'll visit the lookout near the dam wall and then enjoy a bite to eat at the general store. 	<p>Hunting and Exploring</p> <ul style="list-style-type: none"> 10 June: Braidwood Braidwood, about an hour from Canberra, offers charming shops, great food, and beautiful historical buildings to explore.
<p>Out and About</p> <ul style="list-style-type: none"> 27 May: National Film and Sound Archive We'll see what's on at the theatrette, wander through the library, check out the relics, and enjoy a cuppa in the courtyard. 	<p>Out and About</p> <ul style="list-style-type: none"> 24 June: Royal Australian Mint The Mint, recently refurbished, features new exhibits and a café. Afterward, we'll visit the Red Hill lookout.
<p>Treasure Hunters</p> <ul style="list-style-type: none"> 2 and 9 May: We're heading to Gungahlin and Mitchell to explore Vinnies, Salvos, Spotlight and Goodies Junction (formally The Green Shed). 16 and 23 May: We're crossing the lake to south Canberra to visit Fusion Op Shop, Vinnies, Red Cross and more. 30 May: Let's explore Ten Tops, Canberra DFO, the Salvos and more shops in Fyshwick. 	<p>Treasure Hunters</p> <ul style="list-style-type: none"> 6 June: Let's explore Ten Tops, Canberra DFO, the Salvos and more shops in Fyshwick. 13 and 20 June: Staying local, we'll visit Vinnies Kippax, the Charnwood Church Op Shop, Anglicare, the Salvos and Vinnies Belconnen. 27 June: We're heading to Dickson and Braddon to explore Vinnies, Red Cross, Goodbyes and Trove Canberra.

Healthy Living and Spice of Life (Combined)

Time: 10am-2pm **Location:** All activities held at Belconnen Community Centre (lunch provided) unless shown otherwise. **Facilitators:** Celeste (Gungahlin Raiders Club) and Simon (BCC).

May

1 and 2 May: Travel from Adelaide to Darwin on the Ghan and discover the Red Centre for National Train Day.

6 May: Start with chair exercises, then fun games and/or guest speakers.

7 May: Enjoy games and activities at Gungahlin Raiders. Bring money for lunch.

8 and 9 May: Enjoy various games and have a laugh with friends.

13 May: Start with chair exercises, then fun games and/or guest speakers.

14 and 21 May: Join us for laughter-filled games and social activities to keep things lively!

15 and 16 May: We're heading out on an excursion. Secret Mystery venue.

20 May: Start with chair exercises, then fun games and/or guest speakers.

22 and 23 May: Start with yoga, then team up for a National Scavenger Day hunt through the building and fun games.

27 May: Start with chair exercises, then fun games and/or guest speakers.

29 and 30 May: Let's travel to South Korea for the Dano Festival with a taste of its food and culture.

June

5 and 6 June: Come and celebrate the start of winter with a hearty meal and laugh with friends.

12 and 13 June: We're heading out on an excursion. Location to be confirmed.

19 and 20 June: Travel back in time with your favourites on World Music Day.

21 June: Enjoy games and activities at Gungahlin Raiders. Bring money for lunch.

26 and 27 June: Experience Portugal Day with a journey to this beautiful country, savouring food and sights.

28 June: Enjoy games and activities at Gungahlin Raiders. Bring money for lunch.

Mixed Activity Session

Enjoy chair exercises for the first hour, followed by fun games and/or inspiring talks from guest speakers, and lunch.

Dates: 6, 13, 20 and 27 May

Time: 9:30am-1:30pm

Location: Ngunnawal Community Centre

Facilitators: Sisa or Sara



Walkie Talkies

Day: Monday **Pick up times:** 10:30 (Humpty Hall), 10:45 (BCC). **Return:** 2pm **Cost:** \$6

Lunch: Bring money for lunch. Pack your own lunch where indicated. **Facilitator:** Therese



May

5 May: Canoe Club to Duntroon

Enjoy a scenic lakeside walk from Burley Griffin Canoe Club, ending with coffee and chats at Mici's Café in Duntroon.

12 May: Tidbinbilla Nature Reserve

Join us for a peaceful walk at Tidbinbilla, explore the beautiful landscape and see the local wildlife. Bring lunch – tea and coffee provided.

19 May: Coombs

Take a walk through one of Canberra's newer southside suburb, ending at Eighty Twenty Café.

26 May: Throsby

Throsby has a beautiful parkland with playgrounds and a pond, which we'll stroll through on our way to Wild Bark Café.

June

16 June: Weston Oval to Coolamon Court

We'll wander through Weston, ending at Coolamon Court for lunch.

23 June: National Arboretum Canberra

There are lots of different walks to choose from at the Arboretum. We'll choose one on the day, finishing at the café.

30 June: Gowrie

We'll walk through Gowrie's green spaces, ending at the local café, Common Grounds.

Fun and Games

Day: Monday **Pick up times:** 10am to 2pm **Location:** See below **Cost:** \$16

Lunch: Provided **Facilitator:** Sisa or Sara



May

Belconnen Community Centre

5 May: Visit the Royal Australian Mint

Explore the exhibitions and watch the coin-making process, followed by morning tea and lunch at the Mint Café.

12 May: Reminisce with Music

Join us for a fun sing-along featuring the songs you know and love.

19 May: Armchair Travel to Mexico

Celebrate the Mexican holiday – Cinco de Mayo – with us! Explore Mexican culture, create Mayan crafts, and enjoy quesadillas and margarita mocktails – which you'll help make.

Ngunnawal Community Centre

6-27 May: Play classic board games like Rummikub, Snakes and Ladders, Dominos, and darts for some fun competition.

June

Belconnen Community Centre

16 June: Movie and Lunch

Join us for a movie at Belconnen Community Centre, then enjoy lunch at the Labor Club.

23 June: World Music Day

Celebrate World Music Day with a performance by Fred, the music man. Experience the power of music – connecting cultures and benefiting our wellbeing.

30 June: Wimbledon Tennis 2025

We'll walk through Gowrie's green Join us for activities celebrating the start of Wimbledon Tennis. Including games, trivia and tennis-inspired fun as we kick off the iconic event.

Woodwork

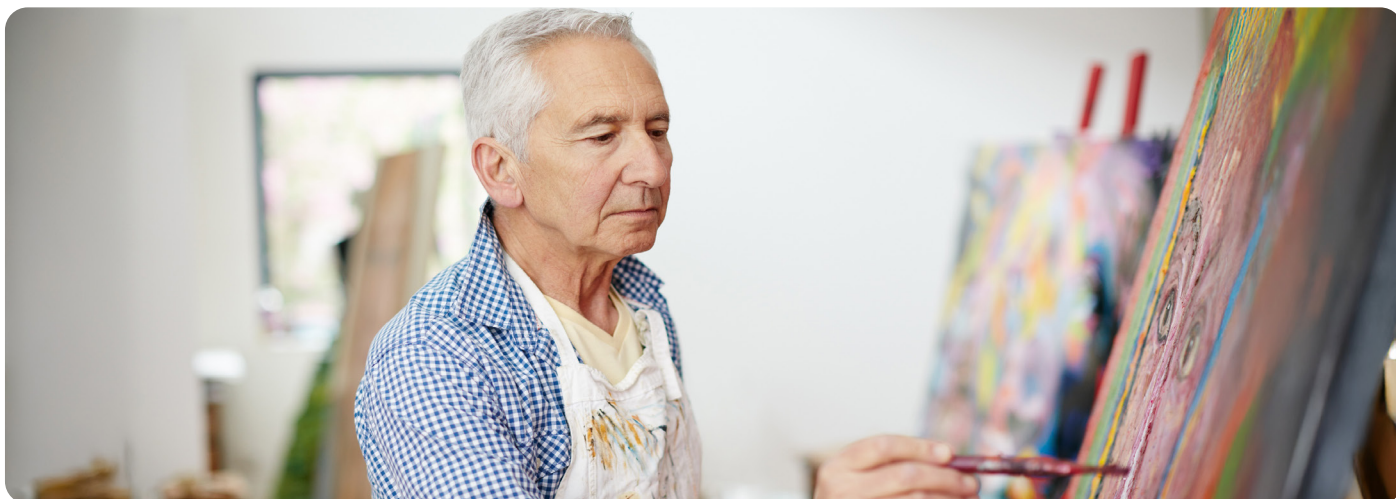
Day: Monday **Time:** 1pm to 3pm **Location:** Ngunnawal **Cost:** \$16 **Facilitator:** Dave

Ottoman Project

Date	Description
May	
5 May	<p>This week, we aim to complete the framing rails and install the slat inserts. We'll also discuss how to create a trench and rebate using the table saw.</p> 
12 May	<p>This week, we'll prepare the rails for joining to the legs using pocket hole screws. We'll briefly review how pocket holes work before setting up for the joints.</p> 
19 May	<p>With the rails now joined to the legs, we'll perform final checks before starting the finishing process. We'll also discuss how to finish the cushion using simple sewing and stapling techniques.</p>
26 May	<p>With the frame and legs complete, we'll begin finishing the timber by applying a simple varnish or polyurethane coating.</p>
June	
16 June	<p>This week, we'll apply final wood finishes, sharing tips for achieving the best results and fixing minor issues.</p>
23 June	<p>We've completed our Ottoman project and are ready for our next! This week, we'll review installing door hinges, how they work, and layout techniques, while reflecting on the skills we've learned.</p>
30 June	<p>New topic: Learning about biscuit joints</p> <p>We'll discuss and demonstrate biscuit joints, including how to make them and their advantages and disadvantages.</p>

Men's Business

Day: Monday **Time:** 11:30am-3:30pm **Location:** Ngunnawal **Cost:** \$16
Lunch: Provided **Facilitator:** Simon



May

5 May: Drawing Project

Please bring a photo of something special to you – we'll explore different ways to draw it, starting with lead pencil and moving on to other materials.

12 May: Drawing Project (continued)

This week, we'll continue our drawing project by exploring crayons and creating abstract versions of your picture.

19 May: Drawing Project (continued)

In our final drawing session, we'll explore an 'anime' style version of your special image, using a range of materials.

26 May: Raiders Club, Gungahlin

Join us for a relaxed outing to Raiders Club Gungahlin – buy lunch, catch up and enjoy good company.

June

16 June: 'The Recuperation' by Ben Quilty Project

Use Ben Quilty's The Recuperation as inspiration to create a self-portrait that conveys feelings.

23 June: 'The Recuperation' Project (continued)

Continue your current drawing or start a second one, exploring a different feeling – try experimenting with new materials or techniques.

30 June: Labor Club, Belconnen

Join the group for lunch and conversation at the Belconnen Labor Club.

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–12:30pm each Tuesday (unless otherwise noted)
- **Location:** Raiders Club Kippax.
- **Facilitator:** Susan

May

6 May: Royal Australian Mint

Explore exhibitions and watch coins being made, then enjoy morning tea and lunch at the Mint Café.

13 May: Best Club Op Shop

This week, we'll continue our drawing project by exploring crayons and creating abstract versions of your picture.

20 May: Exercise of the Day

Participate in chair yoga or other chair exercises to improve flexibility and wellbeing.

27 May: Brite Notes

Brite Notes, a small singing group, will entertain us with timeless evergreen songs.

June

3 June: Ainslie Football Club

Enjoy morning tea and lunch at the Limestone Bistro.

10 June: Craft Activity

Get creative in this craft session. Activity details will be confirmed closer to the time.

17 June: Sing with Us

Sing along to fun, upbeat songs you know and love.

24 June: Exercise of the day

Take part in chair yoga or other exercises to boost flexibility and wellbeing.

May

Involve Calendar

			Thursday	Friday
			1 May	2 May
			Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
Monday	Tuesday	Wednesday		
5 May	6 May	7 May	8 May	9 May
Crafts Galore and Lunch: 10am–2pm Walkie Talkie 10am–1:30pm	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
12 May	13 May	14 May	15 May	16 May
Crafts Galore and Lunch: 10am–2pm Walkie Talkie 10am–1:30pm	BEST Club: 10:30am– 1:30pm Hunting and Exploring 9:30am–3:30pm	Come Sew with Me: 10am– 12:30pm Spice of Life: 10am–2pm Art Tasters: 1:30–3:30pm	Drumming: 10am–12pm Healthy Living: 10am–2pm Yarn and Stitching: 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
19 May	20 May	21 May	22 May	23 May
Crafts Galore and Lunch: 10am–2pm Walkie Talkie 10am–1:30pm	BEST Club: 10:30am– 1:30pm	Come Sew with Me: 10am– 12:30pm Spice of Life: 10am–2pm Art Tasters: 1:30–3:30pm	Drumming: 10am–12pm Healthy Living: 10am–2pm Yarn and Stitching: 1:30–3:30pm	Treasure Hunters: 9:40am–3:30pm
26 May	27 May	28 May	29 May	30 May
Crafts Galore and Lunch: 10am–2pm Walkie Talkie 10am–1:30pm	BEST Club: 10:30am– 1:30pm Out and About: 10am–3:30pm	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

Note: This calendar does not currently include all activities. A new format will be included in the next issue.

June

Involve Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 June Crafts Galore and Lunch: 10am–2pm Walkie Talkie 10am–1:30pm	3 June BEST Club: 10:30am–1:30pm	4 June Come Sew with Me: 10am–12:30pm Art Tasters 1:30–3:30pm	5 June Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	6 June Treasure Hunters: 9:40am–3:30pm
9 June King's birthday public holiday	10 June BEST Club: 10:30am–1:30pm Hunting and Exploring 9:30am–3:30pm	11 June Come Sew with Me: 10am–12:30pm Art Tasters 1:30–3:30pm	12 June Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	13 June Treasure Hunters: 9:40am–3:30pm
16 June Crafts Galore and Lunch: 10am–2pm Walkie Talkie 10am–1:30pm	17 June BEST Club: 10:30am–1:30pm	18 June Come Sew with Me: 10am–12:30pm Art Tasters 1:30–3:30pm	19 June Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	20 June Treasure Hunters: 9:40am–3:30pm
23 June Crafts Galore and Lunch: 10am–2pm Walkie Talkie 10am–1:30pm	24 June BEST Club: 10:30am–1:30pm Out and About: 10am–3:30pm	25 June Come Sew with Me: 10am–12:30pm Art Tasters 1:30–3:30pm	26 June Drumming: 10am–12pm Yarn and Stitching: 1:30–3:30pm	27 June Treasure Hunters: 9:40am–3:30pm

Note: This calendar does not currently include all activities. A new format will be included in the next issue.

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 .
- **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	

Gym and Fitness Programs

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Program Updates:

Chair Yoga at BCC: Fahmida will be away from 14 April, recommencing on 23 June. During her absence, Radhika will facilitate classes from Monday 14-28 April and 19 May to 16 June.

Note: *There will be no classes on 12-13 May.*

Mat Yoga at BCC: Radhika will be away on 5 and 12 May. Kim from Recline Australia will facilitate the class on Monday 5 May.

Note: *There will be no classes on 12-13 May.*

Building Strength: Class times have changed due to staff training. Session will be 10:30am instead of 9:30am.

