Capital Region Community Services

living well
AGED CARE, TRANSPORT & SOCIAL GROUPS

Living Well

September / October 2025

Welcome to our September–October edition!

This newsletter brings together stories, updates and activities that showcase the strength of our community and the support we share.

- Meet Nadine, highlighting the warmth and vibrancy of our Living Well community.
- Discover upcoming activities designed to keep us connected, active and engaged – indoors or out in nature.
- Learn more about the services available through CRCS, and how we can support you or someone you know.
- Stay informed as we continue preparing for the new Aged Care Act, starting 1 November 2025.

Thank you for being part of the Living Well journey. We'd also love to hear from you – Your ideas, stories and feedback help us make future editions more meaningful for our community. Please email **contact@crcs.com.au** with your suggestions.

Warm regards

The Living Well Team

Aged Care Update

Meet Nadine – our Living Well Coordinator of Customer Service

If you've called or connected with Living Well, chances are you've already spoken to Nadine, our Coordinator of Customer Service. She's been part of the Living Well team for the past two years nd describes Living Well as a truly collaborative program.

In her role, Nadine makes a real difference by ensuring every participant is treated as an individual. She takes the time to understand people's unique needs and goals, and works alongside them to help them stay independent and safe at home. Whether it's connecting someone with services, offering clear guidance, or simply being a steady support, her focus is always on empowering people to live well in their own way.

One of the most rewarding parts of her work is seeing people successfully navigate the My Aged Care system.

> "It can feel overwhelming and confusing at first, but being able to guide someone step-by-step and then seeing how it improves their quality of life is incredibly motivating," she says.

Outside of work, Nadine loves to recharge by getting out into nature. Hiking through the bushland around Canberra helps her clear her mind, reset, and

return refreshed. She's also a keen reader and is currently making her way through Sarah J. Maas's fantasy novels – the perfect way to unwind after a busy week.

When asked what she loves about being part of CRCS, Nadine doesn't hesitate

> "Because we're a local organisation, we really understand the needs of our community and can respond in meaningful, practical ways. It's incredibly rewarding to know the work we do strengthens the wellbeing and connectedness of Canberra."

Aged Care Update

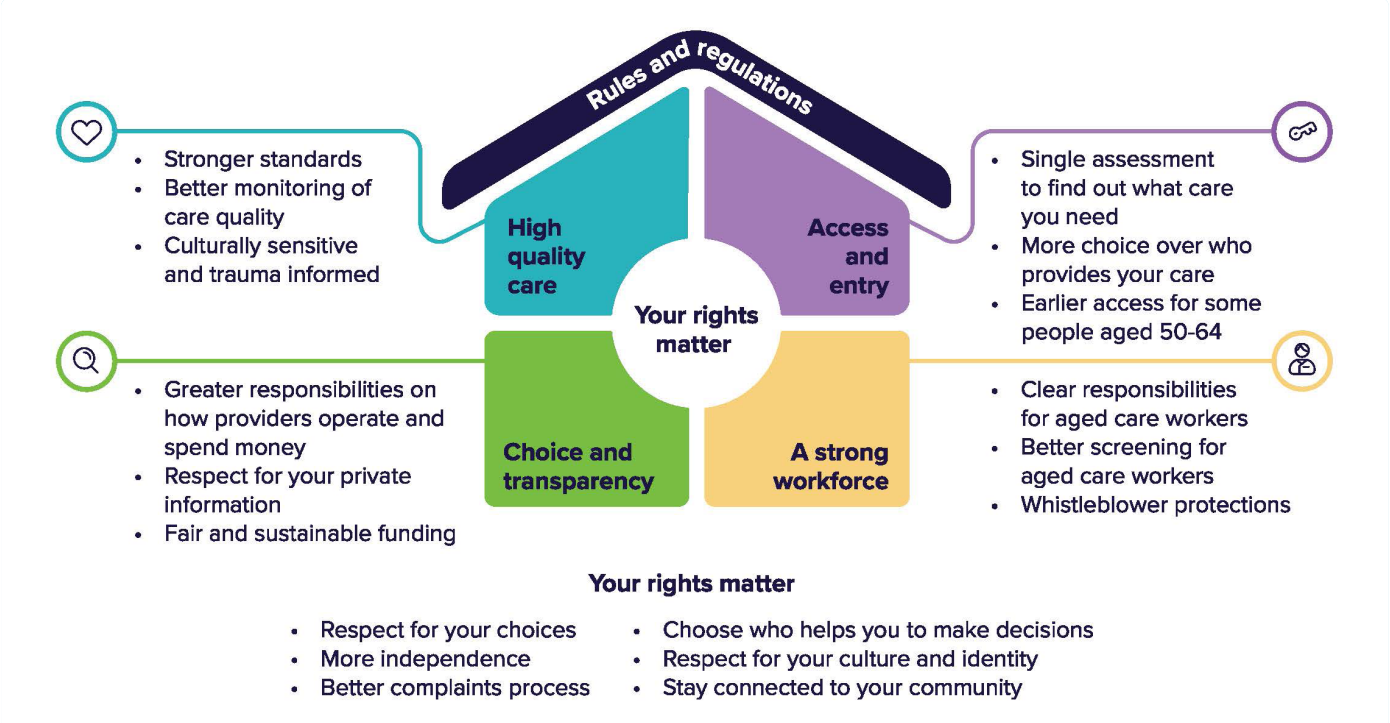
Aged Care Statement of Rights

Fair Care for Everyone

Your Aged Care journey starts with an assessment by the Government's My Aged Care team to find out what aged care services best suit your needs. You have the right to a fair and accurate assessment that respects your personal circumstances including your culture. language and background, personal experience and any trauma, and conditions such as dementia.

Everyone deserves fair care. At CRCS, we strive to provide care and services that respect your culture, background, and personal circumstances. We're here to make sure your care is right for you and to support you through any changes. If you don't think your current level of care is right for you, you can call My Aged Care for information and a respectful reassessment. The Community Care team can also refer you to My Aged Care to discuss any changes in your care needs – we just need your consent first!

This right is protected under Section 23, Clause (2) of the new Aged Care Act 2024.



We'll include updates in each newsletter, so if you have questions, email us at **contact@crcs.com.au**.

You can also subscribe to updates from the Department of Health here:

https://www.health.gov.au/using-our-websites/subscriptions/subscribe-to-aged-care-newsletters-and-alerts

Involve Social Groups

Noticeboard

Falls Prevention:
Two dates available

When: 4 or 18 September, 1–3pm

Location: BCC Theatre

Learn tips on fall prevention, why you might fall and fall detection devises.

Involve Exhibition 2025:
Come and explore a vibrant showcase of artwork, crafts, woodwork, yarn creations,

Fabric art, and more – all made by the talented Involve participants and community members. Whether created in group sessions or at home, every piece tells a story.

When: 11–25 September

Location: The Gallery, Belconnen Community Centre

Celebrate ACT Seniors Month with Morning Tea

In honour of Seniors Month, join us for a special Morning Tea.

When: Wednesday 24 September

Time: 10am–12pm

Where: Belconnen Community Centre

Celebrate with us, enjoy the company of others, and enjoy the creativity on display at the Involve Exhibition.

Involve Social Groups

Noticeboard

Music at Midday - The Canberra Theatre:

When: Wednesday 22 October **Concert start time:** 12pm

The Royal Military College Band is one of Australia's premier military bands, performing at historic occasions including the Centenary of Federation celebration in London in 2000 and ceremonial duties at Gallipoli on ANZAC Day. On the day of the performance entry is by a gold coin donation, with all proceeds going to local charity Australian National Eisteddfod.

Bookings are essential. Only 7 tickets are available. **Cost $15.00** (lunch at your expense)

Sara will be your facilitator for this outing. After the concert we will have lunch at your expense at the City Labor Club.

Pick up: Humpy Hall – 10.45am / Belconnen Community Centre – 11.00am

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Tai Chi/Qigong program: Please register if interested in joining a program

Gentle exercise classes that will focus on:

- Enhancing strength and physical balance
- Increasing joint flexibility and alleviating carpal tunnel syndrome
- Improving circulation, blood oxygen levels, digestion, and eyesight
- Supporting more restful sleep and reducing anxiety
- Empowering you to better manage stress

People can practice this exercise in various positions:

The exercises can be done while standing, sitting, and we even have some practitioners who attend our classes in wheelchairs.

Involve Social Groups

Noticeboard

Senior Songwriting - Expressions of Interest

> Please register your interest at BCC Reception. Dates will be posted if there is enough interest to run this program.

Silver Tongues and Golden Lines, delivered by Songwriting for Non-Songwriters, is a 10-week creative program designed to bring connection, joy, and self-expression to older adults through the art of songwriting. Using accessible, engaging activities, participants explore the elements of great songs and learn how to craft lyrics inspired by their own stories, values, and memories. No prior music experience is needed—just a willingness to share, reflect, and create in a supportive group environment. Research shows that songwriting in later life can improve mood, enhance memory, boost self-esteem, and reduce feelings of isolation, while fostering a renewed sense of identity and purpose.

Each session features live performances of classic songs participants can sing along to, used as engaging examples to illustrate the songwriting techniques covered that week. These performances spark conversation, laughter, and shared nostalgia, while inspiring participants to apply similar creative strategies to their own work. The result is a program that combines the joy of live music, the power of storytelling, and the benefits of creative expression, leaving participants not just with songs they've created themselves, but with richer connections to their peers and their own life experiences, and a new skill and creative outlet for life.

New Groups and Activities

Friday Flicks Movie Group:

Once a month on a Friday we will meet at Hoyts Belconnen

Bookings are essential as a minimum 5 participants are needed for this activity to take place. Cancellation notice is required at least 24 hours prior to the activity.

Dates: 26 September and 24 October

Cost: You pay for your own movie tickets – no other extra cost.

Location: Meet in the foyer of Hoyts Belconnen

Description:
Join us for a day of entertainment and conversation! The Friday Flicks Movie Group gathers once a month on a Friday to enjoy a classic, uplifting, or popular film together. After the movie, stay for a friendly chat- share your thoughts on the film, favourite scenes, or just enjoy good company. Whether you're a film buff or just love relaxing with a great story, this group is for you.

Involve Member Tip

Be mindful of your gut feeling: Trust your instincts and intuition.

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@crcs.com.au
Community Care CHSP Program: (02) 6278 8101 or communitycare@crcs.com.au
Transport: (02) 6278 8124 or transport@crcs.com.au
Involve: (02) 6264 0200 or involve@crcs.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.

Arts and Crafts

September

Art Tasters

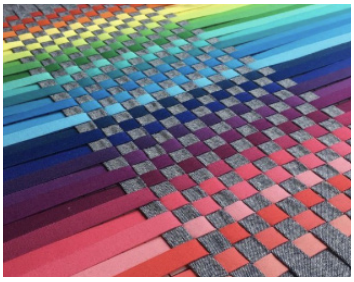
- **3, 10 and 17 September:**
  Mosaic Vase
  Turning a used milk bottle into a mosaic vase.

- **24 September:**
  Landscape Drawing
  We'll go for a walk outside to find an object to draw. It might be a tree or a building.

October

Art Tasters

- **1 and 8 October:**
  Weaving with fabric
  We'll fabric strips into a placemat



- **22 and 29 October:**
  Peacock Painting
  First, we'll create beautiful colored paper with different mediums. Then cut it to create a Peacock painting.

Adventures

September

Hunting and Exploring

- **9 September: Sutton and Gundaroo**
  Pick up BCC 9:30am HH 9:45am
  Return 3:00pm
  Cost $25 plus lunch
  We'll start our day with a stop at Sutton Bakery for morning tea. Then head to Gundaroo Inn for lunch and a look around the small village.

Out and About

- **23 September: Floriade**
  Pick up BCC 10am HH 10:15am
  Return 3:00pm
  Cost $15 plus lunch

Treasure Hunters

- **5 September: Fishwick Area**
  We're heading to Vinnies Narrabundah, Manuka, Salvos Fishwick
- **19 September: Yass**
  We're heading to Yass to explore Vinnies, Salvos and Ross's Relics. (Extra cost for out of town $25)

October

Hunting and Exploring

- **14 October: Tulip Tops**
  Pick up BCC 9:30am HH 9:45am
  Return 3:00pm
  Cost $25 plus $22 entry to be paid at venue and lunch.
  If you enjoy Floriade, you'll love the Tulip Top gardens. I dare you to pick a favorite Tulip from the hundreds they have.

Out and About

- **NO OUT AND ABOUT THIS MONTH**

Treasure Hunters

- **3 October: Gungahlin Area**
  We're heading to Gungahlin/Mitchell to explore Vinnies, Salvos , Goodies Junction.
- **17 October: Nicholls Area**
  We're heading to Csaey Market town/Gold creek/ Amaroo Village.
- **31 October: Queanbeyan**
  We're are heading to Queanbeyan to explore Vinnies, Salvos, Anglicare Retail, Lions Community bookshop.

Mindful Companions

Time: 10am-12pm, Tuesday. **Facilitators:** Therese. **Location:** Belconnen Community Centre - Lunch provided unless shown otherwise.

September	October
• **16-30 September:** A monthly social group that brings people with cognitive impairment together	• **21-28 October:** A monthly social group that brings people with cognitive impairment together

Healthy Living and Spice of Life (Combined)

Time: 10am-2pm, Thursday and Friday. **Facilitators:** Simon Taylor. **Location:** All activities held at Belconnen Community Centre - Lunch provided unless shown otherwise.

Healthy Living BCC	Healthy Living BCC
• **4-25 September:** Start with an hour of chair-based exercises, then dive into lively games, with a monthly outing to a mutually chosen location.	• **2-30 October:** Engage in chair exercises for the first 60 minutes, followed by entertaining games, plus a monthly group trip to a selected destination.
Spice of Life BCC	**Spice of Life BCC**
• **5-26 September** A variety of group with selected themed activities, special guest, music events, followed by games with a chosen excursion once a month.	• **3-31 October** Join us for a variety of activities including themed sessions, guest speakers, and games, plus a monthly excursion.

Healthy Living and Spice of Life (Combined)

Healthy Living Ngunnawal: 10am-2pm, every Tuesday **Facilitators:** Lyn

Spice of Life Ngunnawal: 10am-2pm, every Wednesday. **Facilitators:** Celeste Simone Wilfing

Location: Ngunnawal Community Centre - Lunch provided unless shown otherwise.

September	October
Healthy Living Ngunnawal	Healthy Living Ngunnawal
• **2-30 September** Mixed Activity Session Enjoy chair exercise for the first hour, followed by fun games with an excursion once a month to an agreed venue.	• **7-28 October** Mixed Activity Session Enjoy, followed by fun games and/or inspiring talks from guest speakers. Includes lunch. Excursion once a month to a venue agreed upon
Spice of Life Ngunnawal	Spice of Life Ngunnawal
• **3-24 September** Mixed Activity Session Enjoy day will be filled with fun physical and mind games with an excursion once a month to an agreed venue.	• **1–29 October:** Mixed Activity Session. Join us at the center with company of friends for fun games and/or inspiring talks from guest speakers. Includes lunch. Excursion once a month to a venue agreed upon

Walkie Talkies

Day: Monday **Pick up times:** 10am (Humpy Hall); 10:15am (BCC) **Cost:** $6 **Lunch:** Bring money for lunch or pack you own lunch where indicated **Facilitator:** Therese and Susan

September

- **1 September: Coolamon Court**
  We'll wander through Weston, ending at Coolamon Court for lunch.
- **8 September: Arboretum**
  There are so many things to enjoy at the Arboretum. Every walk has something different to look at.
- **15 September: Gowrie**
  Only 13 spaces available. Booking is essential. We'll walk through Gowrie's green spaces, ending at the local café, Common Grounds.
- **22 September: Explore Cook**
  The walk to and around the wetlands is always a treat and we'll finish at Dickson for lunch
- **29 September: Floriade**

October

- **6 October: PUBLIC HOLIDAY**
- **13 October: Cotter Dam**
  BRING YOUR OWN LUNCH
  Picnic and a walk around one of Canberra's beautiful parklands.
- **20 October: Weston Park**
  Only 13 spaces available. Booking is essential. Starting at the gate we'll walk around the lake edge finishing at
- **27 October: Jerrabomberra Wetlands**
  Starting at the car park we'll walk through the wetlands, finishing at Kingston Foreshore.

Fun and Games

Ngunnawal Community Centre: **Day:** Tuesday **Pick up times:** 1:30-3:30pm **Lunch/details:** Afternoon tea **Cost:** $12 **Facilitator:** Lyn

September

- **2–30 September: Ngunnawal**
  Join us for classic games like Rummikub, Snakes and Ladders, dominoes and darts – relaxed fun and lots of laughs.

October

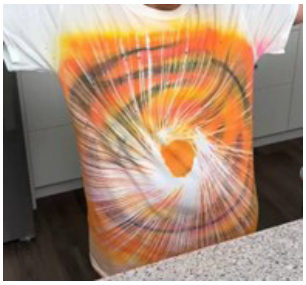
- **7 -28 October: Ngunnawal**
  Join us for classic games like Rummikub, Snakes and Ladders, dominoes and darts – relaxed fun and lots of laughs.

Fun and Games

Belconnen Community Centre: **Day:** Monday **Pick up times:** 10am to 2pm **Cost:** $16
Facilitator: Ornela

September

- **1 September: Who is that baby?**
  Bring laughter and nostalgia to your team with our 'Guess the Baby' picture game.
  Bring some baby photos a week before please.
- **8 September: National Assisted Living Week**
  This year's theme, "Ageless Adventure". Let's share stories of our lives that felt adventures. Bring item if any from that trip
- **15 September: Community Venture**
  We will be heading to the National Library of Australia for the 1975: Living Seventies exhibition
- **22 September: Spaghetti T-Shirt tie dye painting**
  Spaghetti themed tie dye shirt with fabric spray paint. Please bring a shirt or T-shirt for this craft



- **29 September: Mix bag day**
  We will have a variety of activities happening today i.e. board games, craft for some or a movie day

October

- **6 October: PUBLIC HOLIDAY**
- **13 October: Pour Painting of Terracotta Pots**
  We will be painting Terracotta Pots using the pouring technique, please bring that old pot lying around in garden or house and give it some life, my sure it is clean and dry.

  We will seal the pots today.

- **20 October: Pour Painting of Terracotta Pots**
  Finish decorating/ painting the pot
- **27 October: Excursion to Cockington Green Village**
  Decorate lamingtons for morning tea and enjoy fun trivia and games.

Woodwork

Day: Monday **Location:** Ngunnawal Community Centre **Cost:** $5 **Facilitator:** Dave
Session 1: 10am to 12pm. **Session 2:** 1pm to 3pm

Participants can attend both classes if they choose too, but lunch will not be provided there are shops at Ngunnawal or participants can bring their own lunch to have on site.

September

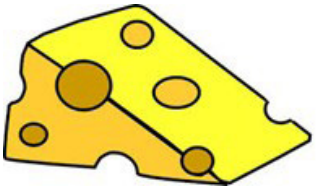
- **1 September:**
  This project, although simple, adds a certain wow factor to any room. Upcycling old wine bottles for a new purpose.

- **8 September:**
  Wine and cheese. Wine bottle vase. We continue to work on our wine bottle vase project.
- **15 September:**
  Wine and cheese . Wine bottle vase. We will continue work on our wine bottle vase project.
- **22 September:**
  Wine and cheese. Wine bottle vase. This week should see us nearing completion of our project
- **29 September:**
  Wine and cheese. Wine bottle vase. This week should see us complete our project. We now move on to the cheese to go with it.

October

- **13 October:**
  Wine and cheese. A piece of cheese. (Yes you read that right)

  This month we are making a piece of cheese. Will it be a sharp cheddar, or a nice gouda? Who knows.



- **20 October:**
  We will continue to work on our cheese project.

- **27 October:**
  This week we should be just about finished with our cheese project. Now we just need to find some crackers to complement it.

Men's Business

Day: Monday **Time:** 10am–2pm **Location:** Ngunnawal **Cost:** $16
Lunch: Lunch provided unless there is an excursion **Facilitator:** Simon Taylor

September

- **1-29 September:**
  Please join the Men's Group for conversations and activities. We'll have discussions, do creative arts, build with Lego, and play games like Rummikub and Scrabble.

October

- **13-27 October:**
  Men are invited to the Men's Business group for conversation, creative arts, and games, with a monthly excursion.

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
- **Day:** Tuesday
- **Time:** 10:30 am–12:30 pm
- **Location:** Raiders Club Kippax, 155 Hardwick Cres Holt ACT
- **Facilitator:** Susan
- **Lunch/details:** Morning tea

September

- **2 September: The National Arboretum**
  Get ready for a great time at Fun and Games.
- **9 September: Crafts Activity**
- **16 September: Fred Radloff**
  Join us for a fun sign-along with solo performer, Fred Radloff.
- **23 September: Golden Tales**
  Golden Tales is a warm and welcoming storytelling activity where we come together to share unforgettable moments, lessons and adventures.
- **30 September: Exercise of the day with Kim**
  Gentle chair exercise for strength, balance, and flexibility.

October

- **7 October: The Queanbeyan Leagues Club**
  Join us for a fun outing to the Queanbeyan Leagues Club , Pick–up from the Raiders club (holt) at 10am
- **14 October: Brite Notes**
  Brite Notes, a small singing group, will entertain us with timeless evergreen songs.
- **21 October: Best club Op-shop**
  This week, we'll continue our drawing project by exploring crayons and creating abstract versions of your picture.
- **28 October: Exercise of the day with Kim**
  Gentle chair exercise for strength, balance, and flexibility. Great for seniors-suitable for all fitness levels.

What's on at Belconnen Community Centre

Theatre

When he cries

Presented by Green Oak Theatre

Date: 06-14 September (event from 11-14 September)

greenoaktheatre@gmail.com

The Marvelous Land of OZ

Presented by Child Players ACT

Date: 20-11 September (event from 2-11 October)

contact@childplayersact.net

The Marvelous Land of Oz

Gallery

Involve Participant Art Exhibition

Presented by Capital Region Community Services

Date: 11-25 September

BCC events

Falls preventions

Presented by the CRCS Involve team

Date: 4 and 18 September

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 CrossfFit.
- **Mature Strength (1):** Basic weight exercises combined with machine exercises to improve fitness and strength. Designed 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	