

Living Well

November / December 2025



Dear participants

Welcome to our November/December newsletter.

As we near the end of 2025, I want to take a moment to reflect on the wonderful year we've had and the incredible contribution of our Aged Care Participant Advisory Group. Your time, ideas and dedication continue to make a real difference in how we deliver services at CRCS. A heartfelt thank you to Sue Randall and Bill Upton for their ongoing support, thoughtful feedback, and strong advocacy for those who receive our aged care services.

Our new transport system is now well and truly up and running. While there have been a few teething problems along the way, most have been due to small human errors or miscommunications that could easily have happened under the old system too. I sincerely apologise to anyone who experienced delays or messaging mix-ups — we know how frustrating that can be. The good news is that the developers have been quick to fix these issues, and your feedback has been invaluable in helping us improve. Please keep it coming. We read every piece of feedback we receive and respond where appropriate.

On a more personal note, I wanted to share that I'll be semi-retiring at the end of this year. After more than 30 years in leadership roles, I'm looking forward to taking a well-earned break and hopefully step into a less demanding position, when I return to work next year. Over my six years with CRCS — including three as part of the Executive — I've had the privilege of working across all programs (except for the Youth program) and have especially treasured my time in Aged Care and Transport team. I've learned so much and truly enjoyed working alongside such dedicated people.

My last day will be 19 December. I'm delighted to let you know that Stella Shin, our current Senior Manager, will be stepping into the role. Her appointment is a fantastic outcome for CRCS, and I know Stella will continue to lead with care and commitment to delivering high quality services.

Thank you all for your continued support and entrusting us to provide you with high quality aged care services. Please don't hesitate to reach out to me at Sandra.sheehy-cox@cracs.com.au.

Sandra Sheehy-Cox

Executive Manager - Living Well / Aged Care and Transport

Aged Care Update

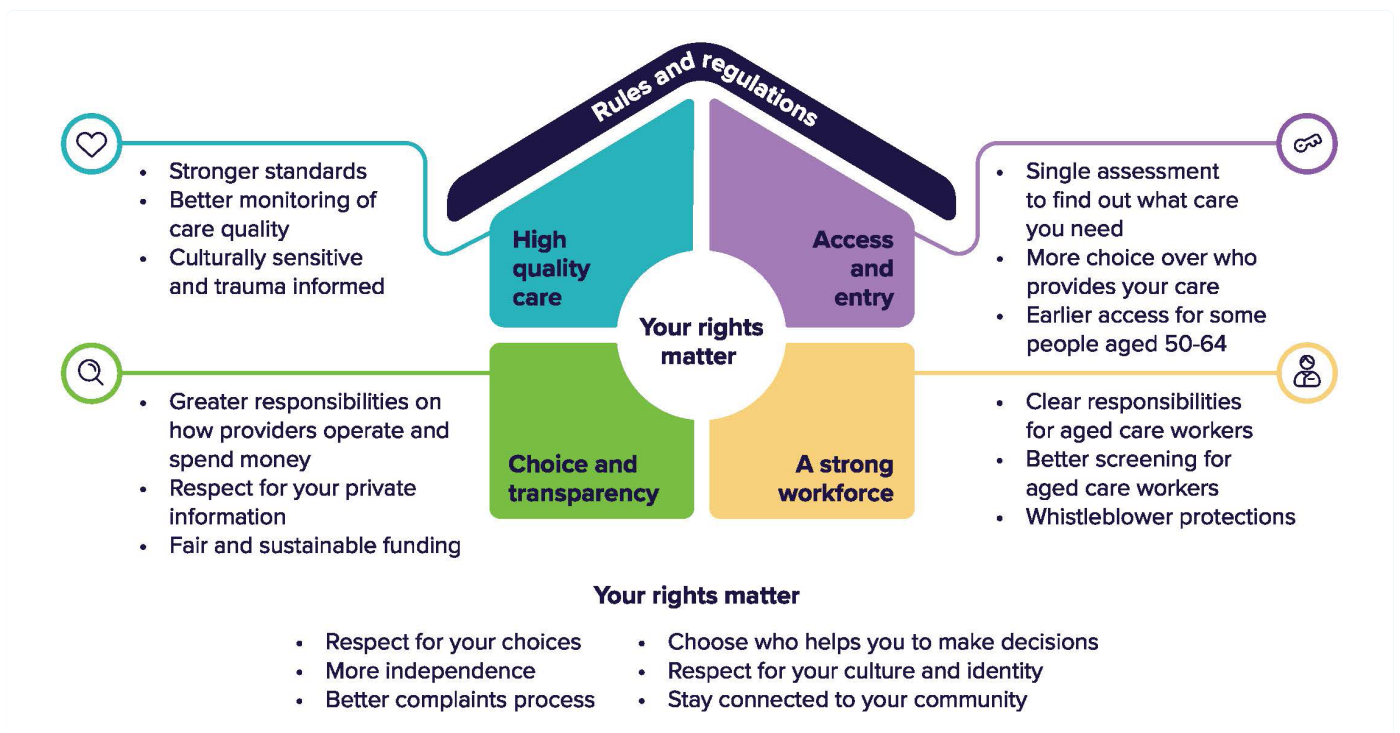
Aged Care Statement of Rights

Your Privacy Matters

Your personal information such as your health and finances is private. At CRCS, we protect your personal information and only share it with the people you choose. You also have the right to see your records and correct any mistakes in your personal information.

At CRCS we respect your privacy and personal information. If you note a mistake in our records or billing we will fix it quickly. We are always happy to discuss how we store your information, and the cost of your services.

This right is protected under Section 23, Clauses (5) and (6) of the new Aged Care Act 2024.



We'll include updates in each newsletter, so if you have questions, email us at contact@cracs.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>

Important Booking Update

Noticeboard



Starting **3 November**, we're introducing a **new booking system** for all group activities. To attend any session, participants must book in advance. Please note that non-attendance without at least 24 hours' notice will incur a charge.

For activities such as **Walkie Talkies, Treasure Hunters, and Out and About**, payment at the time of booking will be required to secure your spot.

Booking your **gym classes** in advance is highly encouraged. Classes will be capped once they reach capacity, so secure your spot early to avoid disappointment.

We appreciate your understanding and cooperation as we make this transition to better manage our programs and ensure everyone has a fair opportunity to participate.

Involve Social Groups

Noticeboard

Unveiling of Moments in Time Quilt and Stories:

After many months of planning and many more creating the quilt and stories, the quilt is finished. We would like to invite you to the unveiling of the Moments in Time Quilt.

All are welcome and bring family and friends.

 **When:** Tuesday 25 November

 **Time:** 10:30am

 **Where:** BCC reception

Followed by a morning tea

RSVP: To help with catering, please RSVP to BCC reception, email involve@crs.com.au or phone 02 6264 0200 by Tuesday 11 November.

End of Year Celebration: BBQ at John Knight Park

Join us for a BBQ in John Knight Park to farewell 2025. There will be games, activities and food or just sit and have a chat.

Payment is required for booking and any dietary requirements.

 **When:** Tuesday 23 December

 **Time:** 10:30am – 2:00pm

 **Cost:** \$6

RSVP: 11 December

EOI

Dance in a Line

We are looking for expressions of interest for a new program to start next year. Dance in a Line is for all and is about having fun and dancing to music. No experience is needed. Day and time to come.

Involve Social Groups

Noticeboard

EOI

Korean Social Group:

Let's build a warm, inclusive space where Korean seniors can thrive together. We would meet at the centre weekly Friday. We're inviting expressions of interest from individuals keen to join or support a new community initiative focused on social connection, cultural celebration, and wellbeing.

Need Help Navigating:

We're here to help! Starting this month, we're offering drop-in sessions every Thursday afternoon where you can get basic assistance with your phone, tablet, or computer.

Whether you're struggling with email, apps, settings, or just want to feel more confident using your device, one of our friendly facilitators will be available to guide you.



When: Thursdays 1:00PM – 3:00 PM



Where: BCC



Cost: \$8

Booking: Required

Gentle Movement:

This class is ideal for beginners to exercise, those returning to exercise or those just wanting some soft safe gentle exercises.

The class will start with a cardio warmup, dynamic stretches and some resistance training before closing the class with some gentle stretches.

This class enables people to set their own pace and provides exercises that can be modified, to meet everyone's needs and physical limitations.



When: Wednesday 11:30am-12:30pm

(was Building Fitness)

Facilitator: Damien

Involve Social Groups

Noticeboard

EOI

Golden Getaways

Calling Southside Community – Expressions of Interest Welcome!

We're launching an exciting new program in the New Year, and we'd love to hear from you!

Golden Getaways is a travel initiative for seniors in the Southside community, offering relaxing and social bus trips to beautiful destinations in and around Canberra. Whether you're looking for connection, adventure, or simply a change of scenery, this program is designed with you in mind.

Expressions of Interest Now Open

If you're interested in joining our first trip in early 2026, please get in touch:

Call: 6264 0200

Email: contact@crccs.com.au

Let's make 2026 a year of shared journeys and new friendships.

Spice of Life Ngunnawal Update

We'd like to let our community know that the Spice of Life Ngunnawal group is no longer operating. While we'll miss the wonderful moments shared in this group, we're excited to invite you to explore other programs offered. There's something happening every day—fun, engaging, and full of connection. We'd love to see you there!



Capital
Region
Community
Services

living well
AGED CARE, TRANSPORT & SOCIAL GROUPS

Christmas Lunch December 2025

After last year's successful Christmas lunch, we're back at **The Canberra Labor Club** for a big final get-together to finish off the year. This lunch is open to everyone, so come along and celebrate with us. **Fred The Music Man** will be performing at the lunch, bringing plenty of fun and festive tunes to enjoy. There will also be a **Secret Santa**, if you'd like to take part, please bring a wrapped pressie (**\$15 max**) and hand it to one of Santa's helpers on the day.

Bookings are essential, and payment is required at the time of booking to secure your seat. You can make payment by calling our reception team on **02 6264 0200** or in person at **Belconnen Community Centre**.

The menu will feature an alternate set-down of chicken or turkey served with seasonal vegetables and a festive dessert. You're welcome to swap meals with someone at your table if you wish. If you have any specific dietary requirements, please email the Involve Team at **involve@crs.com.au**.

Please make sure to book and pay for this event by **Thursday 20 November 2025**.

Program Details

Date: Thursday 4 December 2025.

Time: 11am - 2pm

Venue: Canberra Labor Club, Fred Daly Room, 51 Chandler St, Belconnen ACT 2617

Cost: \$40.00

Transport: Please arrange your own transport.




Let's talk


To find out more contact our team on 02 6264 0200 or
involve@crs.com.au | www.crcs.com.au


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:** 21 November and 19 December

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

 **Location:** Meet in the foyer of Hoyts Belconnen

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.

Senior Songwriting Update:

Thank you to all our budding songwriters who expressed interest in The Silver Tongue and Golden Lines. We're excited to share that the program will be going ahead in early 2026. More details will be announced soon — stay tuned.

Mindful Connection:

A monthly social group that brings people with cognitive impairment together. Activities include singing, making music, art, reading, writing or poetry. A space to share and care. Limited space so be sure to book in.

 **Dates:** 18 November and 16 December, Tuesday 10:00am – 12:00pm

 **Cost:** \$8

 **Location:** Art Room 2

Involve Member Tip

Installing turntables or lazy Susan in cabinets and the refrigerator will give easy access to items in hard-to reach spaces.



Source: Howards Storage World

Moments to Remember

Falls Prevention Presentation:

A heartfelt thank you to Therese for her outstanding efforts in organising and researching into the recent Falls Presentation in the Belconnen Community Theatre. These were in collaboration with physiotherapist Zoe Zueschner from Accelerate Physiotherapy. We were able to host two engaging and informative sessions that offered valuable insights into falls prevention.

We appreciate their time, energy, and the meaningful contributions they brought to these sessions, which were well-received by all who attended.



Drumming group:

Come along for a fun morning of drumming, laughter and great company!

When: Thursdays, 10am–12pm

Where: Belconnen Community Centre

No need to bring anything—just your enthusiasm and love for music!





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.

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

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

November

Art Tasters

- **5 and 12 November:**
Gnome Christmas decoration
Using felt, yarn, paper, fabric to create tree decorations



- **19 and 26 November:**
Button Christmas decoration
Using buttons, wire and beads to create trees and wreath decorations



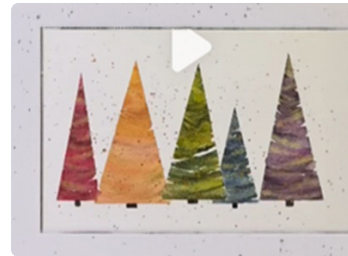
Crafts Galore

- **Monday 3-24 November**
Join us each week as we dive into creative projects every session offers a new opportunity to engage your brain and express yourself.

December

Art Tasters

- **3 and 10 December:**
Christmas tree forest
We'll create a Christmas Tree forest painting using simple techniques.



- **17 December:**
Finish off projects from the year
Complete and showcase artworks created throughout the year



Crafts Galore

- **Monday 1-15 December**
Join us each week as we dive into creative projects every session offers a new opportunity to engage your brain and express yourself.

Adventures


November	December
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Hunting and Exploring

- 11 November: Cooma Snowy Hydro**
 Explore the past, present and future of the mighty Snowy Scheme at Cooma's Discovery Centre.

Pick up: BCC 9am, Humpy Hall 9:15am
Cost: \$25

 Lunch at own expense



Hunting and Exploring

- 9 December: BackCreek Cherry Orchard, Young**
 Start by having a look through the cherry packing factory, learning what happens with the cherries once they are picked. Then indulge in some cherry pie with cream and tea and coffee.

 Afterward we'll head to Young for a look and lunch.
Pick up: BCC 9am, Humpy Hall 9:15am
Cost: \$25
Morning tea: \$15 paid at venue.

 Cherry pie with cream and tea and coffee. On booking you will need to know dietary requirements.
 Lunch at own expense

Treasure Hunters

- 14 November: Goulburn**
 We're heading to Goulburn to explore Salvos, Vinnies, Argyle Emporium, Red Cross. **VIP - Pickup 9:15am BCC 9:30am Humpy Hall, out of town \$25)**

Treasure Hunters

- 12 December: Holt/Jamison/Belconnen area**
 Join us for a fun-filled shopping day out with deals, laughter and good company!

Mindful Companions

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

November	December
<ul style="list-style-type: none"> 18 November: A monthly social group that brings people with cognitive impairment together 	<ul style="list-style-type: none"> 16 December: 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.

<p data-bbox="124 1081 411 1115">Healthy Living BCC</p> <ul style="list-style-type: none"> A mixed bag for November including Fred the Music Man performing in the theater, an outing to Yowani Golf Club and a Hippy Dress up day travelling back to the Summer of Love. 	<p data-bbox="831 1081 1118 1115">Healthy Living BCC</p> <ul style="list-style-type: none"> For December it is all about leading into Summer and the festive season. A mocktail day, an ice cream day and then a Christmas celebration to finish off 2025
<p data-bbox="113 1435 363 1469">Spice of Life BCC</p> <ul style="list-style-type: none"> A mixed bag for November including Fred the Music Man performing in the theater, an outing to Yowani Golf Club and a Hippy Dress up day travelling back to the Summer of Love. 	<p data-bbox="815 1435 1066 1469">Spice of Life BCC</p> <ul style="list-style-type: none"> For December it is all about leading into Summer and the festive season. A mocktail day, an ice cream day and then a Christmas celebration to finish off 2025

Healthy Living and Spice of Life (Combined)

Fun and Games Ngunnawal: 1:30-3:30pm, Tuesday **Lunch/details:** Afternoon tea

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

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

November	December
<p data-bbox="124 629 520 667">Healthy Living Ngunnawal</p> <ul data-bbox="116 730 735 936" style="list-style-type: none"> <li data-bbox="116 730 735 936"> 4-25 November Mixed Activity Session Enjoy chair exercise for the first hour, followed by fun games with an excursion once a month to an agreed venue. 	<p data-bbox="826 629 1222 667">Healthy Living Ngunnawal</p> <ul data-bbox="818 730 1485 943" style="list-style-type: none"> <li data-bbox="818 730 1485 943"> 2 -16 December Mixed Activity Session Enjoy chair exercise for the first hour, followed by fun games with an excursion last Tuesday to celebrate end of the year agreed venue.
<p data-bbox="111 1032 528 1070">Fun and Games Ngunnawal</p> <ul data-bbox="116 1137 707 1514" style="list-style-type: none"> <li data-bbox="116 1137 707 1514"> 4-25 November Fun and Games group invites you to enjoy laughter, friendship, and light-hearted competition every Tuesday in Ngunnawal. Whether you're into Scrabble, Rummikub, or classic board games like snakes and ladders, this welcoming group is all about great games and even better company. 	<p data-bbox="815 1032 1232 1070">Fun and Games Ngunnawal</p> <ul data-bbox="818 1137 1477 1469" style="list-style-type: none"> <li data-bbox="818 1137 1477 1469"> 2-16 December: Fun and Games group invites you to enjoy laughter, friendship, and light-hearted competition every Tuesday in Ngunnawal. Whether you're into Scrabble, Rummikub, or classic board games like snakes and ladders, this welcoming group is all about great games and even better company.

Walkie Talkies

Day: Monday **Pick up times:** 10am (Humpy Hall); 10:15am (BCC) **Return times:** 1:00pm **Cost:** \$6

Lunch: Bring money for lunch or pack you own lunch where indicated

Facilitator: Therese and Susan



November

December

- **3 November: Giralang to Kaleen**
- **10 November: Birrigai Cafe**
Walk from the Diddam Place around the peninsula to Birrigai Cafe.
- **17 November: ANU**
We'll walk around Sullivans Creek in the ANU finishing at one of the many eateries.
- **24 November: Yarralumla along the lake**
We'll walk along the lake and finish off with a BBQ.

- **1 December: Black Mountain Peninsula**
We'll walk around the Peninsula and then have lunch at Cafe Sista or bring your own lunch and enjoy the outdoors.
- **8 December: Hall**
A walk around this lovely town is peaceful and beautiful.
- **15 December: Lake to the Museum**
We'll walk from Acton Park around to the museum
- **22 December: Federation Square**
To finish the year, we'll walk around Federation Square, maybe complete your last minute shopping and having lunch.

Fun and Games

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

Lunch: Included



November

December

- **3 November: Sandwich Day**
Celebrate this date with friends to partake in some trivia and sandwich making.
- **11 November: Remembrance Day**
Lest we forget, we honor the sacrifice and service of the men and women who served in the armed forces.
- **18 November: Rodney's nursery Pialligo**
Group will be going to Rodney's nursery Pialligo - A visit to Rodney's for a different day experience.
- **25 November: St Andrews Day**
Celebrated on November 30, honours Scotland's patron saint. It's a day filled with music, dancing, traditional food, and a sense of togetherness.
- **1 December: Summer**
The first day of Summer, it's time to celebrate with games, friends and maybe the Beach Boys.
- **8 December: Scented Bath Salts**
We will be making homemade bath salts just in time for Christmas to share or just for yourself. They are super easy to make and are completely customizable with your own scents and cosmetic extra goodness.
- **15 December: End of year celebration**
We will go out to a destination of your choice to celebrate friendship and the Christmas session.
- **22 and 29 December: NO GROUPS – Christmas Shut Down**

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.

Modern style bird house project.

In the **November** and **December** sessions, we will be making a birdhouse, using a modern design with some creative features. No boring slab-sided bird house for this project. This project uses sweeping curves and overhangs to make it stand out amongst the garden, without compromising on utility and accessibility for the birds. Designed for smaller birds, such as sparrows and wrens, this project could be scaled up to suit larger species if needed.

This project would make a great gift for family or friends. It could also be a fun painting activity to do with grandchildren.

This project should take us to the end of year breakup. It has been an amazing year for our woodwork group clients, and they have produced some fantastic items. We look forward to next year, with many more projects to come.



Men's Business

Day: Monday **Time:** 10am–2pm **Location:** Ngunnawal **Cost:** \$16

Lunch: Lunch provided unless there is an excursion **Facilitator:** Simon Taylor



November

- **3-24 November:**

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.

December

- **1-15 December:**

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
- **Facilitator:** Susan
- **Lunch/details:** Morning tea

November

- **4 November: Melbourne Cup-McKellar Soccer Club**
Get ready for an exciting day of fashion and fun as we celebrate the race that stops the nation.
- **11 November: Fun and Games**
Time to gather, laugh, and enjoy a little friendly competition, Join us for a morning of classic favorites like Bingo, board games and more.
- **18 November: Timeless Tunes**
We sing beloved classics, favorite hits from past, and tunes that bring back cherished memories- all in a fun, relaxed and welcoming environment.
- **25 November: Quilt Project at BCC**
Join us at BCC for morning tea and the opening of the Involve Quilt Project

December

- **2 December: The Queanbeyan Leagues Club**
Boutique specialty shops and cafes, walk-in bird aviary, garden shop and more. Come join us for a fun-filled day.
- **9 December: Brite Notes**
Brite Notes- A small singing group, will entertain us with Timeless evergreen song.
- **16 December: Best club Op-shop**
Join us for a joyful and festive gathering as we celebrate the most wonderful tome of the year! Please wear your best Christmas outfit.
- **23 and 30 December: No Group – End of Year Shut Down**

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 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.

Note: Damien will be away from **27 October to 21 November**, and during this time there will be some temporary changes or cancellations to his regular gym classes.

Please note that class fees remain the same, and bookings are still required.

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton 10:45am-12:45pm	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	Gentle Movement 11:30am-12:30pm	Mat Yoga 10am-11am	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	

Don't forget: Booking your gym classes in advance is highly encouraged. Classes will be capped once they reach capacity, so secure your spot early to avoid disappointment