

HAPPY NEW YEAR

JANUARY TO MARCH
2019

COMMUNITY
OUTINGS
CALENDAR

Aged Service Programs

Riverwood Community Centre offers a variety of programs enabling you to remain living in your home for as long as you are able.
We do this by providing the following services.

CLIENT FEE CHANGES

In 2019 the Aged & Disability program will introduce monthly invoicing for all services provided. This includes group programs, transport & individual supports. The switch to monthly invoicing will reduce the amount of time staff need to spend on receiving & reconciling daily fees in program & allow them more time to actively engage in planned activities & outings.

There will be several payment options to choose from & staff will also be able to help you choose the most effective & easy payment method.

Further information will come in the new year about the switch to the monthly invoicing, payment options & timeframes for when this will commence.

Social Support Groups

Come along & join in some fun with people your own age. We are based in Riverwood but take people from the Canterbury Bankstown areas. Our programs includes a mixture of guest speakers, outings to clubs, bbq/picnics & special events.

Our groups include: a Mixed Social group, Greek & Italian Groups, Friendly Club (Ladies Group), Arabic & Vietnamese Groups (located in Riverwood, Revesby, Panania), Chinese Groups (Cantonese and Mandarin) and a Leisure Learning Group (various craft activities including card making & scrapbooking)

Community Outings

Come on board and let's explore new places and have some fun on our Community Outings program – day trips by bus to places of interest in & around Sydney. These trips are very popular & provide an opportunity to socialise & enjoy the company of others.

Shopping services

Enjoy the luxury of shopping independently subject to your support needs & availability

Bus Shopping (Minibus with a group of around 10 people)

- Door to door pick up and drop off—Roselands Shopping Centre only
- Assistance with carrying the shopping bags/volunteer assistance with shopping if required

Assisted Shopping (Car service sharing the space with another client and a volunteer)

- Door to door pick up and drop off/assistance with carrying your shopping bags
- Different shopping locations depending upon your area of residence

List Shopping

- You prepare your shopping list and we provide the shopper for you

Domestic Assistance

We provide support with domestic chores to assist in maintaining your home. Supports can include - clothes washing, hanging clothes on the line, ironing, dusting, vacuuming, mopping and general household cleaning.

Staff can also assist with online shopping which is then delivered to your home.

Home Maintenance

Do you require minor garden & home maintenance jobs around the home? Our team of volunteers provide small gardening support such as weeding, raking leaves & pruning of low bushes. We also assist with basic jobs such as changing light globes & tap washers.

Eligibility for our Aged Services Programs

Our services are funded for people over 65 years of age who require assistance with daily living, to continue to keep living independently at home and in their community.

If you are interested in accessing any of our services, you will need to be referred to **My Aged Care**. My Aged Care is an Australian Federal Government Service and is the gateway for all of your aged care needs.

You can contact My Aged Care on **1800 200 422**.

The My Aged Care contact centre staff will ask you a series of questions and may arrange a home assessment. Remember, when speaking to My Aged Care, ask to be referred to **Riverwood Community Centre** for any of our services.

If you experience any difficulties call us to assist you.

We are constantly adding new services to our programs, please call us to discuss your requirements.

Our services are subsidised by the Australian Government.

NOTHING TO SMILE ABOUT!

Mobile phones make us less likely to smile.

When 90 pairs of strangers were asked to wait together for 10 minutes, video analysis revealed that those without phones smiled at each other for an average of about 150 seconds. That compared with just 90 seconds for those people who were allowed to keep their mobiles with them.

The study which offers disturbing evidence that smartphones are changing the way we behave, & revealed that those with phones were far less likely to offer genuine smiles.

"Smartphones may make people less engaged with their immediate social environment," researchers from Georgetown University Washington said.

"Smiling is a fundamental building block of human social behaviour. Mobile devices such as smart phones may interfere with the formation of new relationships or the simple pleasant exchanges that build social capital.

These findings provide clear evidence that being constantly connected to the digital world may undermine important behaviour."



WE VALUE YOUR FEEDBACK

We are here for you and welcome your comments about our services. This feedback is important as it helps us continually improve and develop the services we provide.

Call and ask to speak to a member of the

Aged Services team on 9533 0100 at any time

We welcome your suggestions, comments and questions.



CLIENT STORY

GIUSEPPA SERBATI

What is your earliest memory?

Drawing and stitching when I was 9 or 10 years old. I had a teacher who taught me to cut cloth and stitch. I liked it very much.

What was your favourite thing to do for fun as a child?

When I played hide and seek in the courtyard and cooking with my 4 or 5 of my friends in the kitchen. The food wasn't always cooked!

What are you most proud of?

I am proud of my work, my 5 children, of the sacrifices we made to have a beautiful family and of my husband who was very supportive.

Who is the person who influenced your life the most?

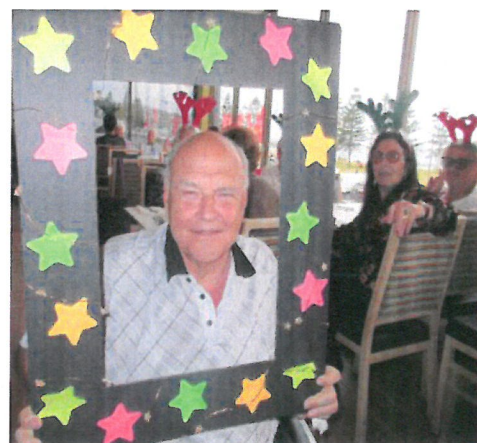
My husband.

What are the most important lessons you've learned in life?

To learn to be independent after losing my husband 7 years ago. Not to have a big ego because there are other people surrounding you and life continues.

Having attended the Community Outings program, tell us what you like most about them?

I am very happy to be together with different people in different places, to talk with friends. The day you go out is a different day!





My name is Donna Lewington and I am the new Aged and Disability Service Manager. I have 15 years' experience working in the human services sector, working across aged, disability, child protection and youth services. I have only been with Riverwood Community Centre for a short 2 weeks and still in the process of getting to know the organisation, staff and clients, however what is evident in this short time is the vibrancy, pride potential and sense of togetherness within the Riverwood community.

With 2019 approaching fast, the Aged and Disability team are preparing for the first quarter social group programs which will include all your favourite activities and outings plus some new and exciting opportunities and experiences. In the new year I look forward in getting to know all of the people in our Aged and Disability programs and also within the Riverwood Community Centre. I am also looking forward to contributing my skills and knowledge to the Aged and Disability program so that we can continue to provide high quality services to program clients.

Kind regards

Donna Lewington
Aged and Disability Services Manager



Commencement dates for Aged Services programs 2019

Shopping: 2nd January

Social Support groups: 14th January

Home Maintenance: 15th January

Community Outings: 1st February

CAN YOU SPARE 2 OR 3 HOURS A WEEK OR FORTNIGHT?

**Riverwood Community Centre has a proud history
of supporting the needs of older people in our local community.**

By maintaining connections to the broader community we can help older people remain socially active and independent in their homes.

We need Volunteers to assist with:

- *Community Outings/Shopping Assistant
- *Garden Maintenance (no lawn mowing)
- *Driver for Medical Appointments
- *Speak a second language
- *Home visiting
- *Home Handyman
- *Workshops—ipad, iphone
- *Craft-Making

Contact Riverwood Community Centre on **9533 0100**
and ask for **Matina**

February 2019

CALENDAR KEY



Walk at own pace



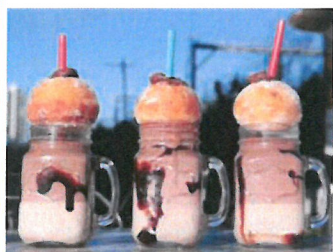
Spending money required



No Wheelchair access



Meal component



1st February

World Nutella Day

Welcome to the sweetest place on earth and the best place to enjoy the original hazelnut & chocolate spread. Tella Balls Dessert Bar is famous for its brioche style Nutella donut balls which are served in milkshakes, on pancakes, crepes or waffles the list goes on! Desserts are reimagined - like Fish and Chips - fried ice cream & donut chips & their signature Tella Lasagne with mousse biscuit layers & whole vanilla bean gelato. Warning: This outing is not for the faint hearted or those with sugar issues. There are savoury food options available and low sugar sorbets. Join us for a sweet and celebratory start to the New Year.

Duration: 5hrs

Bus: \$10

Extra cost: Morning tea



8th February

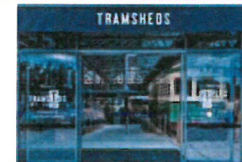
Historic Tramsheds Rozelle

This beautifully restored Tramshed has become the coolest place to be seen in Sydney! We are stopping by for a walk through the heritage listed Rozelle Tram Depot and a cuppa in a gorgeous old Rozelle tram restored and fitted out with tables and chairs. It's to be expected that this unique tram dining experience gets booked out and we have been squeezed in for an hours respite to enjoy the ambience with some good coffee and cake. There are limited numbers for the outing and 4 steps into the tram.

Duration: 4.5hrs

Bus: \$15

Extra cost: Morning tea



15th February

Premiers' Gala Concert

We have been lucky enough to secure tickets for the most popular gig in town! The concert will be held at the International Convention Centre Darling Harbour. Details of who will be featured have not been announced. Conditions of entry: No commercial food or alcohol allowed but by all means BYO sandwiches, snacks, juice, water bottle. No professional cameras or selfie sticks—only smart phones are permitted. Bags no larger than A4 of standard ladies handbag allowed. Needs to be placed under seat.

Duration: 5hrs

Bus: \$10

Extra cost: Nil



22nd February

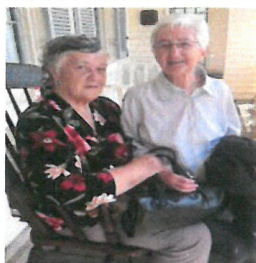
Colonial St John's Cathedral Parramatta

St John's Anglican Cathedral is the oldest continually operating place of worship in Australia since 1803. It is built on the original site of the slab hut used by the Reverend Marsden who was known as 'The Flogging Parson'. The stained glass and lead-light windows are quite beautiful, and the twin spires unusual for the time. Although quite small and intimate, the building itself is dignified and rich with history and the sandstone beautiful. We will be given an informative tour by the Cathedral volunteers and then a spot of morning tea in the park.

Duration: 4.5hrs

Bus: \$10

Extra cost: tour TBC + \$5



MARCH 2019

CALENDAR KEY



Walk at own pace



Spending money required



No Wheelchair access



Meal component



1st March Chinese Friendship Garden

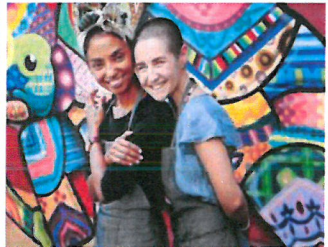
Entering the gardens is like walking backwards in time into the quiet solitude of ancient Chinese architecture and it's relationship with nature. The garden features waterfalls, lakes, pavilions, sculptures and local wildlife such as the water dragon, koi carp and several species of birds. We will be taking a short highlight tour of the garden.

Find an idyllic spot to enjoy your **BYO lunch** and recharge your batteries. It really is something special.

Duration: 5hrs

Bus: \$10

Extra cost: Entry fee



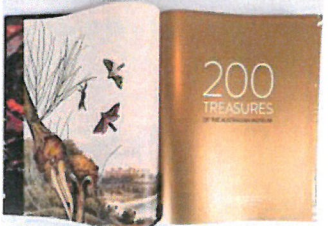
8th March Four Brave Women Cafe

To celebrate International Women's Day we are visiting a wonderful café called Four Brave Women. The cafe aims to give refugees a live experience of working in a commercial kitchen, serving customers and managing the day-to-day running of a small business. The goal is for them to gain enough knowledge to establish a business of their own. So lets give our tastebuds an international treat without leaving our shores! The menu changes every eight weeks as a new group of chefs serves a range of delicious meals inspired by their own culture. There is a bakery and gift store of home made crafts attached to the cafe.

Duration: 4.5hrs

Bus: \$10

Extra cost: Lunch + purchases



15th March 200 Treasures of the Australian Museum

The magnificently restored Long Gallery showcases 100 treasures of the Australian Museum. Some of the treasures are very old and rare and some are beautiful, they all tell fascinating stories about the Museum and about Australia. Alongside these objects are the stories of 100 extraordinary people who have shaped Australia. Scientists, explorers, athletes, artists politicians, entrepreneurs, an outlaw and a saint! Their immeasurable influence on the nation makes them true Australian treasures.

Duration: 5 hrs

Bus: \$10

Extra cost: Tour \$8 + cuppa at the venue



22nd March Senior Moments comedy revue

Senior Moments is a hilarious theatre production about old people and the young people they have to deal with, with sketches songs and performers who are old enough to know better. Laugh while you watch them making fun of the trials of growing old disgracefully. John Wood from Blue Heelers, Benita Collings from Play School and cheeky Geoff Harvey on piano from the Middyay Show are having some **Senior Moments**. **Tickets are limited**. Book now before you forget! BYO snacks as no food stop on this outing.

Duration: 4.5hrs

Bus: \$10

Cost: Tickets \$56 to be paid by 8/3/19



29th March Breakfast at The Galley Sydney Boathouse

The Sydney Boathouse is new marina complex adjacent to the Anzac Bridge with an unrivalled waterfront location on Rozelle Bay. The Boathouse is Sydney Harbour's first approved dry and wet boat storage facility and will ultimately accommodate up to 600 boats! If we are lucky we may see workers lift boats from the water into the storage facility whilst we are having breakfast in the sun at The Galley.

You'll feel worlds away from those oh-so-stunning Sydney city views staring back at you. Be prepared it will be an early start.

Duration: 4.5hrs

Bus: \$10

Extra cost: Breakfast



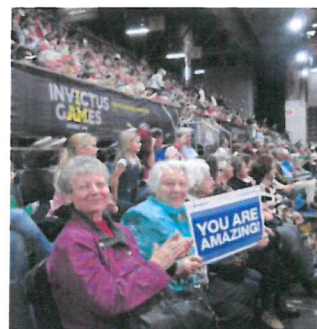
The National Broadband Network **nbn** is an Australia wide project funded by the Federal Government to provide all homes and businesses with a fast, reliable connection to the internet.

The nbn was designed to 'future-proof' Australian homes and businesses by replacing older, dated infrastructure with new, supercharged connections.

As part of this change the existing landline phone network that many medical alarms rely on is being replaced by newer technologies in most areas. You may need to register your medical alarm with nbn to help minimise any interruptions to your alarm service.

To find out if your services will be affected contact your current phone or internet provider for more information on 1800 687 626.

Some existing devices including medical alarms, autodiallers and emergency call buttons may not be compatible with the nbn access network at all times. You should contact your device provider to find out if your alarm or other device will work when connected to the nbn access network and what alternative solutions are available.



COMMUNITY OUTINGS: KEY INFORMATION

- **Book early as numbers are limited and a minimum number of participants are required**
- Telephone bookings can be taken from 10am-4pm
- Please advise us if you are bringing a mobility aid (walker/stick or a wheelchair)
- Please advise of any dietary requirements
- Due to circumstances beyond our control, some venues and cost of lunches may change
Riverwood Community Centre will try to inform you should this occur
- Outings can go from anywhere between 3-8 hours depending on the location
- **Our outings are very popular and we would hate to have someone miss out on these amazing days, so please let us know as soon as possible if you are unable to attend so we can offer your place to someone on the waiting list**
- Your place on an outing is not confirmed until you receive a call from Riverwood Community Centre
- There are no refunds on tickets that have been prepurchased for theatre/performance/movie/gallery outings.

WHAT TO BRING ON AN OUTING

1. Enclosed comfortable shoes
2. Bottle of water
3. Hat and sunscreen
4. Lunch (if not provided)
5. Admission fee
6. Spending money
7. Pension/Seniors/Opal card
8. *Adventurous attitude a must!*



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