

## Newsletter

FEBRUARY 2023













### **LUNAR NEW YEAR CELEBRATION**

RIVERWOOD Community Centre and Canterbury Bankstown Harmony Group welcomed the Lunar New Year 'Year of the rabbit' community celebration featuring traditional music, cultural performances, Red envelopes, Lion Dancing, delicious lunch and more.

The event has been organised by the Riverwood Community Centre and Canterbury Bankstown Harmony group for 17 years.

Cr Karl Saleh, OAM the Chair of Riverwood Community Centre said:

Great to continue the traditional Celebration of Lunar New year at Riverwood Community Centre to show our local communities that we welcome everyone and value our diversity.

"The Year of the Rabbit represents peace, prosperity, energy, and hope—and It is an opportunity to look ahead to a new year that we hope will bring us good health, joy and hope".

### WELLNESS AND REABLEMENT BEST PRACTICE EXPO 2023









Wellness and Reablement Best Practice Expo 2023 **Riverwood Community Centre** was proud to be part of the Wellness and Reablement Best Practice Expo held at Canterbury Leagues Club on Wednesday the 1st February, 2023. We met many Seniors in our LGA who were enthusiastic and genuinely interested in joining our Social Support Groups that run at RCC on a weekly basis. The day was also a great networking opportunity, meeting representatives from Organisations e.g. Clinical, Respite, OT, Home Improvements and Counselling. All-in-all it was an informative and productive

RCC APPRECIATES THE
ASSISTANCE OF THE SOCIAL
WORKER STUDENTS FROM
WESTERN SYDNEY
UNIVERSITY.
BELOW ARE QUOTES FROM
THEM ON HOW THEY
DESCRIBE THE EXPERIENCE



# **UPCOMING EVENTS**



You are invited to join us



2023



### Tuesday 21st of March 10:00am - 12noon

 Riverwood Community Centre 151 Belmore Rd North, Riverwood

> **BOOKINGS ARE ESSENTIAL BY 10TH MARCH 2023** 95330100 or email reception@riverwoodcommunity.org.au www.harmonygroup.com.au \$5 entry includes lunch & entertainment











### Ramadan

IFTAR DINNER

#### Friday 14th

April 2023 AT 6.00 PM

#### 151 BELMORE RD NORTH RIVERWOOD

Please RSVP to 95330100 or email us at reception@riverwoodcommunity.org.au

Bookings are essential by 10th April 2023



## **OUR SERVICES**





#### Riverwood Community Centre Aged Services supporting our seniors daily Join our Social groups

Would you like help to support your parents? With shopping, trips to the doctors, domestic assistance and support.

Aged Services Social Support Groups meet weekly at locations across the Canterbury Bankstown and Georges River areas. Our groups give older people the opportunity to meet others who speak the same language, share their cultural background or share a common interest. They celebrate cultural events, share their culture with others, learn more about Australia, and participate in outings.

#### **RCC Youth Group**

Every Wednesday 3:00-6:00pm & Thursday 3:00-5.30pm Its Free

12-17 Years

**Activities include:** 

Basketball, Table Tennis, Pool Table, Access to the gym and a freshly cooked meal

