

Neighbour News

Connecting Music and Memories

Happy New Year!

So much of what we do has a "theme" song attached. Many of these moments live on whenever that music/song is replayed. Often it's how we learnt a language, celebrated joyous events, danced with our tribe etc.

At the Client Christmas party in December, we saw and felt the impact of music. From the performances by the wonderful MLC School students to the 'knock your socks off' Rocky Horror Show performance by our amazing staff, everyone was motivated to smile and dance. I am now certain to think of the team's fun performance when I next hear 'Time Warp' played.

In this edition, we ask our team to share one of their moments/memories connected with a song or music.

For me, music and dance have always been a positive part of life. As a child we attended many Greek weddings. Whenever the waltz music came on, my Dad would get me up to dance the first song regardless of my objections. I had not been given lessons but his strong hold felt so reassuring and an unspoken message to trust him, hang on and follow his lead.

To this day, these memories remind me of the importance of having people in your life you can trust.

So, it's a new year, time to tap into a new program with the confidence that you will be well supported by our team and volunteers. Bring your own soundtrack!

Stella Angelo, Editor (volunteer)

Autumn
Edition

Feb 2026
Issue 130

Inside:

- 1. Welcome
- 2. Organisational News
- 5. Music Memories
- 7. Gardening & Nature
- 10. Client & Volunteer Christmas Party
- 11. Brain Teasers
- 12. Client Services
- 14. Outings Highlights
- 16. Brain Teasers—Answers
- 17. Trolley Talk
- 18. Alive & Kicking
- 19. Stand Tall
- 20. DanceMoves
- 21. Strong Together
- 22. 5 Senses Garden Workshops
- 26. Living Well with Dementia Workshops
- 28. Volunteers
- 29. Mar, Apr, May Calendars

Organisational News

Welcome to 2026

As we step into a new year, we extend our heartfelt thanks to every client, volunteer and partner who continues to place their trust in us. Your choice to walk alongside Inner West Neighbour Aid is a privilege we never take lightly. Ageing today looks very different from the past and we are proud to stand with our community, who are reshaping what it means to grow older and bolder. In the year ahead, we invite you to stay curious, keep sharing your ideas, challenge us with new thinking and remind us of the approaches that work for you. Our hope for 2026 is that we continue to learn from each other, strengthen our connections and grow together.

Board and Team—Connect and Grow Meeting

On 26 November 2025 the board and team met for their annual “Connect and Grow Meeting” at the Croydon Park Club. The purpose of this meeting was to refresh our knowledge on the aged care reforms impacting Neighbour Aid, to reflect on 2025 and challenges for 2026 and most importantly, to share the board’s strategic planning process and consult on the draft strategic objectives for 2026 – 2028. Over the coming months, team feedback will be collated and the strategic objectives will be finalised and then shared in our next newsletter.

Our proudest moments in 2025 included:

- o **Impact and Programs:** Across our programs, we saw the powerful impact of social connection and community belonging. Clients formed genuine friendships, with many expressing gratitude and a renewed sense of confidence. The *I Made It!* Exhibition held at the McGlade Gallery, Australian Catholic University Strathfield highlighted creativity and pride. Events like the Client Christmas Party further

strengthened community bonds, while milestones such as our first Help at Home garden contract reflected program growth. The behind the scenes dedication of volunteers and staff make everything happen seamlessly.

- o **Team, Governance and Advocacy:** This year also showcased strong teamwork, resilience and collaboration. The team navigated change, welcomed new members, blended programs and supported one another to create safe, engaging spaces. Staff built strong rapport with volunteer groups and fostered a workplace where learning and support are central. Governance was strengthened through successful board recruitment and visible unity between board and staff. Advocacy efforts amplified client voices through engagement with the Prime Minister’s office and local MPs, while building recognition for Neighbour Aid within the broader community and sector.



Membership Fees 2026 / 2027

Inner West Neighbour Aid is a membership based organisation, governed by a Constitution. If you choose to become a member, the fees contribute to our services and enable us to provide more services to more people. Membership of \$25 covers the financial year from 1 July to 30 June.

Organisational News

Indah Kusumawati, Title Change



We are pleased to announce that Indah's new title is Finance and Administration Coordinator. The board has endorsed this change, which reflects more accurately the scope, level of responsibility and coordination functions currently undertaken within Indah's role, including oversight of finance processes, administrative systems, compliance support and cross-team support. We would also like to take this opportunity to thank Indah for her valued contribution, professionalism and continued commitment to Neighbour Aid over the past 14 years.

Donations

Thank you to our recent generous donors. Your support enables us to improve the quality of our programs and connect with more people in our community.

Allison Yee-Brogan, Betty and Barry, Cherene Casinader, Dorothy Jamieson, Jane Leong, Anja Savelainen and Joe Szima.

Thank you to Grill'd Drummoyne and the local community.

Neighbour Aid received the highest number of "tokens" or votes in the Local Matters campaign in October 2025. We received a donation of \$300.



Acknowledgement of Funding

Inner West Neighbour Aid is primarily funded by the Department of Health, Disability and Ageing. Although funding has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Community Events

The following special events will take place in Autumn. Neighbour Aid will be celebrating in our own special way, with more information to follow.

NSW Seniors Festival (2 - 15 March 2026):

This festival celebrates the role and contributions of older adults to our local communities. The theme for 2026 is "**Live Life in Colour**", encourages seniors to celebrate their life journey, embrace creativity, form new connections and enjoy an active and fulfilling lifestyle.



National Volunteer Week (18 - 24 May 2026):

This is Australia's largest annual celebration of volunteering, highlighting the important role of volunteers in our community. The theme for 2026 is '**Your Year To Volunteer**' and this not only honours the contributions of volunteers but also encourages people to make 2026 the year they get involved and make a difference.



National Volunteer Week 2026 celebrates the commitment of current volunteers and invites everyone to discover how giving their time and talents can spark joy, and a deep sense of purpose. More than just a celebration, National Volunteer Week 2026 is a call to action – make this **Your Year to Volunteer** and help create lasting, positive change.

Allison Yee-Brogan, General Manager

Organisational News

Help at Home

Help at Home is our private program that falls under the umbrella of Inner West Neighbour Aid. This program is not government funded so any fees charged, go back into supporting the organisation.

Help at Home Services

How can our non-subsidised Help at Home program help you? Our services include:

- o Lawn mowing
- o Hedging
- o Pruning
- o General garden tidy up, weeding etc
- o Pot replanting
- o Cleaning and tidying up balconies
- o Irrigation
- o Preparing and laying new turf
- o Lawn and garden fertilizing
- o Herbicide spraying
- o Laying mulch
- o Pressure cleaning
- o Window cleaning, ground level only
- o Small painting jobs/touch up paint

Help at Home – Bookings and Cancellations

We plan our bookings carefully to suit you and if you need to cancel please help us, by providing advance notice. If you cancel with less than 24 hours' notice, we will charge a \$55 cancellation fee. In some cases, we will not be able to book you in for another 4 weeks. On the other hand, we will contact you if it is unsafe for us to proceed with your garden service due to extreme weather or staff illness. Thank you for understanding. We look forward to servicing your garden and lawns soon.

Help at Home – Fees

The Help at Home rate is \$115 per hour (including GST).

Call Jo and Mikali ~ our friendly Help at Home team on 9799 5099.



Our Social Support Team is embarking on another project in 2026!

Shining the Light is an intergenerational storytelling project that challenges age-related stereotypes by highlighting the diverse life experiences of older people in our community. Through written narratives, archival and contemporary photographs, and multimedia interviews, the project will share the rich, often untold stories of our community through a public exhibition.

Please let staff know either in person or over the phone if you'd like to be a part of this exciting opportunity!

Maja Sorensen, Senior Coordinator

Music Memories

Allison: A long time ago, I celebrated my 21st at the now-defunct Leichhardt-Lilyfield Soldiers', Sailors' & Airmen's Club, where the DJ was affordable, available — and fiercely committed to her own playlist. Despite gentle (and not-so-gentle) requests from the birthday girl, she played her favourite song, *Hammer Time* by MC Hammer, over and over and over. It's now a core memory that still sends old friends into fits of laughter.

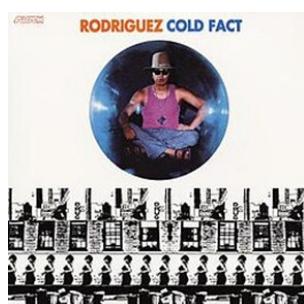


Chantel:

Lucky me, grateful me, I grew up surrounded by music and musicians. Most memorably, my tia (aunty) and mama singing *Cambia* by Mercedes Sosa — a song about the constant flow of change in life, and the pain for their homeland during political turmoil, an anthem of hope and resistance against oppression in Latin America. I remember my aunty strumming the guitar passionately, my mum striking the bombo, their singing, enveloped in the darkness of the night, a smoky backyard fire, and hearts full of longing.



David: My earliest memories of music are my parents playing vinyl records. Some of the music I did not really enjoy. However, one record they played, *Cold Fact* by Sixto Rodriguez, is still one of my favourite albums all these years later.



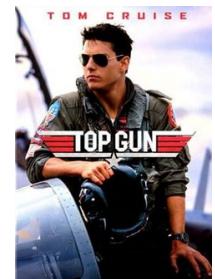
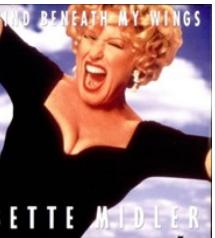
Emel: I am from a family of 8 and my oldest sister is 14 years older than me. She is an amazing pianist and when I was small she would play the piano to destress from her studies at Uni. I slept in the attic with 4 of my brothers and I loved going to sleep with the sound of *Fur Elise* by Beethoven wafting up the stairs. The music felt like a doorway to another beautiful world.

Emma: As a proud 80's kid I grew up listening to Bette Midler, Tina Turner and Whitney Houston with my Mum. I have fond memories of having the stereo turned

up, all of the windows and doors closed because we had the air conditioner on to escape the Darwin heat. Recently my 5 year old twins participated in their first dance concert and one of the songs was *Wind Beneath my Wings* by Bette Midler. My Mum and I were singing together in the audience!

Indah: *Take My Breath Away*,

the iconic song in *Top Gun*. Back in 1988, I went to the cinema in our hometown of Salatiga, Indonesia, with my sister to watch *Top Gun*. I saw a few people rocking the Pete



Mitchell look - sunglasses and haircut, even humming *Take My Breath Away* as they walked around.

Jo: Growing up with Greek heritage, my favourite memories are of being at my Pappou's (grandfather's) house playing Greek music on the record player. My favourite song is called *Lefteris* (meaning freedom / liberation). And when I heard this song the other day, it was just like a bridge straight back to my childhood.



Music Memories (cont'd)

Karen: I remember the day the Beatles arrived in Australia in 1964. I was already a fan, so having them come here was incredible. I still listen to their music, a favourite is *Eight Days a Week*. I love the illogical premise and the beat is incredible. Their music always makes me smile.



Maja: I recently went to see Lenny Kravitz with my mum. She used to play his music to me when I was a baby and couldn't sleep. We enjoyed his concert together (I still didn't sleep).

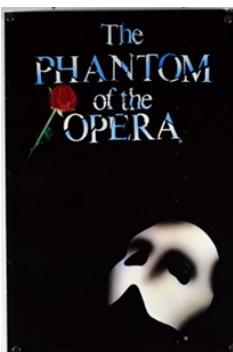
Mel: Our family holidays were spent on the NSW south coast and the sound of our well-loved Creedence Clearwater Revival CD on repeat will be the forever soundtrack for those days. Driving around from beach to beach with my parents, being carefree, feeling the sunshine on my salty skin (and the hopes of fish and chips for dinner!).

Mikali: Growing up, I would often wake up to the sound of my dad practicing classical guitar. Dad is a beautiful player but also a very early riser!



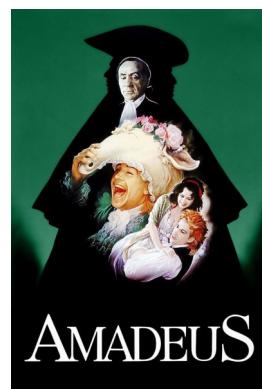
Still, I never begrudged this gentle wake-up call.

Ruben: One musical memory I have is of The Phantom of the Opera. As a child I thought this was the most dramatic and amazing piece of music. I begged my mum to buy me a cape and mask and when she finally acquiesced, I would put the soundtrack on and jump, run and fly around the house pretending to be the Phantom of the Opera.



Ruth: Goodness of God by CeCe Winans became the anthem of my 40th birthday, filling that moment with deep gratitude. I felt supported and guided through difficult seasons I didn't fully understand at the time. Even now, its lyrics echo the story of my life and continue to fill me with profound appreciation.

Stuart: One of my favourite memories associated with music relates to the first time I watched the 1984 movie Amadeus. In one of the early scenes, a rival composer to Mozart describes when he first saw Mozart's score for Serenade in B-Flat Major, K.361 Grand Partita. He was astonished how such a sublime piece of music could come from someone he considered so vulgar. Now when I play this piece, I am blissfully transported back to 17th century Vienna and a much younger me.



Gardening and Nature

Looking after potted plants



Most Garden Aid clients have potted plants. When I started gardening with Inner West Neighbour Aid I was surprised by how much people loved them. Why don't they just put them in the ground I thought? I mean, looking after plants in pots takes a lot more time and effort. It wasn't until my wife 'strongly suggested' that I get her some lovely flowers to look at whilst working from home that I began to see the appeal. I have included a picture of our potted plants to help illustrate some points I will cover below.

The Pros and Cons of Growing plants in Pots

Advantages: You have total control over soil quality and drainage. Pots are mobile, allowing you to move plants to follow or avoid the sun or shade. They are ideal for those with limited space or those who are unable to get down to ground level. You can choose from a large variety of colours and patterns.

Disadvantages: Potted plants are entirely dependent on you. They have no access to natural groundwater and nutrients and can heat up in hot weather. Your plants will need regular watering, fertilising and repotting every 18 months to 2 years. Also, pots are a bit like children, the smaller they are the more attention they need to thrive and survive.

Choosing Your Container

The material and size of your pot has a big impact on plant health.

Plastic: Lightweight and excellent at retaining moisture. However, they can overheat in direct

sun and may become brittle. The most common plastic pot is the black plastic one. These are generally meant to be temporary with perhaps the exception of the very large ones. You can now find many plastic pots with internal saucers designed to handle direct sun.

Terracotta: A classic breathable porous material allows air to reach the roots, but it also dries out very quickly. Soak these for at least an hour before planting out and consider using a saucer for extra water retention, particularly with smaller pots.

Glazed Terracotta/Ceramic: These are heavy and stylish. The glaze seals the pot helping it retain more moisture.

Plant Selection: What Thrives?

While you can grow almost anything in a pot with enough effort, some are more "pot-friendly."

Pot Friendly: Herbs (Mint, Basil, and Rosemary), Succulents, Leafy Greens, and Dwarf Fruit Trees (large pots). These have manageable root systems and adapt well to confined spaces.

Not So Pot Friendly: Large perennials, standard-sized fruit trees, and thirsty vegetables like Tomatoes or Cucumbers. These require much larger containers, frequent watering and daily monitoring to prevent wilting and nutrient deficiencies.

Potting Mix vs Other Media (soil)

Garden Soil: Never fill your pots with straight garden soil! Garden soil is too heavy and dense; it will compact in a pot, suffocating roots and preventing drainage.

Potting Mix: A sterile medium usually made of pine bark, coco peat, and perlite. It is designed to be lightweight and porous, ensuring the perfect balance of drainage and moisture. Potting mix is not soil as it does not have the millions of microbes found in natural soil. Some potting mix is specially blended for specific plants.

Gardening and Nature (contd)

A note on Potted Plants and Hot Weather

In hot weather, potted plants are at higher risk because their root balls can reach extreme temperatures.

Watering Timing: Water early in the morning so the plant is hydrated before the heat hits.

Mulch: Add a layer of mulch (fine pine, sugar cane or tea tree mulch) to the top of the pot to seal in moisture.

The "Huddle" Technique: Group your pots together as I have on the old table in the photo. This creates a microclimate with higher humidity, reducing evaporation.

Shade Shift: If a heatwave is forecast, move sensitive pots into the shade or under a patio.

Stuart Blundell, Garden Projects Coordinator

Safety in your garden

It is important to follow several safety measures when gardening to prevent accidents. So here are some tips on how to minimise hazards in the garden:

- o Always use the recommended protective equipment with any gardening equipment. Refer to the safety measures outlined by manufacturers. For example, goggles and ear protection should be worn when using power tools. When using pesticides and herbicides it is important to protect your eyes and skin and to use a respirator if required.
- o Pesticides and herbicides should be securely stored away from children and pets. All chemicals must also be clearly labelled. This helps prevent misuse and ensures that all relevant safe information is readily available.
- o When gardening, ensure that any cuts or abrasions are covered and properly

dressed. This helps to prevent bacterial infections that can be contracted through contact with contaminated soil.

- o Be aware of dust when working with any organic matter. Materials such as mulch, potting mix and manures all contain dust irritants and bacteria that can be breathed in. To reduce this risk, wear a dust mask or respirator. Another tip is not to open sealed bags of organic matter indoors.
- o It is important when gardening to be aware that some plants can be poisonous to both humans and animals. Sap from certain plants can irritate the skin and any sap that is white or milky should be treated with caution. Some examples of common noxious weeds found in NSW are:

- Oleander (*Nerium oleander*): This plant is highly toxic to humans if any leaves or flowers are ingested. The sap can also irritate the skin.



- Green cestrum (*Cestrum parqui*): All parts of this plant are toxic to humans and animals, particularly the berries.



- Pellitory (*Parietaria judacica*): The pollen can be harmful to humans and may cause asthma, hay fever, and conjunctivitis. Contact with the leaves and flowers can also cause skin irritation.



David Wilson, Garden Aid Team Leader

Gardening and Nature (contd)

Pappou George's Shakshuka

This simple yet delicious recipe was passed down to me from my Dad who learnt it from his father who had since passed away, my Pappou George.

Never having met Pappou George, I have been told many stories including that he was known for being very generous with olive oil (he was Greek after all!) which makes a big difference to this recipe. However the main star of the dish is the sweet ripe tomatoes which are currently in season and taste incredible. This recipe is less sauce based than the common Turkish version of shakshuka and more about using the fresh tomato juices as they cook down in the pan to infuse the egg mixture.

At the moment I have a glut of tomatoes from my vines and they're also very cheap at the supermarket so this dish is perfect to use and appreciate the fruit at their best, but also easy to whip up for any meal in my opinion.



Ingredients

Extra Virgin olive oil

Block of unsalted butter

Block of feta - a good quality Greek feta has better taste if you can

Dried oregano - if you have some fresh you can use this too for garnish

Salt and pepper

2 to 3 eggs for serving 1 - 2 people

Ripe tomatoes - can be any size but the larger varieties are easy to slice and give lots of flavour

Slice of any bread for toasting to serve

Instructions

Drizzle as much olive oil in the base of your fry pan to coat it well and add a good chunk of unsalted butter, leave to melt

Slice tomatoes in rounds and put in pan, cook until they soften slightly and release juices

Whisk eggs in a bowl, crumble half of the block of feta in and sprinkle dried oregano - just enough to coat the mixture

Pour the mixture in and turn the temperature down slightly so it doesn't burn - allow bubbles to arise in the middle of the omelette

You can either put the pan under the grill until the top of the omelette is cooked or try and flip in the pan and have it slightly scrambled

Plate up with toast and top with some chopped fresh parsley and enjoy!

Melanie Athan, Garden Aid Team Leader

Client and Volunteer Christmas Party

A Celebration to Mark the End of the Year

Inner West Neighbour Aid's Christmas Party provided an opportunity for people to come together and spend time with one another as the year drew to a close. The event was a day of fun and surprises!



The afternoon was hosted by our amazing MCs, Chantel and Ruben who rolled out the red carpet for a Grammys-inspired theme. Their thoughtful and comedic approach helped create an inclusive atmosphere and had everyone engaged and laughing.

We welcomed students from MLC School, who contributed a series of performances through dance, singing and instrumental music. Their performance and professionalism blew us all away! They finished with a Christmas Carol sing-a-long and invited us all to join in. The chorus in the room sounded beautiful.

A surprise "Time Warp" performance from Neighbour Aid staff brought an element of fun and shared laughter, reminding us that community celebrations are also about not taking ourselves too seriously and enjoying the moment together. After the performance the dance floor opened up. It was so good to see people who didn't know each other well, connect through shared dance moves and laughs on the dance floor.



The event also featured two meaningful speeches. One of our clients, Anne, spoke about her history of public speaking and shared what being part of the Neighbour Aid community has meant to her as well as thanking staff for their support. One of our volunteers, Jo, followed, reflecting on the value of giving time, building relationships and being part of a community that supports one another.



Throughout the afternoon, people shared food, conversation and company. The themes of community, generosity and celebration were present in both the formal and informal moments, and the event offered a chance to pause and acknowledge the many ways people contribute to Inner West Neighbour Aid.

We thank everyone who attended and contributed to the day, and we appreciate the spirit of sharing that made the celebration possible. It was a fitting way to come together at the end of the year. There may be another surprise performance in 2026...

Maja Sorensen, Senior Coordinator



Brain Teasers – Keeping our minds active

My life's soundtrack

- “The song that always takes me back to my school days is: _____.”
- “The first record, tape, or CD I ever owned was: _____.”
- “A song that always makes me smile is: _____ because _____.”

Unscramble these music-related words

1. ANOIP
2. RNOHMYA
3. OLVISIN
4. CESNOTCR

Name That Line!

Classic Hits from the 40s–60s Edition

1. “I've Got You Under My _____”
Clue: A smooth Frank Sinatra standard.
2. “When the Moon Hits Your Eye Like a Big
Pizza Pie, That's _____”
Clue: A playful Dean Martin classic.
3. “My Girl — I've Got Sunshine on a _____
Day”
Clue: A Motown hit by The Temptations.

Answers on page 16

Client Services

In the Community

Ashfield Markets



On Sunday 30 November 2025, 4 amazing volunteers Simon Leong, Cecilia Bardach, Jo Gates and David Rollinson supported Neighbour Aid's information stall at the Ashfield Public School Markets. They truly were the A-team – rallying support, mustering up passers-by with their positivity, friendliness, highly skilled art of persuasion and conversation. Thank you for your time and dedication.

Ashfield Mall



On Tuesday 4 December we partnered with Carer Gateway, Benevolent Society to hold a pop-up stall at Ashfield Mall. We spent the day speaking with local seniors and carers in the community and bumped into lots of familiar faces! Thank you to all of our volunteers and staff that took time out of their day to help share information about Neighbour Aid's programs.

Abbotsford Public School



We had the honour of being invited by the Office of Sally Sitou, Federal MP for Reid to attend a Senior Christmas Morning tea at Abbotsford Public School. The student representatives spoke very well and the choir sang for everyone. The Principal spoke about the significance of the 10th December as the date of the new social media laws and the positive impacts on schooling. She spoke of the challenges to engage with students in this age when most young people have access to a screen. Sally Sitou and Burwood Police spoke about scams and encouraged the senior community to be very cautious as the scams are becoming more convincing. It was a great morning. A big thank you to our Karen Paige for coming along to speak with everyone and to clients Irene and Christine for telling their friends how great Neighbour Aid is!

Email from Sally Sitou's office: Sally would like me to extend her sincere appreciation for your wonderful support in making the Seniors' Morning Tea event last week such a successful and memorable event. It is an occasion we will always remember and a lovely example of what makes our community so special. We greatly appreciate your continued support and look forward to working with you again in the future.

Client Services

Support at Home

In-home aged care services are designed to provide assistance to people who want to remain living at home but might need some help to enable them to be safe, comfortable and well.

There are two main Government-funded Home Support programs:

Commonwealth Home Support Program (CHSP)

will transition to Support at Home no earlier than 1 July 2027. This program provides entry-level support services for older people who need some basic assistance such as meal delivery, community transport, domestic assistance, home maintenance and social support. It is grant funded.

Support at Home Program was introduced on 1 November 2025, replacing the Home Care Packages and Short-Term Restorative Care Programs.

Provides more complex, coordinated and personalised care at home. It offers 8 levels of care packages to support people. There are three separate short-term pathways. Care management is mandatory, though recipients can choose self-management. It can include personal care, support services, nursing, allied health. Individual budget amount depends on level allocated.

Current Home Care Package recipients will retain their funding levels and unspent funds will carry over to the new program.

(This information was provided in a recent staff training session by Paul Sadler Consultancy.)

If you need assistance or have any questions, please call the office on 9799 5099

Emma Torres, Client Services Coordinator

**Find the help you need with
myagedcare**
1800 200 422
www.myagedcare.gov.au



Outings Highlights

When: Every Thursday and some Wednesdays.

Pick up times range from 9.30am to 11.30am. Drop off between 2pm to 3.30pm

What: Excursions and lunch at a range of venues incl. cafes, clubs, long drives and galleries

Cost: Transport \$15 and cost of lunch

Please call us on 9799 5099 to book in.

As Nat King Cole famously sang “The autumn leaves of red and gold” have arrived.

Autumn is here and so are our very exciting outings. I think Inner West Neighbour Aid might have outdone itself with this season's outings. This is a great time to get out before winter sets in and make some new friends. As always, if you are new to Neighbour Aid, we extend a warm welcome — don't hesitate to call up and ask any questions you may have about our outings.

Past Highlights

We bid adieu to summer and some stellar outings. To refresh your memory; in December we went shopping at Roselands and had lunch with a million dollar view at The Squire's Landing. In January we soaked up the sun at The Bower Café in Manly and went out west to Lynwood Golf Club. We then had a great active outing to Paddy's Markets to finish off the first month of 2026. In February we went to the new Western Sydney Airport and saw a show at Chester Hill RSL. We then farewelled summer in style at Bondi Icebergs Bistro. What a great start to the year.

Fridays

A friendly reminder that Inner West Neighbour Aid now has an outing on one Friday of every month. These are colour coded the same as the other outings on the calendar and will work the same as any other outing.

Active Outings

Approximately once a month, we host an **active outing**, which is marked in the calendar by this symbol: →



These outings are ideal for clients who feel comfortable engaging in some physical activity, such as walking longer distances, using stairs, or sometimes uneven paths.

If you'd like to attend an active outing but feel unsure if it's suitable, don't hesitate to contact us for a chat. If it's not for you — no problem! We have many other wonderful outings that you can attend and are just as enjoyable.

March

We are in March which means it's Pisces season ladies and gentlemen.

Our first outing is to **Ingleburn RSL** (+\$20) for lunch and a show! Following this we have our Wednesday joint outing with the Strong Together program at **Café Organica** (+\$20) in Concord. These joint outings are a great way to meet some new faces and learn about the other programs Inner West Neighbour Aid offers.

We will be heading out to a restaurant/bar in Brighton-Le-Sands called **Coco's by the Beach** (+\$20). For those who remember, this was the location of our mystery outing last year. It was well received with great views of Botany Bay.

The following week we have an outing to a new venue, the **Brighton Lakes Golf Club** (+\$25) near Liverpool. We are always excited to try new places especially ones like this with a great view over some rolling, green golf hills.

We also have an **active outing** to the **NSW Art Gallery** on Friday 20 March. Entry is free into the gallery. Following lunch we will head across the road to the **Terrace on the Domain** (+\$25). Clients must be able to walk a medium distance and view the gallery for this outing.

Outings Highlights

Lastly, Inner West Neighbour Aid is heading to the **Darrell Lea outlet** just in time for Easter. We will be breaking tradition and having fast food for lunch at **McDonald's** (+\$15). A real Easter treat!

April

April is going to be the month of the year with a total of 9 outings planned.

Firstly, we have a unique **active outing**. We will be walking a portion of the Sydney Harbour Bridge and then having lunch at the **Australian Heritage Hotel** (+\$25). For this outing, clients are expected to be able to walk a medium/long distance and use stairs.

Again we have our regular joint Wednesday outing with the Strong Together program. We are heading to **Cronulla RSL** (+\$25) which has an amazing view of the water.

We have a few new venues in April so be on the lookout. We are heading to **Georges River Sailing Club** (+\$25). This venue is sure to be popular so we've split it into East and West to so everyone can visit. We will have tea, coffee and lunch at **Matinee** (+\$25) a lovely retro themed café close to home in Marrickville. And lastly we are going to the very popular chicken shop, **Frangos Charcoal Chicken** (+\$15) in Concord.

Lastly, we heard your requests and we are heading back to **The Paper Mill**, a multi restaurant destination in Liverpool to eat at the amazing Lebanese restaurant **Al Aseel** (+\$25).



May

We're kicking May off right with an **active outing** to the **Chatswood Markets** (+\$15). There are a range of food stalls to walk around and purchase your own lunch.

We're heading back to some client favourites; **North Ryde Golf Club** (+\$25), **Laughing Boy Café** (+\$25) and **Abbotsford Rowing Club** (+\$25), for some fantastic lunches. All of these venues were very popular.

Lastly as a special treat we have booked a **3 course meal** at the **Polish Club** in Ashfield. Amazingly, the price for this 3 course meal is \$25 for seniors! We have two outings planned, to ensure everyone gets a chance to go, but please book in early if this is something you don't want to miss.

Ruben Hedges, Social Support Worker



Brain Teasers - Answers

My life's soundtrack

Share your answers at your next Inner West Neighbour Aid activity!
(Perhaps at this event.....)

Unscramble these music-related words

Answers:

1. PIANO
2. HARMONY
3. VIOLINS
4. CONCERTS

Name That Line!

Classic Hits from the 40s–60s Edition

Answers

1. Skin
2. Amore
3. Cloudy

Ruth Njogah, Social Support Coordinator





Neighbour Aid Seniors Festival 2026

Stories Amongst Friends

**BBQ
Stories
Intergenerational Connections**



Wednesday 4th March
11am-1pm
5 Senses Garden, Concord West
Parking via Killoola St
Cost \$7 / Transport \$15

Book in early- numbers limited!

Trolley Talk

When: 1st and 3rd Wednesday of the month from 9.30am to 11.30am, during school term

Where: Ashfield Mall

Cost: Client transport \$15

Please call us on 9799 5099 to book in.

Trolley Talk is back

Our fantastic assisted shopping program is back and better than ever in 2026. We have renewed our partnership with Ashfield Boys High School and are ready to hit the town (or rather, Ashfield Mall).

Trolley Talk is a fantastic way to get out and about and do some grocery shopping. Our Trolley Talk program transports clients to Ashfield Mall where you can do your grocery shopping at Coles. Students from Ashfield Boys High School will be there to socialise, have a chat and assist with your grocery shopping. This program runs on the 1st and 3rd Wednesday of every month, except for school holidays.

Our staff member, Ruben, who has run the program for the past year says "The students love this program and enjoy connecting with our clients and I can see our clients feel the same way".

If you are interested in joining or have some questions please don't hesitate to give us a call on 9799 5099.

Ruben Hedges, Social Support Worker



Alive & Kicking

When: Every Tuesday from 11.15am to 1.30pm. Bring your own lunch..

Where: Strathfield Community Centre

Cost: \$7 Client transport if required: \$15

Please call us on 9799 5099 to book in.

Alive & Kicking: A Day of Movement, Connection & Laughter

I thought I'd kick off autumn by revisiting the basics of what a day at Alive & Kicking looks like. We are always keen to have more seniors join our program. True to its name, it's a program that fosters vitality through healthy ageing and social connection. As one of our Alive & Kicking regulars, Joyce, always reminds us, most importantly it's a place to come and have a good laugh. So let me give you a little outline of a day.

Alive & Kicking is coordinated by me, Chantel, and a volunteer attends to support every week.

We meet at 11am for an 11.15am start at Strathfield Community Centre. Fleur Denny kicks us off by facilitating a mix of seated and standing exercises. Fleur brings her incredible breadth of experience in dance, pilates and exercise, as well as her infectious good spirits and wonderful humour. Fleur always incorporates fun games. We exercise until 12pm.

At 12pm we break for tea, coffee and lunch. Seniors bring their own lunch and the facilities provide access to a fridge and microwave. We provide tea and coffee. This half hour lunch is always a good chance to catch up.

At around 12.30pm we move into the afternoon activity facilitated by Ruben or myself. Generally speaking, Ruben facilitates Alive & Kicking every third Tuesday of the month, and I take the rest of the weeks, although Ruben always generously lends a helping hand whenever needed.

Here are some examples of afternoon activities we do at the program: bingo, guest speakers on topics like healthy ageing, games (usually run by Ruben the games master), and arts and crafts.

We have students from Rivendell School join us in an intergenerational exchange every second Tuesday of the month, except during school holidays. For the past few months Rivendell School students have been generously organising and facilitating excellent arts and craft activities. This also means that the students themselves get to practice building their confidence by suggesting activities and facilitating the sessions. This is undoubtedly such a valuable intergenerational exchange and one we hope to continue building on in 2026.

We wrap up Alive & Kicking by 1.30pm, by which point it's usually a good time to head home and have a nap.

So that's it, a little insight into a day at Alive & Kicking. First and foremost though, the purpose of the program is to cultivate community—and that's something I feel the seniors have so much wisdom to share.

Chantel Jurcevic, Social Support Worker

Stand Tall

When: Every Thursday from 11am to 12pm

Where: CSP Gym Ashfield

Cost: \$17 Client transport if required: \$15 Non-Client: \$27

Please call us on 9799 5099 to book in.

Autumn Goals

Our Stand Tall members are a dedicated group who prioritise their strength training and cardio work each week to maintain strength, fitness and general wellbeing.

All the research on healthy ageing highlights the incredible benefits of strength based training and cardio workouts as we age. The muscular strength that weight training develops helps reduce our risk of falls, protects our joints and allows us to lead mobile and independent lives. Cardio workouts are well documented for their impact on heart health and longevity. Regular cardio workouts are known to lower blood pressure, reducing the risk of stroke and heart attack. They can also enhance cognitive function and boost mood.



On top of all the physical benefits of participating in Stand Tall, there is also the social aspect of our weekly workouts. We have regular coffee catch ups at Wests Ashfield Leagues Club after the gym and the support from other like minded group members really helps people stay on track and keep moving toward their personal fitness goals.

Speaking of fitness goals, our Stand Tall members like to set new personal training goals each year to continue to challenge themselves. Anchoring our training in practical, personally relevant goals really helps everyone stay energised and focused with training.



Since starting with Stand Tall, many of our clients share that they have noticed increased strength in their legs and arms. We notice this at the gym with everyone's ability to lift increasingly heavier hand weights during press, pull and squat exercises and heavier kettle bells in our farmers lifts. These gains also allow us to lift shopping, grandkids and pets more easily, get in and out of seats and cars better and maintain active independent lives.

If you're interested in increasing your strength, balance and mobility and want to meet like minded people, contact Neighbour Aid about joining Stand Tall.

Emel Jurd, Social Support Worker

DanceMoves

When: Every Friday from 11.30am to 1.00pm

Where: Woodstock Community Centre, Burwood

Cost: \$7 Client transport if required: \$15 Non-Client: \$22

Please call us on 9799 5099 to book in.

The Soundtrack of Our Lives

Isn't it amazing how a piece of music can catapult you through time to the moment you first heard it? As soon as you hear the opening notes of a long forgotten song, you suddenly know exactly what it is and find yourself almost involuntarily singing along, word perfect.



It's quite incredible how many lyrics we have tucked away in our brains! Most often we didn't consciously learn the words, but somehow through a process like osmosis they take up residence in the dark recesses of our mind, poked to life at a moments notice.

Along with the lyric and melody are the memories entwined with each tune.

"Tall and tanned and young and lovely, the girl from Ipanema comes walking".... Suddenly it's an endless summer. Salty, sandy bodies wrapped in toasty towels, warmed by the sun on a coastal holiday here or abroad. Another song plays, sparking the memory of young love. A first dance, the moment you met, or the sadness of a long goodbye. These tunes are the sound track to our lives. They remind us of precious memories, friendships, laughs and heartbreak.

Music has that unique ability. It binds itself so closely with our memories that the opening notes of a long forgotten melody open a portal to a whole chapter of our lives we thought was packed away forever.



DanceMoves is the perfect place to explore some of these memories and build new ones. Songs we know and love play and we dance like we are back at school, newly married or out with friends at a dance hall. We are introduced to new songs too, or new versions of old favourites. These songs become part of the new memories of our time together, making new friends, learning new steps, embracing the now, while still recapturing moments from our life stories in song.

Another way we combine music and memory is in the way we celebrate community moments. We celebrate NAIDOC week with an amazing array of music created by Aboriginal performers new and old, sung in both English and indigenous languages. Christmas too allows us to dust off some classics from our childhood and farewells to group members moving out of area have us creating song lists showcasing their favourite songs complete with the stories that made them so special.

Strong Together

When: Every Tuesday and Wednesday from 11am to 1.30pm

Where: Croydon Park Club

Cost: \$7 Client transport if required: \$15

Please call us on 9799 5099 to book in.

Movement, Music and Memories

Strong Together is held at Croydon Park Club on a Tuesday and Wednesday each week. Two different groups of clients attend on these days and most weeks we begin the day with a seated exercise session.

Our exercise program is made more enjoyable with the addition of music and we like to pick tunes from the 50's, 60's and 70's. We mix up the play list from time to time and Emel takes requests! Abba, Boney M and cultural music from countries of origin are some past playlist suggestions along with popular tracks from Elvis and The Beatles. It's a fun way to get a gentle workout and an opportunity to have memories sparked by songs from another era in our lives. These realisations lead to sharing stories about where we were, what we were doing and who we were with when we used to hear the song played.



Later when our exercise session is finished we often dig deeper into the background of the artist who performed the song.

Questions are answered as we check when a song was released, how old the artist is now and other titbits, like how many times they were married, how many children they had or who was the actress they were seeing when

they released a particular song or appeared in a particular movie. It's wonderful to see the collective knowledge in the memories of all the group members combine to provide the sought after answers. Answers often spark more memories, more questions and more discovery. It's a fun way to pass the time and share who we are and what we know together.

It's wonderful to see the memory snow ball effect, started by just playing a song. It shows how music from our lives leads to memories and personal stories and links us to others that share a common musical history. Songs have that effect on us all, reminding us of people and places and times in our lives when a particular song made up part of our personal playlist and it's wonderful to share that part of ourselves.



Before we know it, we've finished lunch and we're into another afternoon activity, making more memories to be reviewed at a future date with or without it's own musical score.

Emel Jurd, Social Support Worker

5 Senses Garden Workshops



When: Every Monday 11am to 1pm. Light lunch is provided.

Where: 5 Senses Garden Rhodes Park, Concord West. Entrance via Killoola St.

Cost: \$7 Client transport if required: \$15 Non-Client: \$7

Please call us on 9799 5099 to book in.

2 March: Art Therapy with Karen



Join Karen for an engaging art therapy session where creativity meets wellbeing. Through guided artistic exploration, you'll discover new ways to express yourself and connect with others in our garden community. No artistic experience necessary—just bring your curiosity and openness to the creative process.

9 March: International Women's Day Celebration



community and reflect on the contributions of women throughout history. Join us for meaningful conversation, connection, and perhaps some special activities to mark this important day.

16 March: Community Greening



A wonderful opportunity to connect with our beloved 5 Senses Garden and take home new plant knowledge as we transition into autumn.

23 March: Seeds to Trees

The pre-schoolers from next door join us again! This intergenerational session brings together generations. Watch as beautiful relationships blossom between generations—these connections are at the heart of what makes our program so special.



30 March: Photo Sharing - "Shining the Light"

Bring along your favourite photographs to share their stories with the group. Whether it's cherished memories, beautiful moments, or meaningful places, we'll create space to shine the light on what matters most to you. A heart warming session of storytelling and connection through the art of photography.



13 April: Community Cooking

Roll up your sleeves for a delicious community cooking session! We'll work together to prepare a meal using seasonal produce. There's nothing quite like the satisfaction of creating something delicious together and enjoying it as a community.



5 Senses Garden Workshops



20 April: Mindfulness with Ruben

Join Ruben for an engaging talk on mindfulness drawing from his studies in Cognitive Behavioural Therapy (CBT). Learn about the principles of mindfulness, how it connects to our thoughts and emotions and the evidence-based benefits it offers for mental wellbeing. A fascinating introduction to the science and practice of mindfulness from someone passionate about the field.



4 May: Art Therapy with Karen

Karen returns for another art therapy session, offering a creative space to explore, express and connect. Each session brings new possibilities for self-discovery through art in the supportive environment of our garden community.



11 May: Surprise

We're keeping this one under wraps! Join us for a special surprise workshop.



18 May: Seeds to Trees

Another wonderful opportunity for intergenerational connection as our pre-school friends visit the garden. These sessions remind us of the importance of passing knowledge between generations.



25 May: Food Appreciation Club - Spices

Explore the world of spices in this sensory-rich session. We'll discover different spices, their origins, flavours and uses in cooking. It will be a chance for you to share your knowledge of spices too. A perfect session to engage all 5 senses.



5 Senses Garden



Cultivating Community at the 5 Senses Garden

At the 5 Senses Garden we have cultivated a community together. The openness and generosity of both the garden and the people is palpable. Every week brings change, but the sense of community is a constant. Some Mondays we hold a simple workshop that turns into chatter, other times we are deeply embedded in listening, or absorbed in the task at hand. The 5 Senses Garden participants genuinely love to use their hands for creativity and learning practical skills.



A highlight from late last year was our Community Greening workshop. Adina from Community Greening had been a constant in the years preceding 2025, facilitating a workshop at least once a season. When Adina left to move overseas, we had a gap while a new person was hired. It was worth the wait.

We met Paris Taia from Community Greening and she held a phenomenal workshop on herbal teas and we made natural ornaments.

Paris collected herbs from the garden itself and was so knowledgeable about the properties of the plants. We topped this off by making natural ornaments using cutoffs from a pine branch and pasting on flowers and leaves from the garden. This way of integrating the garden within our activities is truly the spirit of our program.

For those who don't know about Community Greening, it's an award-winning program run by the Botanic Gardens. We already have 4 Community Greening sessions planned for 2026.



We also got into the Christmas spirit with wreath making using foraged and found items from the garden. Chantel visited the scout halls to ask for the offcuts from the pine trees during their Christmas fundraising. The young pine branches serve as a perfect base for the wreath—simply by curving it and using either twine or wire to make it into a circular shape. It's also wonderful to use fragrant herbs in the wreath to give that beautiful sensory experience. While it was a challenge for our fine motor skills, everyone was persistent and made gorgeous wreaths.



5 Senses Garden



Finally, we savoured our community spirit with a Christmas BBQ and potluck. There were lots of happy faces, especially when the pre-schoolers from next door made their way over to sing some Christmas songs with us.

As we reflect on these moments from late 2025, we're reminded that the 5 Senses Garden is a living tapestry of relationships, creativity, solidarity and shared experiences. Whether we're learning about plants, crafting with our hands or simply being together, each gathering strengthens the connections that make this community so special.

Chantel Jurcevic, Social Support Worker

Living Well with Dementia Workshops



For people living with Dementia and carers. Light lunch or morning tea provided

Where: All workshops are held at the 5 Senses Garden

When: On the 1st Thursday of the month, 11am - 1pm

Cost: \$22 for public participants, \$7 for Neighbour Aid clients with CHSP funding

To book call 9799 5099 or email mikali@iwna.com.au

5 March: Positive Psychology and Social Connection

We will be joined by Jane Massa from Sydney Local Health District. Jane has developed a series of workshops that use gratitude and social connection to help people live happier and more resilient lives. At this workshop we'll learn about sustaining a positive headspace and meaningful relationships as we get older.



2 April: Intergenerational Workshop

We'll be joined by a new cohort of children from Concord West Rhodes Preschool. We will make some music, do some art, and enjoy the lively company of our new young friends.



7 May: Mixed Media Collage

How do you tell stories from the big moments in your life? In this workshop, we'll create collages using a range of materials, reflecting on important, positive memories. This workshop is part of *Shining the Light*, an intergenerational storytelling project by Inner West Neighbour Aid. See page 4 for more details.



Mikali Anagnostis, Social Support Worker



Living Well with Dementia Workshops

Highlighting Brain Health

In November, at the Living Well with Dementia Workshops we used plants in the 5 Senses Garden to weave "bush looms". The process of weaving helped us notice the different textures, colours and smells of the materials. Slowing down to notice the small details helps us to fully enjoy the beauty in everyday moments. Research shows that practicing mindfulness - paying attention to our bodies and our senses- is also great for our brain health!



In December, we were joined by Helen Hislop from Sydney Local Health District who presented about maintaining brain health into our later years. Helen shared research about ways to reduce the risk of dementia and cognitive decline, and reduce the rate of decline for those living with dementia. Important actions are managing hearing loss through hearing aids, managing cholesterol, eating a balanced diet, and staying socially active. We were encouraged to talk to our GP if we would like help in these areas. Helen also shared that there is a wealth of resources for

people living with dementia and their carers available on the Sydney Local Health District website (which can be found with a google search).

In this newsletter, we are reflecting on the connection between music and memory. When we listen to music, many parts of our brain are activated, including memory, emotion and movement. Our brain actually has to do quite a lot of work to make sense of the sounds we are hearing so we can experience it as music. For this reason, listening to music is a great way to engage our brains and contribute to our brain health! In a study by researchers at John Hopkins Medicine, older adults who learnt an instrument improved their attention, memory, problem solving ability and mood. You don't need to learn an instrument to gain benefit to your brain though. One study by researchers at Monash University found that older adults who regularly listen to music had a 39% reduction in risk of dementia. Helen reminded us of the importance of engaging our brains as we age. Music and social connection are two of the most powerful ways to do this (and at Neighbour Aid, often we do these at the same time)!

Mikali Anagnostis, Social Support Worker



Celebrating Volunteers

A Trip to Mount Annan Botanic Gardens

On a bright and sunny Wednesday in December we hosted a gratitude event for our amazing volunteers at Mount Annan Botanic Gardens.



Most volunteers met us at our office and we had a mini road trip to the gardens. The buses were lively with chatter and even karaoke. Once we arrived we broke into groups and had a scavenger hunt (exploring with purpose). Everyone got into it and you can see some of the photos from some of the challenges below. One of the tasks asked the teams to create a funny group photo. Everyone ticked that one off!



We then had lunch all together and chatted over some yummy food and desserts.

The day was a nice time to come together and celebrate all of our volunteers and to thank them for their contributions throughout the year whether it be conversations, gardening, making tea and coffees, dog walks, helping people in and out of the buses or just brightening someone's day with a smile.

A big thanks to our volunteers not only for your time and effort, but for the warmth, compassion, and joy you bring to the community.

Welcome to New Volunteers

Rachel Davies and returning volunteers Richard Crass and Zubeen Zaman.

Maja Sorensen, Senior Coordinator



Our Programs

Health and Wellbeing:

Alive & Kicking,
DanceMoves, Stand Tall,
5 Senses Garden Workshops,
Living Well with Dementia
Workshops

Out and About:

Outings, Trolley Talk,
Strong Together,
Intergenerational
Programs

Visiting:

Home Visiting

Around the Home:

Garden Aid,
Pet Adoption,
Dog Walking,
Assisted Online Shopping

Help at Home (private):

Non-subsidised service,
Lawn mowing, Gardening,
Mulch supply and laying,
Window cleaning, Pressure
cleaning

Inner West
**Neighbour
Aid** 

Program Times

Program	Day	Times	Venue
5 Senses Garden Workshops	Mondays	11am – 1pm	5 Senses Garden, Rhodes Park, Concord West
Living Well with Dementia Workshops	1 st Thursday of the month	11am – 1pm	5 Senses Garden, Rhodes Park, Concord West
Alive & Kicking	Tuesdays	11.15am – 1.30pm	Strathfield Community Centre, Homebush West
DanceMoves	Fridays	11.30am – 1.30pm	Woodstock Community Centre, Burwood
Stand Tall	Thursdays	10.45am – 11.45am	CSP Gym, Wests Ashfield Leagues Club
Strong Together	Tuesdays and Wednesdays	11am – 1.30pm	Croydon Park Club
Trolley Talk	1 st and 3 rd Wednesday of the month during school term	9.30am – 10.30am	Ashfield Mall

MARCH 2026

Mon	Tue	Wed	Thu	Fri
2 5 Senses Garden Art Therapy with Karen	3 Alive & Kicking Wisdom Letter MLC School & Client Project	4 Seniors Festival Event BOOK IN EARLY NUMBERS LIMITED	5 Stand Tall Outing Ingleburn RSL lunch and Variety Show \$20	6 DanceMoves
9 5 Senses Garden International Women's Day	10 Alive & Kicking Rivendell School	11 Outing Café Organica	12 Stand Tall Strong Together Café Organica	13 DanceMoves
16 5 Senses Garden Community Greening	17 Alive & Kicking Games MLC School & Hot Meal	18 Trolley Talk Ashfield Boys High	19 Stand Tall Strong Together MLC School & Hot Meal	20 DanceMoves
23 5 Senses Garden Seeds to Trees	24 Alive & Kicking Art	25 NO PROGRAMS Strong Together Plant Printing	26 Stand Tall Outing Coco's on the Beach dining	27 DanceMoves
30 5 Senses Garden Photo Sharing	31 Alive & Kicking Photo Share	32 Strong Together Bingo		

Outings are extremely popular! Call us to book in on 9799 5099

APRIL 2026

Mon	Tue	Wed	Thu	Fri
6 NO PROGRAMS PUBLIC HOLIDAY	1 Trolley Talk Ashfield Boys High	2 Stand Tall Strong Together Bridge Walk + Pub Lunch	3 NO PROGRAMS PUBLIC HOLIDAY	
7 Alive & Kicking Bingo	8 Outing Cronulla RSL	9 Stand Tall Strong Together	10 DanceMoves Outing Georges River Sailing Club	
13 5 Senses Garden Community Cooking	14 Alive & Kicking Speaker	15 Outing Matinee Café Marrickville	16 Stand Tall Strong Together	17 DanceMoves Outing Georges River Sailing Club
20 5 Senses Garden Mindfulness with Ruben	21 Alive & Kicking Games	22 Outing Frangos Chicken Concord	23 Stand Tall Strong Together	24 DanceMoves Outing The Boatshed Woronora
27 NO PROGRAMS PUBLIC HOLIDAY	28 Alive & Kicking Food Club	29 NO PROGRAMS Strong Together	30 Stand Tall The Paper Mill Dining	Outings are extremely popular! Call us to book in on 9799 5099

MAY 2026

Mon	Tue	Wed	Thu	Fri
				1 DanceMoves
4 5 Senses Garden Art Therapy with Karen	5 Alive & Kicking Finska	6 Trolley Talk Ashfield Boys High Painting	7 Stand Tall Strong Together Painting	8 DanceMoves
11 5 Senses Garden Surprise!	12 Alive & Kicking Rivendell School	13 Outing North Ryde Golf Club	14 Stand Tall Strong Together	15 DanceMoves
18 5 Senses Garden Seeds to Trees	19 Alive & Kicking Games	20 Trolley Talk Ashfield Boys High	21 Stand Tall Strong Together	22 DanceMoves
25 5 Senses Garden Food Appreciation Club: Spices	26 Alive & Kicking Bingo	27 NO PROGRAMS	28 Stand Tall	29 DanceMoves
				Outing Abbotsford Rowing Club

Outings are extremely popular! Call us to book in on 9799 5099