

SUMMER 2023

# Community Care

*Focusing on your good life*

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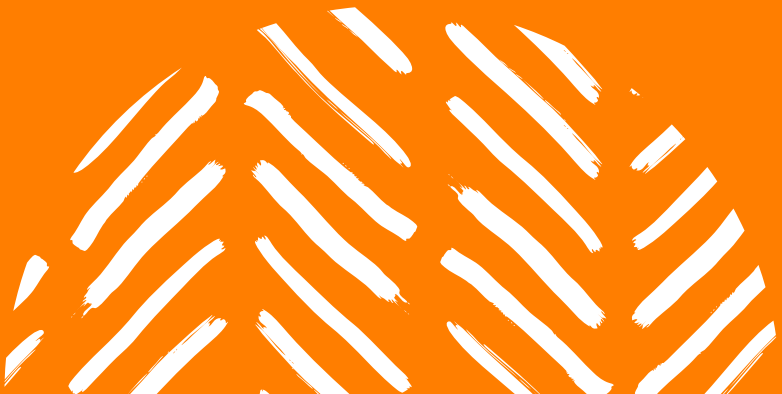
**We're all for  
Accessibility  
& Inclusion**



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**Cr Donna Davis**  
Lord Mayor

Welcome to the Summer Edition of the Community Care Magazine! Welcome to 2023!

This Edition will present news, activities, programs and the best Parramatta has to offer over the summer season. Thanks to everyone who has contributed to the success of our Community Care Programs.

Together we have achieved a lot. Through your hard work and support, our community grows ever stronger, more compassionate, and closer together. I am so pleased to celebrate with you Parramatta's achievements as an inclusive, diverse and vibrant place to live, work, study, and visit.

On behalf of the City of Parramatta, I would especially like to thank our dedicated Community Care Volunteers for your incredible contributions, and for going above and beyond in 2022. The work you do connects and supports all people in our City, nurtures lasting friendships, distributes nourishing meals and brings a smile to those who are most vulnerable.

May you all enjoy the warmth of summer, the festive season and let's celebrate together a compassionate Parramatta!

Regards

**Cr Donna Davis**  
Lord Mayor  
City of Parramatta



**Gabby Summerhays**  
Community Care Manager

On behalf of the Community Care team, welcome to 2023 and welcome to our Summer edition.

I trust that you and your loved ones had a lovely Christmas period, and I wish you all a very Happy New Year.

As I reflect on the year of 2022, I saw and heard so many exciting moments with Community Care's services and was heartened to hear positive feedback from those who receive these services. Many of the participants from Over 55's Leisure and Learning Services activities enjoyed a move to Phive, and the Zumba Gold class even made an appearance on Sunrise to showcase the benefits of the class.

After various pauses and disruptions to services due to COVID, we also saw a greater return by many of you to our various services, and I hear from the Community Workers, NDIS Support Coordination team and Volunteers how wonderful it is for them to see you also. We also congratulated Volunteer Jocelyn Dodd who was awarded the NSW Volunteer of the Year for the Central Sydney Region in the Senior Category.

What an amazing year we had with you, and I can't wait to share another year with each of you!

## Be Heat Smart This Summer

We are experiencing an increasing number of days where temperatures reach 35°C and over in City of Parramatta. Even though temperatures have cooled down due to the La Nina cycle, we're expecting to return to warmer weather over this summer. This is why it's as important as ever to recognise heat waves and to be prepared for the heat by knowing what to do before, during, and after a heatwave. Together, we can help one another deal with heat stress and stay safe during extreme heat.





What is a heatwave?

Heatwaves are periods of two (2) or more days where the temperatures are unusually high. This is usually days where temperatures reach over 35°C. Heatwaves are increasingly common in Western Sydney.

LOOKING OUT FOR EACH OTHER THIS SUMMER:

- Be prepared for increasing heat and look out for the health and wellbeing of yourself, your family, and your friends.
- Refer resources to your friends, family, and neighbours who may be at risk and encourage them to speak with a medical professional about how heat may impact their health
- Anyone can experience serious health complications because of heat stress. On hot days, look out for yourselves and for those who you think may be at a greater risk.

GROUPS MOST AT RISK THIS SUMMER:

- |                                       |   |   |
|---------------------------------------|---|---|
| People aged 65 years and over         | People experiencing drug(s) or alcohol abuse.   | Culturally and linguistically diverse communities where access to social networks and support and/or information or understanding English-language warnings are limited |
| People with a medical condition       | People with a disability  |   |
| Babies and infants aged 0-4 years old | People experiencing different types of social disadvantage (e.g. isolated, living alone, homelessness, poverty) |   |
| people who are pregnant or nursing    |   |   |

WATCH OUT FOR THESE SYMPTOMS THIS SUMMER:

- Dehydration
- Heat Cramps
- Heat exhaustion
- Heat stroke

HOW TO PREPARE FOR HEATWAVES THIS SUMMER:

- |   |  |   |
|---|--|---|
| Have a look at the City heat maps to see how the Urban Heat Island impacts your local area during the day and overnight.            | Drink plenty of water. Avoid sugary drinks, tea, coffee, and alcohol as they can increase your risk of dehydration.          | Help your pet cool down this summer. RSPCA NSW has created a handy guide on how we can care for our animals this summer: <a href="http://www.rspcansw.org.au/what-we-do/care-for-animals/pet-hazards/heat-stress/">www.rspcansw.org.au/what-we-do/care-for-animals/pet-hazards/heat-stress/</a> |
| Plan for high heat days by moving appointments to the early morning, shading windows, and closing doors to rooms you are not using. | If you can't cool your house, plan to spend time in an air-conditioned public space e.g., public libraries, shopping centres | Across the City, there are places to swim to keep cool this summer. Find out more information about places to swim here: <a href="http://www.cityofparramatta.nsw.gov.au/recreation/swimming">www.cityofparramatta.nsw.gov.au/recreation/swimming</a>   |
| Speak with your medical professional about how heat might impact your health, and ask them for advice on staying well               | Create an emergency plan for you and your loved ones.  |   |



For more information on recognising and responding to symptoms of heat related illness, visit:

If symptoms worsen or last longer than one hour, arrange an urgent appointment with your doctor or call an ambulance.

More resources on how to be heat smart this summer and what actions Council is taking to address heat, can be found here: <https://www.cityofparramatta.nsw.gov.au/summer-heat>



# NDIS in the Spotlight

The City of Parramatta is a registered National Disability Insurance Scheme (NDIS) provider offering supports to NDIS-funded participants for:

- ✓ Support Coordination
- ✓ The Preparation and Delivery of Meals (Parramatta Food Service)
- ✓ Peer Support Group Outings
- ✓ Individual Support for Social, Community and Recreational Activities

The City of Parramatta's values and beliefs are critical to our tailored service in getting to know the people we support and exploring how best to assist and empower participants to achieve a rich and fulfilling life. Therefore, our Community Care team advocate strongly for social connection and inclusion.



## Support Coordination Team

Our NDIS Support Coordination team has been developing over the last 12 months. We welcome Rachel to the role of NDIS Officer and congratulate Samantha on her permanent appointment to the NDIS Coordinator role.

Rachel joined the Community Care Team in late December 2022 and adds value with her extensive industry experience as a Disability Support Worker and Support Coordinator.

Samantha has been a valuable and key leading member of our Community Care team for the past four years. Samantha possesses a supportive and

solution focused approach, as evidenced by her well rounded disability sector experience. Samantha has held roles as a Disability Advocate, Behaviour Support Clinician and Support Coordinator.

When reflecting on the best part of providing Support Coordination at Council, Samantha states,

**"Our focus is on providing a professional, purposeful, and passionate service. We work with participants to make connections and links to meaningful supports to achieve the good things in life".**

- ➔ To explore your options and make your NDIS goals achievable.

 **Contact us at  
(02) 9806 5121**

- ➔ Registered provider  
National Disability Insurance Scheme Provider  
Number: 4050004135



# Sunrise Live Cover

On Tuesday, 8th November, Channel 7's Sunrise came out to PHIVE to film a series of live weather crosses with Sam Mac. One of these crosses showcased our Over 55s Leisure and Learning's Zumba Gold class, which was led by our lovely tutor, Rachael.

We had an overwhelming response from current Zumba Gold participants and staff who volunteered their time to be celebrities that morning. Thank you to everyone who was part of this fun and memorable experience. We greatly value your assistance.

The outcome was that we were able to demonstrate the many benefits to our services, such as fitness and social connection, and show it off to the large Sunrise audience.



## Parramatta View Club at Northmead Bowling Club

On 31 August, Rashpal and Linda, presented to a group of 20 people from the Parramatta View Club at Northmead Bowling Club. The talk focussed on education about our services, in particular the Social Inclusion and Over 55s Leisure and Learning groups.

Homemade knitted hangers made by one of the members were presented as a thank you for the talk, and these were kindly donated. When able to, our Community Care team are happy to attend venues to provide information

on services on offer, and it is always rewarding for our staff to showcase the wonderful work that we do.





## NSW Seniors Festival Expo 2023

We encourage you to attend this free and fun annual expo, hosted by the NSW Government. Get the latest on travel, lifestyle, home, health and more. Plus games, giveaways, workshops and performances. There is no need to register.

- ▶ **When:** 2 & 3 February 2023
- ▶ **Where:** International Convention Centre (ICC), Sydney
- ▶ **Time:** Thursday 2 February – 9:00am-5:00pm and Friday 3 February – 9:00am-3:00pm
- ▶ **Cost:** FREE!

## Premier's Gala Concerts

The star-studded Premier's Gala Concerts will return in 2023! The concerts bring together some of Australia's finest performers to celebrate NSW seniors. The 2023 line-up includes Rodger Corser, Kate Ceberano, Ross Wilson, Harrison Craig and Prinnie Stevens. For more info on performers [Premier's Gala Concert | NSW Government](#)

- ▶ **When:** Thursday 2 and Friday 3 February 2022
- ▶ **Where:** Aware Super Theatre, ICC Sydney
- ▶ **Time:** 11:00am and 2:45pm, with an approximate 1 hour 45 mins (including interval) running time
- ▶ **Tickets:** Will be available via Ticketek at 9:00am, Wednesday 30th November

### ONLINE

- ▶ [Premier's Gala Concerts tickets | Aware Super Theatre | Ticketek Australia](#)
- ▶ Phone bookings on 02 9215 7500 (Mon – Fri 9:00am to 3:00pm)



## Get Mosquito Ready This Summer

Given the wet weather that we have been experiencing, it is expected that we will see many mosquitoes this Summer.

Mosquitoes are not just a nuisance, as some also carry diseases that can make you really sick. The risk of mosquito-borne diseases is increasing in NSW due to the warm, wet weather forecast. This summer it's important to take extra steps to protect yourself and your family by keeping mosquitoes away – Spray up, Cover up, Screen up and Clean up!

- ▶ For more information, visit [www.health.nsw.gov.au/mosquitoes](http://www.health.nsw.gov.au/mosquitoes)

# Beyond The Square:

## Drama workshops for adults with disability

"I love drama. It's fun to be here. It's funny to be cheeky all the time. Have a laugh."

– Anthony, participant

Riverside's Beyond the Square drama workshops for adults with disability have been running for over 27 years working with a large number of incredible artists as teachers, facilitators and directors.

The program runs throughout the year, with bookings available for a selection of dates for in-person and online workshops.



Scan here to find out more online about Riverside's Beyond the Square workshops.



BEYOND  
THE  
SQUARE



# Meals on Wheels

Has been acknowledged in the Roy Morgan 'Trusted Brand Awards 2022'

We are proud to share that Meals on Wheels has been acknowledged as a contender in the Roy Morgan's Trusted Brand Awards for 2022, in the 'Most Trusted Brand for Services' category!

What outstanding recognition for such a vital service, that has been at the heart of communities around Australia for almost 70 years! The recognition reinforces that the longevity of the brand and our reputation at a grassroots level is the driving force of a powerful and trusted brand.

It's because of the tireless efforts and commitment at a local Meals on Wheels level, that we have received this recognition

nationally, so thank you to all Meals on Wheels staff, volunteers and boards/committees for all that you do!

**Les MacDonald**  
CEO, Meals on Wheels NSW

Parramatta Food Services is excited to let you know that we will be recommencing the Let's Dine Out program group lunch outings as of 18 January 2023. Stay tuned for more details.



# Let's Dine Out

Do you fancy something different for a change?

Want to get together with others or perhaps try a meal from a range of international food options? We are excited to announce we now have 8 partnered Let's Dine Out restaurants.



**Dragon 88**  
(Dundas)



**Enzo's Cucina**  
(Northmead)



**Ginger Indian**  
(Harris Park)



**Papparich**  
(Parramatta)



**Thai La Ong**  
(Parramatta)



**The FC Social**  
(Rydalmere)



**Volcano's Steakhouse**  
(Parramatta)



**Club Parramatta**  
(Parramatta)

Eligible participants are entitled to a \$15 meal voucher at a reduced cost that can be used towards meals at any of our partnered restaurants! If you'd like to know more information on our Let's Dine Out program or to find out if you're eligible, please contact [Community Care on 9806 5121](tel:98065121)





# World Guidelines for Falls Prevention and Management for Older Adults:

A Global Initiative: Published October 2022

*"It takes a child one year to acquire independent movement and ten years to acquire independent mobility. An older person can lose both in a day"<sup>1</sup>*

The *World Guidelines for Falls Prevention and Management for Older Adults* were published by the World Falls Task Force in October 2022, and Tai Chi received a "Strong Recommendation" as an exercise for falls prevention in older adults. The *World Guidelines* were prepared with input from 96 internationally recognised researchers in falls prevention and aging, from 39 countries, 10 of whom are from Australian Research Institutes. Of these, 3 Australian researchers were members of the Task Force Steering Committee and 7 were leaders of Working Groups tasked with various aspects of falls assessment and prevention. A significant achievement for research on aging in Australia and globally.

The *World Guidelines* are meant for use by medical and health professionals as a framework and expert recommendations on how to identify and assess the risk of falls in older adults. The *Guidelines* recommend that older adults who are at low risk of having falls, should aim to engage in "...150 to 300 minutes per week of intermediate-

intensity physical activity or 75 to 150 minutes per week of vigorous-intensity physical activity"<sup>1</sup>.

For preventing falls among older adults living in the community, regardless of their risk of falls or age, the *Guidelines* recommend that exercise programs should include "...balance challenging and functional exercises (e.g. sit-to-stand, stepping etc.) and should be offered with sessions three times or more weekly which are individualised, progressed in intensity for at least 12 weeks and continued longer for greater effect". This received a "Strong Recommendation" based on "High Quality Evidence"<sup>1</sup>.

In addition, it is recommended that "...Tai Chi and/or additional individualised progressive resistance strength training...", be included. This received a "Strong Recommendation" as an additional intervention based on "Intermediate Quality Evidence", meaning that further research is likely to have an impact on the confidence in its estimated effects. The *Guidelines* state that "The three most convincing forms of exercise (delivered as group or home-based programmes) are those classified as balance and functional training, Tai Chi, or multicomponent exercise (programmes that involve multiple exercise types, usually balance and functional exercise plus resistance exercise)"<sup>1</sup>.

As well, Tai Chi received recommendations as a balance training exercise for older adults with a cognitive impairment (ranging from mild memory loss to dementia) and for some with Parkinson's Disease.

These *Guidelines* probably come as no surprise to Tai Chi practitioners, because if you've practised Tai Chi often enough and for some time, you will have noticed that your legs and body are stronger, your balance is better, you are more physically and mentally relaxed and your awareness of your body's position, movements and actions will have improved over time. These are all part of the multicomponent aspects of Tai Chi that are so important in preventing falls as we age.

Of equal importance though, is that these *Guidelines* will raise the profile of Tai Chi as an evidence-based, internationally recognised exercise intervention for falls prevention. We hope that medical doctors, physiotherapists, occupational therapists, exercise physiologists, and researchers will take note of the recommendations in the *Guidelines* so that older Australians can learn about their local Tai Chi group, and that more can enjoy its benefits.



## Bernice Tai Chi Student

The repercussions of the last two challenging years will be felt for some time and all ages will need encouragement to get back into socialising, exercising, and living normally in society. There are many more seniors today participating in healthy and educational activities, so the idea that you can run, swim, dance, or go to university will allow men and women to achieve wonderful goals, in their twilight years.

To have the opportunity once again to be able to attend a Tai Chi class with such an experienced dedicated teacher as Cyril Loa is invigorating for me. Over many years my life

has been enhanced by the practicing of this excellent discipline and associating with other participants has meant many friends have been made, a Tai Chi family. Tai Chi is meditation in motion. A relaxing, gentle exercising of the whole body using your own breathing rhythm. It improves concentration, balance, strength, flexibility, and coordination.

I have been lucky, since childhood I have had the opportunity and been encouraged to be active with sport, dancing, and gymnastics. When my sons were older, I had the time to investigate Tai Chi. However, I didn't realise just how

important it would become in my life. All people have happy times and then we also have sadness. During some of these times the classes and the friends helped me and my husband to handle our setbacks. My husband became very ill and to my surprise said he would like to try Tai Chi. The people in those classes gave us quiet encouragement and friendship letting us follow, not really remembering the form, just the peace of mind and gentle one hour of just thinking and moving our body.

We invite you to join Bernice and discover Tai Chi!

<sup>1</sup> To read more about the *World Guidelines*, go to: <https://www.bgs.org.uk/policy-and-media/landmark-publication-of-world-falls-guidelines-0>



# The community that connects you to experiences you enjoy.

Disclaimer: City of Parramatta has no affiliation with Inlusee.

## WHAT IS INCLUSEE?



At Inlusee we connect people to friends, family, interests, cultures, and events, creating a community where they feel valued, comfortable and can belong. Offering a diverse range of specialised programs and activities through our easy-to-use technology, or face-to-face service, we make it easy to join in and enjoy.

Connection is at the core of what we do, whether it is through our In-Home Visiting Program or our cutting edge Digital Programs, our specially trained volunteers provide companionship and comfort to our community participants.

## WHO ARE THE PROGRAMS FOR?



Inlusee programs are designed to help those who feel disconnected become part of a community where they feel valued and confident to connect on their own terms. Our Connection Support Officers work to pair qualified volunteers with like-minded participants, improving the lives of our participants through ongoing relationships.

Our Government funded services are available to those in need throughout the eastern states of Australia.

## OUR MISSION



To use the power of connection to reduce isolation and loneliness for Australians.

## OUR PROGRAMS



We deliver specialised programs across Connect, Learn & Enjoy streams, that are designed to foster inclusiveness and community connection. Most of the programs are delivered through our digital technology and facilitated by an Inlusee volunteer, however we do offer face-to-face services.

- 1 Connect with individuals, groups or family & friends
- 2 Learn new skills and knowledge
- 3 Gain confidence using technology
- 4 Find enjoyment in discovering new interests
- 5 Revisit favourite interests and activities
- 6 Come together for special events

## CONNECT

Connect is where we offer our support programs across both physical and digital delivery, ranging from one-on-one connection to group discussions that are scheduled or available anytime.

### Face2Face

Face2Face is our in-home visiting program where one of our volunteers meets with participants on a weekly basis for social connection. This is funded by the Australian Government under the Community Visitors Scheme; some eligibility criteria apply.

### Connect2One

The Inlusee digital visiting program where one of our volunteers connects with their matched participant on a weekly basis to chat and check-in. This program creates a place where they feel valued and can belong, a place for social companionship where the participant and volunteer can have a friendly catch-up.

### Connect2You

This is our virtual community centre where our participants can drop-in to talk about everything and anything they wish with a volunteer and other participants who are also visiting. The centre is open to the entire Inlusee community and available from 8am – 5pm AEST weekdays.







## LEARN

Learn is where we offer our skills programs to help participants gain new knowledge, experience and confidence in a variety of skills, from using digital technology to ordering their groceries online.

### Learn2Tech

Learn2Tech is our digital mentoring program to help participants gain new knowledge, experience and confidence in a variety of skills, from using digital technology to ordering their groceries online.

## ENJOY

Enjoy is where we offer our online social programs to encourage participants to discover new interests and revisit favourite activities in a community environment, as well as come together for special events.

Whatever you're into, Inculsee has a social club for you!

### In2Games

Bingo Club, Trivia Club

### In2Culture

Greek Club, Italian Club

### In2Travel

Europe, Asia, United Kingdom



"The Inculsee programs are absolutely fantastic. The idea of having someone to connect with every week and having a laugh - is just the best feeling, and it's like they are sitting there right beside you!"

- Jan Wilson, 79, NSW

## OUR TECHNOLOGY



Each participant is provided with a digital tablet, on loan, that has been specially programmed with easy-to-use software and a mobile internet connection built into the device (via a SIM card). This enables each participant to access the Inculsee community, even if there is no internet connection at home.

Have your own device? No problem! We can connect you to our diverse range of specialised programs through the Inculsee App, which can be easily downloaded here.

## OUR COMMUNITY



The Inculsee team are at the core of our community, ensuring volunteers are correctly trained and supported and that participants, their families, friends and carers feel that we are providing a safe community where connection and companionship is being built. Everything we do is designed to make it easy for both participants and volunteers to join in.



## Want to know more?

Visit our website [inculsee.org.au](https://inculsee.org.au) for more information or email [connect@inculsee.org.au](mailto:connect@inculsee.org.au) to have a chat to a member of our team.

### PARTICIPATE

Visit [inculsee.org.au/contact-us/](https://inculsee.org.au/contact-us/) to join in

### VOLUNTEER

Visit [inculsee.org.au/volunteers/](https://inculsee.org.au/volunteers/) to sign up



# Brickman Cities

Discover a world of LEGO® brick creations and build your own adventure.

Step inside Brickman Cities at PHIVE - the amazing and immersive world of LEGO® brick skyscrapers and cityscapes. This all-ages exhibition is for the young, the young-at-heart and a great way to spend time with family.

Get up close to global icons built by the Southern Hemisphere's most skilled brick artist, Brickman (as seen on LEGO® Masters). And, create your own masterpiece from our pit of more than 2 million LEGO® bricks! Don't miss out on this great experience in the heart of Parramatta.

- ▶ **Book now!**
- ▶ [cityofparramatta.nsw.gov.au/PHIVE](https://cityofparramatta.nsw.gov.au/PHIVE)
- ▶ **Tickets from \$12.**
- ▶ **Until Sunday 23 April 2023.**



## Free Outdoor Cinemas

- ▶ Stay tuned for more information, visit: [atparramatta.com.au](https://atparramatta.com.au)

Council will be hosting a series of free outdoor cinemas, full of family fun in Epping, Telopea, Winston Hills, Rydalmere, North Parramatta and Silverwater! Highlighting our beautiful parks and green spaces, each event

will feature an outdoor cinema with movie favourites, live music, roving entertainment, garden games and more!

Grab your picnic blanket, pack up the family and head on down to a location close to you!



This handbook provides information about us, the services we provide and your rights and responsibilities as a service user.



REGISTERED  
NDIS  
PROVIDER

Providing transport since 1987 for residents living in selected areas\* in the city of Parramatta and Cumberland Council including:

- ▶ People over 65 years old
- ▶ Aboriginal and Torres Strait Islanders
- ▶ Younger people with disabilities under the age of 65 years old
- ▶ Transport-disadvantaged residents
- ▶ Their carers

This organization is funded by the NSW Government and the Commonwealth as part of the Commonwealth Home Support Program (CHSP) & Community Transport Program (CTP).

\*Service area map available on our website  
[www.communitywheels.org.au](https://www.communitywheels.org.au)



# Healthy and Active for Life Online

A free healthy lifestyle course for seniors.

Build your fitness, knowledge, skills and confidence to lead a healthy and active life.



This is a free NSW Health program.

## Interested in learning how to age well?

Have you been thinking about how to be more active, or ways to make some simple lifestyle changes for your health? If you answered yes, **Healthy and Active for Life Online** may be for you.

### Why join?



Access to 10 online modules



Access to online gentle exercise



Weekly phone calls to help you reach your goals



Learn about healthy ageing



Receive an exercise manual & log book

For people 60 years and over and Aboriginal people who are over 45 years, this free 10-week healthy lifestyle program can be done in your own home. Each module takes around 30 minutes to complete. All you need is internet access, a computer or tablet and a small space to exercise.

"The beauty of **Healthy and Active for Life Online** is that you can do this program in your own home and at your own pace. Our educators are friendly and skilled in helping older adults achieve their healthy lifestyle goals. Whether it's to improve your balance, to get moving more, or knowing what to put in the

grocery basket each week for healthy meals," said Dr Shopna Bag from the Western Sydney Local Health District's Centre of Population Health.

Western Sydney local and **Healthy and Active for Life Online** participant, Shirley said: "I found the modules interesting... I have a few different medical conditions but I could still do the exercises and the program was adapted especially for me." Shirley enjoyed the weekly phone calls from her phone coach, Lisa: "Lisa was amazing, calling me up and checking how I was going."

Why not give **Healthy and Active for Life Online** a try?



A free healthy lifestyle course for seniors.

Build your fitness, knowledge, skills and confidence to lead a healthy and active life.

## Next program:

### TERM 1

1

Program starts from 30 January 2023

If you can't make the Term 1 program, please think about joining us later in the year.

### TERM 2

2

Program starts from 24 April 2023

### TERM 3

3

Program starts from 17 July 2023

### TERM 4

4

Program starts from 9 October 2023



## For more information:

Phone (02) 9840 3603

Or register yourself today for the next program! Go to the website [www.activeandhealthynsw.gov.au/hal/](http://www.activeandhealthynsw.gov.au/hal/)





# Over 55s Leisure and Learning Service Update

Term 4 saw the Over 55s Parramatta activities move from Fitzwilliam St to City of Parramatta's new civic building, PHIVE. We are pleased to see that the classes are well settled in the new venue, and that participants are happy with the new spaces on offer.

Term 1 registrations will open from Monday, 9 October at 9:00am, with classes starting from 30 January 2023.

## TERM 1 WILL SEE THE FOLLOWING CHANGES

- ✓ Return of Friday's Art class, which is now called 'Awakening the Artist Within', which is a beginners to intermediate program
- ✓ Introduction of a Tai Chi class for beginners on Monday afternoons at PHIVE
- ✓ Tai Chi will be moving Harry Todd

## REGISTRATIONS AND FEES

Registrations for Term 1 activities will open from **9:00am, Monday, 9th January**, with classes starting from **Monday, 31st January**.

Take advantage of the early bird fees from **9:00am, Monday 9th to 5:00pm, Friday 13th January**. Early bird fees, will be at a reduced rate of \$10 per fee tier.

After these dates, normal fees will apply for registrations, as per 2022/2023 fees and charges.

For a full listing of activities and to register, please visit:  
[www.cityofparramatta.nsw.gov.au/community/over-55s-activities-ageing-wellness/over-55s-leisure-and-learning/term-based-activities](http://www.cityofparramatta.nsw.gov.au/community/over-55s-activities-ageing-wellness/over-55s-leisure-and-learning/term-based-activities)

Please ensure you register for the correct activity, for Bookable does not have the capability to transfer a booking from one class to another.

## 📢 Customer Service Centre Important Update

The Customer Service Centre is now located at PHIVE (5 Parramatta Square) and will NO longer be accepting cash payments or making bookings and payments over the counter.

Should you wish to go to the Customer Service Centre in person at PHIVE, there are Customer Service pods available, where a staff member can assist you with your registration and payment online (credit card

only), but will not be able to book on your behalf. We highly recommend and encourage you to register and pay online to become familiar with the Bookable system. By doing this, you have control of your booking and personal details.

The over the phone booking option will still be available by calling 9806 5050 (please ensure you select option 2).

It is recommended you create a Bookable account so your details auto-fill when you register for activities each term. You can also view the classes you have registered for, check payment and communication.

If you have any challenges being able to register online or over the phone, please let us know, so we can look at alternative options.

## ⚠️ Cancellation Policy

### ATTENDEE CANCELLATIONS

City of Parramatta Council cannot accept responsibility for changes to attendees personal circumstances that prevent attendance. Fees are non-refundable and there are no transfers or refunds if you miss a class. Subject to approval, refunds may be provided for medical reasons or instances of severe hardship and unforeseen circumstance.

### PROGRAM CANCELLATIONS

The Community Care Team make every effort to ensure advertised events and classes run. However, we reserve the right to alter the program either before or during the class/event and to cancel any program if insufficient enrolments are received. If the Community Care Over 55s Leisure and Learning Services Team cancels a course, you will be informed and a refund or alternative solution will be provided.

If you have any further questions or require assistance, please contact 9806 5121.





# Introduction to Paper Tole

I was a student of the Paper Tole class (handcraft group) in the Senior Activity Centre back in 2006. Our beloved teacher, Audrey (102 years old, from 1916 to 2018), instructed the senior students to do Paper Toile artworks until she was admitted to the nursing home. She always showed up on Wednesdays without unexpected absences.

Every time, she came with her cart loaded with tools and equipment used for the artworks. She taught us the procedures, regardless of the weather conditions, by herself. She treated every student equally and friendly.

Before living at the nursing home, she gave me all her Paper

Tole materials and samples she had collected. She was my mentor and good friend. The fact that she considered me as someone trustworthy for her and her tireless teaching spirit will always be in my heart.

She was a senior art celebrity in the Parramatta area of Sydney, and a devout elderly Christian.

She had participated in volunteering works in Parramatta area for 36 years. At the age of 98, she was still capable of taking care of herself and had led a very simple lifestyle. She had donated her artworks (she had also studied Chinese painting and seal carving for ten years) and money to charities and children's hospitals. She is

our role model. Her noble spirit and character are good example for all the senior students.

We want to preserve and carry on the heritage of her artistic Paper Tole craftsmanship, recruit more interested students, make Paper Tole artworks of the scenic spots, historical sites and beautiful natural environment

in Parramatta areas, publicize and display them to the general public, to reflect the culture and art of our community.

**Merry Zhang**





## Book Club

We invite you to attend the Last Thursday Book Club.

► **When:** On the last Thursday of each month. The first meeting for 2023 will be on 23 February.

► **Time:** 10:30am – 12:00pm

The book being read over break is 'The Lost Man' by Jane Harper. To attend, please come to Phive, Meeting Room 101 on Level 1.

► Contact Gladys or Cathy on 9806 5121, or pop into our library at Phive.

## Term 1 Fitness Program

Join Active Parramatta's Fitness Program exciting range of affordable online and onsite activities to suit many wellbeing goals like Zumba, Yoga & Relaxation, Pilates for Beginners and more. Register by 23 January, 2023 to receive the early bird discount!

► Visit: <http://cityofparramatta.co/fitness>



## Active Parramatta Van Events & Activities

Join the Active Parramatta Van for FREE Better Ageing (Over 55) community Health and Wellbeing programs that promote healthy lifestyles.

► Registrations open Friday 27th January 9AM for Term 1 classes for 2023.

► We provide both Online and face to face sessions which are available for communities living outside of the Parramatta local government area.

► Follow the link [bit.ly/ActiveParramattaVan](https://bit.ly/ActiveParramattaVan) or scan QR code on page 31.

## Active Parramatta Van Better Ageing Fitness Classes

FREE



### Over 55s programs on offer:

- Gentle Exercise
- Mobility Flow
- Cardio Fit
- Strength for Life
- Holistic Fitness



Scan to  
register  
online



Active Parramatta  
apvan@cityofparramatta.nsw.gov.au  
[bit.ly/ActiveParramattaVan](https://bit.ly/ActiveParramattaVan)





**Gabby Summerhays**  
*Manager*

I love family time, homecooked meals, laughter and creating both little and big new memories every day.



**Beth Collins**  
*Team leader*

I love the outdoors and enjoy flyball with my dogs. It is a great sport which I share with my daughter.



**Agnes**

I am a mum of two little boys. I love swimming, baking and mushroom picking.



**Cathy**

I enjoy reading books and going to the gym.



**Evanessa**

I am the proud mum of two children and fur baby (pet), who loves fashion and keeping active.



**Gladys**

I love walking, exploring new places and spoiling my beautiful grandchild.



**Hong**

I love bushwalking and I enjoy reading and play music with my family.



**Linda**

I love travelling and spending time with my family. We love getting together and making pizza.



**Maree**

I love music, movies, reading and writing. I am the proud mother of two incredible human beings.



**Mei**

I love meeting new people, cooking simple meals and listening to audible while doing chores.



**Michelle**

I love spending time with my family, friends and fur kids. I enjoy gardening and cooking and I am also a big fan of the Parramatta Eels.



**Nicole**

I love spending time with my family who inspire me to be the best I can be. Relaxing at home with a good movie and cake is always a favourite.

## CONTACT US

**Community Care Office Hours**  
8:30am – 4:30pm, Monday to Friday  
**Phone:** 9806 5121  
**Facsimile:** 9806 5925  
**Web:** [cityofparramatta.nsw.gov.au](http://cityofparramatta.nsw.gov.au)

### City of Parramatta

126 Church St, Parramatta

### Parramatta Food Services Office

10 Hunter Street, Parramatta

**Phone:** 9806 5121

### Postal Address

City of Parramatta Council,  
PO Box 32, Parramatta NSW 2124

@parracity  
@atparramatta

@cityofparramatta  
@atparramatta

@cityofparramatta  
@atparramatta



**Rashpal**

I love to travel and spend quality time with my kids.



**Rosemay**

Family times are a priority for me and I get a buzz seeing animals in their natural habitat.



**Ruth**

The great loves in my life are my beloved family, precious fur babies, photographing nature and creating cooking delicacies.



**Samantha**

I love spending time with my friends, and enjoying an active lifestyle filled with adventure.



**Sanoji**

I love chilli! I love company – my passion is entertaining my family and friends.



**Steve**

I enjoy playing guitar, cricket and science fiction. I have a real passion for helping people in our community.



**Rachel**

I am easy going and fun loving. I love socialising, PC gaming and occasionally play dungeons and dragons.



**Millnard**

I'm a family man and fitness fanatic who loves good food and having fun!



Australian Government  
Department of Health and Aged Care



If you have a hearing or speech impairment you can contact us through the National Relay Service. You will need to provide our phone number 9806 5121. For more information visit [relayservice.gov.au](http://relayservice.gov.au) or 133 677 for TTY/voice calls, for Speak and Listen 1300 555 727 and for SMS Relay 0423 677 767. If you need an interpreter you can contact us through the Translating and Interpreting Service on 131 450. You will need to provide our phone number 9806 5121.