

Winter 2025

# Community Care

*Focusing on your good life*

**04** National Volunteer Week

**06** Aged Care Act

**12** Men's Health Week

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

Photo credit: Destination NSW



**PARRAMATTA**

Community Care is funded by the Commonwealth Government and supported by the City of Parramatta Council. Approved provider for National Disability Insurance Scheme and Home Care.



## Cllr Martin Zaiter

### Lord Mayor

**Welcome to the Winter edition of City of Parramatta's Community Care Magazine.**

It was a real pleasure to celebrate our local volunteers at City of Parramatta's National Volunteer Week Celebration at Parramatta Town Hall on 23 May.

From planting trees and removing weeds, delivering Meals on Wheels, to offering tech help, more than 400 dedicated Council volunteers connect our communities and build bridges between people, places and generations.

Thanks to our Community Care staff and volunteers who provide services that help you connect to your community and do what strengthens and energises you.

No matter where you are from or what stage of life you are in, we can all contribute to our community and make a difference in the lives of others. I encourage you to reach out and connect with your neighbours, colleagues, friends and family.

Enjoy this edition of our Community Care Magazine.

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## Gabby Summerhays

### Community Care Manager

**I'm delighted to welcome you to our Community Care Winter Magazine!**

In this edition, you'll find inspiring stories and updates about the wonderful services we have on offer. We're excited to give you a behind-the-scenes look at a typical NDIS Peer Support outing, held every Thursday evening, and to share some joyful moments from Council's National Volunteer Week celebrations.

You may have heard that the Australian Government has deferred the start of the new Aged Care Act and Support at Home program to 1 November 2025. This extra time allows providers like us to continue preparing for the reforms while ensuring

you remain informed and supported. You will find in this edition a letter by the Department of Health, Disability and Ageing on this deferment. Please rest assured—our services will continue as usual, and we remain committed to delivering safe, high-quality care throughout this transition.

On behalf of the entire team, thank you for continuing to choose Community Care.

Stay warm and take care.





# Community Care's National Disability Insurance Scheme (NDIS) Peer Support Outing

Every Thursday evening, a group of individuals in the community come together for social outings, supported by Community Care Community Workers and Volunteers. The activities are part of Community Care's NDIS registered group activities, which allow us to bring together people to enjoy weekly outings at various fun venues – the night is typically filled with connection, laughter and shared capacity building. We want to share with you what a typical week outing looks like.

In early June the group attending Parramatta Leagues Club, and it was full of excitement as participants explored the beautifully decorated dining area, bar, bistro, bowling lanes, and arcade. The evening unfolded with a delicious dinner, spirited games of ten-pin bowling, and a sweet finish of coffee and cakes at the Club Café.

One participant, Sione (John), shared his joy:

*"The first time I came to Parramatta Leagues was on my birthday. Since then, I come here every year on my birthday, and I'm extremely delighted."*

John expressed how these gatherings have become a meaningful part of his life:

*"I feel like I belong to the group. I meet the same people every time, and I prefer group outings over going alone. I even plan and prepare myself*

*each week for the next Peer Support activity."*

When asked about personal growth and connection, John added:

*"I love talking about solutions and fun things with my peers. I've learned a lot from others. Every time I come to Peer Support, I enjoy reconnecting with peers, volunteers, and staff. Activities like bowling are productive and help us grow."*

John also highlighted the thoughtful support he receives:

*"Sometimes I have trouble reading things like menus, and the volunteers and staff are always kind and help me understand."*

Peer Support group outings are tailored to be fun and help capacity build. The event was a shining example of how Peer Support fosters:

- **Independence** (ordering food, handling cash)
- **Community integration**
- **Choice and control** (selecting meals and activities)
- **Personal growth and goal achievement**

If you are NDIA funded and have Core Supports in your funding, and this interests you to join please reach out to our team to find out more!

**Article written by Community Worker, Jinashish Barua.**



# I National Volunteer Event

National Volunteer Week was celebrated from 19-25 May 2025, and this year Council said thanks to its 400 Volunteers at a Lord Mayor hosted event at Town Hall on Friday 23 May.

Community Care are proud to have a team of around 66 volunteers who are dedicated to delivering person-centred support to many of our service recipients. Together, they deliver Meals on Wheels, as well as support us with delivering Social Inclusion Support and Over 55's Leisure and Learning Programs.







**We spoke to our keynote speaker Phil Marsh, who has volunteered with Community Care since 2017.**

Phil is our 2025 Senior Citizen of the Year. The past 5 years, Phil has been a Meals on Wheels volunteer driver.

Here is what Phil shared about his volunteering journey

**What brought you to volunteering?**

Retiring after a busy working life I knew I needed to do something useful with my time and followed my Mother's example, she was awarded Citizen of the Year for Drummoyne Council in 1986.

**What do you like most about volunteering**

The smiles on the participants faces and their genuine appreciation plus the camaraderie of Council Staff and Volunteers.

**What is the most memorable moment you have from volunteering?**

As a helper with Meals on Wheels I went to the door, pressed the buzzer but it didn't buzz; it played Happy Birthday. When the lady came to the door, I asked if it was her birthday. 'No,' she said 'that was Saturday and the family took me to the club for a wonderful lunch.' I Then asked if I could be presumptuous and ask how old she was. 'yes,' she replied, 'I'm 100.'

**What do you think would be a good starting point if someone is thinking about becoming a volunteer?**

A good starting point would be either with Peer Group Support or as a helper with Meals on Wheels.

Aside from my family I can't think of anything better to do with my time.

# Deferment of Aged Care Act and Support at Home Program

The Australian Government has created a new law called the Aged Care Act 2024. This Act was approved by the Government in 2024, and it was due to start on 1 July 2025.

On Wednesday 4 June, the Minister for Aged Care and Seniors announced a deferment (delay of start date) of the Aged Care Act from 1 July 2025 to 1 November 2025. It was also confirmed that the new Support at Home Program will commence 1 November 2025. This letter is on the following page.

The Support at Home Program is to replace Home Care Packages. For those of you who receive Home Care Packages, this means you will remain on these packages until they transition to Support at Home from 1 November 2025.

For those who receive Commonwealth Home Support Program (CHSP) funding, this continues as is. The new Act will also cover this program (as well as all aged care services) when it commences.

The deferral will allow aged care providers to better prepare clients, support workers, and ensure their systems are ready for the changes.

It will mean providers and workers will have more time to talk to older people about how aged care is changing to make sure:

- the rights of older people are protected
- decision-making support is their choice
- care assessment is easier
- aged care service information is transparent
- what older people should expect from providers and workers is clear.

The brief deferral will also ensure older people accessing home care have the time to understand the Support at Home changes, including:

- service agreements and care plans
- service list, prices and contributions to non-clinical services.

We remain committed to supporting you the way we always do, whilst responding to any changes and strengthening our systems and processes to support this. We continue to support you and update you as best as possible.

## Do you have any questions or concerns?

You can call the Department of Health, Ageing and Disability: 1800 200 422

You can send them an email: [agedcareenquiries@health.gov.au](mailto:agedcareenquiries@health.gov.au)

You can write to them:

Department of Health, Ageing and Disability  
GPO Box 9848  
Canberra ACT 2601  
Australia

You can visit their website:

<https://www.health.gov.au/our-work/aged-care-act>



## The Hon Sam Rae MP

### Minister for Aged Care and Seniors

#### AN OPEN LETTER FROM THE MINISTER FOR AGED CARE AND SENIORS

I am honoured to be your new federal Minister for Aged Care and Seniors. I have spent my first three weeks as your Minister listening to older people, your families and carers, aged care providers, workers and others in the sector who have generously shared their views and feedback with me. I am privileged to be taking on an immensely important job.

The Australian Government is working to deliver once-in-a-generation reforms to build a high-quality, respectful and sustainable aged care system.

In order to deliver on the intent of these reforms and following careful consideration, the government has decided to briefly defer the start of the new Aged Care Act from 1 July 2025 to 1 November 2025.

The new Act is changing aged care laws to put the rights of older people first. It includes a Statement of Rights and a Statement of Principles to guide how providers and workers must behave and make decisions.

This extra time will allow participants to better understand the changes, so you can prepare and make informed decisions. Importantly, you will continue to receive the safe, quality care you deserve.

I am committed to building on the work we have done so far to improve aged care in Australia. The Royal Commission into Aged Care Quality and Safety's number one recommendation was to deliver a new Act that puts you at the centre of your aged care, and this is what we are doing.

We are further committed to delivering the new Act and its benefits to you as soon as possible. However, a pause is needed to allow for a smoother implementation of the new Act and with the Support at Home program.

You deserve these improvements; it is as important to me to get them right as it is to you. Thank you for your patience and continuing to work with us on these changes.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Sam Rae'.

4 June 2025





# National Disability Insurance Scheme (NDIS)

We know there are lots of changes to the NDIS, and that at times, it can feel like too much information. We've picked out the important changes to make it easier for you to understand. Don't worry—we will continue working hard to meet your needs and to provide the best care and support while we navigate the new government rules.

The National Disability Insurance Agency (NDIA) is committed to making the NDIS more efficient, accessible, and clearer for participants, these changes aim to:

- Improve Plan Management – Adjustments allow plan variations for urgent needs, funding increases, or better financial oversight.
- Provide better transparency – Impairment notices, reassessments, and funding details make the system more predictable for participants
- Streamline claims and payments – A new framework makes submitting claims simpler and aligns budgets with actual support needs.



The National Disability Insurance Scheme Amendment (Getting the NDIS Back on Track No. 1) Act 2024 introduced new rules to ensure funding is used appropriately and participants receive the supports that they need. The new NDIS Act introduces several key changes aimed at improving the scheme's efficiency, transparency, and fairness, some of these changes include:

**Section 34: Supports for Impairments** – NDIS will only cover supports related to impairments that meet its requirements.

**Section 32BA: Impairment Notices** – If you qualify for NDIS, you'll get a notice listing the impairments that made you eligible.

**Section 10: NDIS Supports Definition** – Defines what the NDIS funds and allows participants to request non-NDIS support under specific circumstances.

**Section 44: Plan Management Decisions** – Criminal records involving fraud or dishonesty may affect how your plan is managed.

**Section 33: Funding and Timeframes** – Approved plans will clearly outline total funding, component amounts, and how long they last.

**Section 47A: Plan Variations** – You can adjust your plan without creating a new one under certain conditions, like urgent support needs or minor funding increases.

**Section 45A: Claims & Payments** – A new framework clarifies how claims and payments work under the NDIS.

**Section 32K & 32L: New Planning Framework** – Plans will be shaped by a flexible budget based on a support needs assessment.

The updated NDIS Act applies to new plans with parts of the Act still requiring additional rules to be developed before they

can take full effect. These rules will help define how specific processes—such as plan management, eligibility reassessments, and funding frameworks will operate in practice.

Change can bring uncertainty, but these reforms aim to make the NDIS more sustainable while keeping it aligned with its original intent. A sustainable NDIS ensures that Australians with disabilities continue receiving essential support now and in the future.

### **Need support?**

If you're feeling unsure about how these changes might impact you, there are plenty of resources to help:

### **NDIS Commission:**

[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au), Guidance on participant rights, service provider regulations and complaint mechanisms

### **NDIS Contact Centre:**

1800 800 110, direct Support for questions about funding, eligibility and plan management

### **Disability Advocacy Services:**

Organisations like People With Disability Australia (1800 422 015) and VALID ((03) 9416 4003) offer independent advice, advocacy, and assistance navigating the NDIS





# Maintaining social connections

During the winter months keeping and maintaining social connections can become more challenging as colder weather and shorter days reduce outdoor activity. This can make it easier to withdraw from social interactions leading to increased isolation and loneliness impacting both physical and mental well-being.

It's important to maintain healthy social connections for numerous reasons such as mental health, physical health, and the overall quality of life.

## The Role of Social Connections in Senior Health

Social connections are essential for the mental and physical well-being of older adults. Studies indicate that seniors who engage in regular social activities are at a reduced risk of experiencing depression, anxiety, and feelings of isolation.<sup>1</sup>

These interactions may arise from multiple areas, such as family, friends, and community organisations. By nurturing these relationships, older adults can enhance their quality of life, gaining emotional support, companionship, and a sense of community.

## Mental Health Benefits of Social Connections

It is crucial for older adults to sustain social connections in order to protect cognitive function as they age. Involvement in discussions, taking part in group activities, and remaining mentally stimulated through social engagement can contribute to postponing the development of cognitive decline and dementia.<sup>2</sup>

Furthermore, these social ties offer emotional support, serving as a safeguard against the various stressors that frequently arise with aging, including the bereavement of loved ones or the shift into retirement.



## Enhancing Cognitive Function

Regular social interaction is essential for maintaining cognitive sharpness. Older adults who engage in conversations, solve puzzles, and take part in group activities are less prone to experiencing memory loss or cognitive deterioration.<sup>3</sup>

Mental stimulation is as important as physical exercise, and social relationships offer an enjoyable and significant means to achieve this.

## Emotional Support and Stress Relief

A healthy support network comprising friends and family can significantly influence the ability to navigate the difficulties associated with aging.<sup>4</sup>

Whether confronting the death of a partner, transitioning into retirement, or addressing health concerns, the reassurance that comes from having someone who cares and comprehends one's situation is of immense value.

## Physical Health Advantages of Social Connections

Social connections play a crucial role not only in enhancing mental well-being but also in significantly influencing physical health. Older adults who maintain an active social life often exhibit improved mobility, a greater propensity to participate in physical activities, and a reduced likelihood of experiencing chronic illnesses such as heart disease or hypertension.<sup>5</sup>

The encouragement provided by a supportive social network can motivate seniors to adopt healthier lifestyles, keep up with regular medical appointments, and follow prescribed treatment regimens.

## Building and Maintaining Social Connections

The significance of social connections is evident; however, numerous seniors encounter obstacles in sustaining these relationships, including mobility challenges, the loss of friends or family members, or relocation to a different community. Nevertheless, there are various strategies

available to foster and preserve social connections, such as:

## Staying in Touch with Family

Maintaining consistent communication with family members, whether via in-person visits, telephone conversations, or video calls, can significantly enhance seniors' sense of connection and support.

## Volunteering

Numerous older adults experience a sense of fulfillment through volunteer work. This activity not only imparts a meaningful purpose but also keeps them actively engaged and fosters social connections.

## Exploring Technology

For elderly individuals who may be confined to their homes, technology provides an opportunity to maintain connections. Acquiring skills in social media, email, or video conferencing can create new ways for engagement.

## References

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# Men's Health Week: Prioritising Well-being for a Stronger Future

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Men's Health Week serves as an important reminder for men to focus on their physical, emotional, and mental well-being.

Some research shows that men are less likely than women to engage with regular healthcare or discuss their concerns openly. Chronic conditions like heart disease, diabetes, and even mental health struggles often fly under the radar due to societal expectations and personal hesitations. Cardiovascular screenings, cholesterol checks, and diabetes tests are essential tools in the fight against life-threatening conditions.

One of the most significant messages is the importance of maintaining physical health through regular activity and preventative care. The Over 55s Leisure and Learning Programs that Community Care offer have several activities to help such as Aqua Aerobics.

Aqua Aerobics participant David Baker's experience is a testament to the resilience that can come from prioritising personal health despite ongoing challenges,

he explains:

*"I have peripheral neuropathy, mainly in my toes and ankles at the moment and my family doctor has told me to keep going to my aqua fitness classes as he can see that these sessions have been very beneficial to my general health."*

Complementing Aquatic exercise, the Over 55 activities also include Tennis, Martial Arts as well as Choir that could appeal to men. Tennis not only supplies excellent aerobic exercise but also promotes coordination, while research has taught us how martial arts improve balance, strength, and flexibility in older adults.<sup>1</sup>

Men's health is not only about physical fitness. Despite the progress made, there remains a significant gap in the rate at which men access mental health services. Depression, anxiety, and social isolation continue to be serious issues among men, underscoring the need for open conversations and supportive networks. Researchers have found that physical activities especially group-based exercises, can have a positive impact on mood and overall mental health.<sup>2</sup>



Paul compliments his physical pursuits with a creative outlet – Art classes:

*"With Art, it fills me with joy and excitement. Feel happy, feel good, feel well."*

By incorporating art into his routine, Paul finds an additional form of self-expression and mental stimulation allowing him to challenge his body and mind in complementary ways.

Social isolation is a well-documented risk factor for both poor mental health and physical decline. Men's Health Week encourages communities to forge stronger bonds by engaging in group activities that foster inclusivity and mutual support.<sup>3</sup>

A particularly interesting area gaining attention is the role of music and group singing such as Choir. Research from the University of Oxford reported singing in a choir not only improves respiratory function and brain activity, but it also helps forge quick social bonds that can alleviate feelings of isolation.<sup>4 5</sup> The communal aspect of choirs is crucial in today's increasingly isolated digital world, where face-to-face interactions are more important than ever.

An indispensable benefit of any regular program is the opportunity for social connection; Paul stresses the importance of these interactions:

*"Very important. Meeting new people from different backgrounds also provides mental stimulation in discussions and their different perspectives. It also gives 'ME' time away from the norm and hum drum day to day life."*

Furthermore, when it comes to encouraging hesitant participants, Paul offers straightforward advice:

*"Give it a go. Nothing to lose and make the time. Don't hesitate to talk to others in the group. I have been readily accepted and supported into two environments that are largely attended by ladies. Aqua aerobics and Art."*

Men's Health Week is a powerful reminder that taking care of one's health is not a luxury—but a necessity.

Every man should view this week as both a celebration and a challenge: a celebration of the progress that has been made in embracing a healthy lifestyle and a challenge to continue that commitment every day. Men's health initiatives, whether they focus on Aqua classes, Tennis, Martial Arts, Tai Chi, or Choir singing, collectively pave the way toward an enriched, fulfilling, and healthier future.<sup>4 5</sup>

Men's Health Week stands as both a mirror and a window into the potential that lies within each of us. Now is the time to act, to engage, and to build communities that champion strength, well-being, and connection—not just for a week, but throughout every stage of life.

## BOOKINGS FOR TERM 3 ARE OPEN NOW

### SCAN HERE



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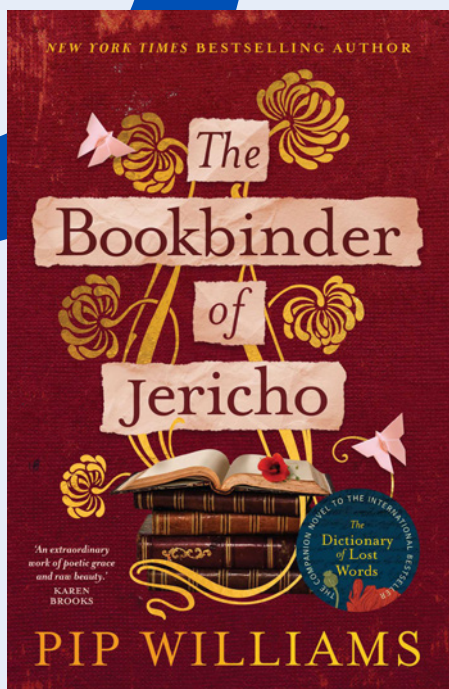
Wolfgang in the Stars is commissioned by QPAC, The Art House Wyong, Mackay  
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Originally Produced By: QPAC's Out of the Box and Circa.



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# Book club - Winter 2025

If you love to read and enjoy a good debate over the plot and characters, then this group is for you.

A recent book discussed was *Bookbinder of Jericho* by Pip Williams. This is a historical look at World War 1, set in a time when war draws the young men of Britain away to fight, and the women who must keep the nation running. Two of those women are Peggy and Maude, twin sisters who work in the bindery at Oxford University Press in Jericho.

When refugees arrive from the devastated cities of Belgium, it sends ripples through the community and through the sisters' lives. Peggy begins to see the possibility of another future where she can use her intellect and not just her hands, but as war and illness reshape her world, it is love, and the responsibility that comes with it, that threaten to hold her back.

We meet on the last Thursday of each month at Parramatta PHIVE, Lvl 1 from 10.30am - 12.00pm.

The members really enjoy having a lively discussion and enjoy coming together.

For further information and to arrange to attend, please call **9806 5121** and ask to speak to Mei, Gladys or Cathy.

Next few dates are **Thursday 31 July, Thursday 28 August**

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## Do Not Call Register

Want to stop those unwanted telemarketing calls?

This register can be very useful however it does need to be updated every couple of years, so if you are experiencing these types of calls please register or re-register to ensure they stop. It will take a few weeks before they reduce.



Visit [donotcall.gov.au](https://donotcall.gov.au) or call **1300 792 958**.

## Elder Abuse Hotline

This is a free confidential service for information, advice and referrals. If you experience, witness or suspect elder abuse happening, call **1800 628 221**.



NSW Elder Abuse can be Financial, Physical, Verbal, Sexual, Psychological and Neglect.



# Family Fun Science Day

Celebrate National Science Week 2025 with a day full of discovery and excitement for all ages! Dive into virtual worlds with our VR drop-in sessions, explore interactive workshops, and be amazed by our live Science Show packed with thrilling experiments and demonstrations. Whether you're a curious kid or a science-loving adult, there's something for everyone to enjoy. Come spark your imagination and celebrate the wonders of science at Parramatta Library on Saturday 16 August!

Bookings Essential. 



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## National Tree Day

City of Parramatta and Planet Ark are proud to host National Tree Day, Australia's largest tree planting and nature care event on Sunday 27 July.

Join our community at Upjohn Park in Dundas to plant 10,000 native seedlings and enjoy a fun day out with free plant giveaways, lunch, educational stalls and a native wildlife display.

Registration is free and essential so sign up, and we'll see you there!

**Register now**

<https://www.cityofparramatta.nsw.gov.au/environment/city-in-nature/national-tree-day>







Experience fitness  
with a difference  
at the Parramatta  
Aquatic Centre  
(PAC).

# Join the PAC Seniors Program

**The PAC is proud to support local seniors to be more active and connected within their local community. See below for a range of offerings available to seniors living in the Parramatta LGA.**

Be a part of an inclusive and welcoming environment, where we believe that age is just a number! Staying physically active, mentally engaged, and socially connected with regular exercise. The PAC Seniors programs enable our community to stay healthy, independent, and empowered.

As we age, physical activity becomes increasingly vital, helping to maintain strength, flexibility, and balance while reducing the risk of chronic conditions such as heart disease, diabetes, and osteoporosis. Moreover, exercise is a fantastic way to stay socially connected, fostering friendships and a sense of community.

Our programs offer a variety of fitness options tailored to your needs and preferences. All classes below are included in PAC memberships or available to try for a casual entry fee. Classes include:

- Aqua Aerobics (shallow and deep options available)
- Gentle Exercise
- Strength, Stretch and Balance

We encourage seniors to branch out and try out other classes outside of the seniors program, such as yoga, Pilates, Zumba and more. All classes cater to a variety of fitness and experience levels, so have a go!

All PAC Senior Members are also invited to join our NEW PAC Seniors Club. This is a great way to expand your social network, meet other locals, share a coffee/tea and get the most out of your time with the PAC.

Visit the link to learn more!  
[www.cityofparramatta.nsw.gov.au/the-pac/pac-seniors](http://www.cityofparramatta.nsw.gov.au/the-pac/pac-seniors)



# Over 55's Leisure and Learning Program – Martial Arts

**"Movement is medicine.  
Confidence is the result."**

Martial arts is not just for the young and agile, it's a dynamic and empowering activity that can transform lives.

A new martial arts class has been introduced to the Over 55s Leisure and Learning programs and designed specifically for seniors with low-impact, practical exercises. With carefully tailored techniques, these classes offer a unique way to build strength, balance, and confidence.

The instructor is Master John, a 5th Dan Black Belt in Taekwondo certified by the World Taekwondo Headquarters in Seoul, South Korea and a decorated competitor with titles such as NSW Champion, Australian Champion, and Pan Pacific Masters Champion. With over 20 years' experience the classes are conducted in a safe and supportive environment.

Classes start with a warm-up focused on gentle stretching and mobility exercises. This eases the body into movement without the strain of high-intensity workouts. Striking techniques such as punches, elbows, knee



strikes, and low kicks are included as well as blocking and self-defence skills including grip-release and partner drills. These drills are designed for focus and movement before finishing up with Taekwondo patterns practice, promoting memory, balance, and coordination.

The exercises are structured to boost cardiovascular health gradually and improve flexibility. By emphasising low-impact techniques, these sessions minimise stress on joints and muscles, ensuring that each participant learns at a personalised pace. Consequently, participants can experience improvements in physical fitness that translate into everyday activities, such as walking, standing up, and carrying items - essentially enhancing independence and quality of life.

Beyond physical wellness, martial arts may profoundly contribute to mental and emotional well-being. The methodical practice of techniques and forms requires a deep focus and concentration that can sharpen cognitive function and enhance mental clarity.



Another important benefit is the development of balance and coordination, which are critical for preventing falls and injuries in older adults. These classes incorporate drills and movements designed to strengthen core muscles, improve posture, and refine body coordination. This emphasis on balance not only helps protect participants in their daily routines but also boosts self-confidence.

Joining a martial arts class builds a supportive community. The shared pursuit of physical and mental growth helps forge connections among participants, fostering a sense of camaraderie and belonging. This communal support network can be invaluable, providing emotional encouragement that complements the physical benefits of the classes.

This class has been developed to be more than just exercise—it is a holistic approach to healthy aging. With outcomes that include enhanced flexibility, improved coordination, boosted mental focus, and reduced stress, this specialised martial arts program is an ideal choice for those seeking to enrich their lives in every way.

Exploring martial arts can be a doorway to enhanced vitality and overall well-being. It's an engaging and effective method for nurturing body and mind. Consider taking that first step—a class designed with your needs in mind—and discover how martial arts can empower you today.

**"Age is not a limitation—it's an opportunity to strengthen the body and sharpen the mind." – Master John**

Come along and join in!

**Register now for Over 55 Leisure and Learning – Martial Arts.**

**SCAN HERE**





**Gabby Summerhays**  
*Manager*

I love to cook and share meals with others, spend time with my family and enjoy the outdoors.



**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.



**Abood**

I enjoy traveling, hiking, visiting new places & trying new food.



**Agnes**

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



**Cara**

Give me a good coffee, anything Disney and some quality time laughing with my family and friends and I am one happy lady!



**Cathy**

I enjoy reading books and going to the gym.



**Frances**

I love dancing, music, jogging, and cooking. My family & friends are everything; I value "health is wealth."



**Gladys**

I love walking, exploring new places, and spoiling my three gorgeous granddaughters.



**Hong**

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



**Jinashish**

I love socializing, dining, cricket, walking, reading, and chatting with seniors. I'm passionate about creativity.



**Luis**

I am a book lover who also enjoys listening to people's fascinating stories and supporting them to achieve their best.



**Luke**

I love spending time with my wife and two beautiful daughters. I enjoy going to the gym, sightseeing and the occasional movie.

## CONTACT US

**Community Care Office Hours**  
8.30am – 4.30pm, Monday to Friday  
**Phone:** 9806 5121

**Email:** [communitycareadmin@cityofparramatta.nsw.gov.au](mailto:communitycareadmin@cityofparramatta.nsw.gov.au)

### City of Parramatta

**9 Wentworth Street, Parramatta**  
**Parramatta Food Services Office**

**10 Hunter Street, Parramatta**  
**Phone:** 9806 5121

**Web:** [cityofparramatta.nsw.gov.au](http://cityofparramatta.nsw.gov.au)

### Postal Address

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



**City of Parramatta**  
**Where It's At Parramatta**



**@cityofparramatta**  
**@atparramatta**



**@cityofparramatta**  
**@atparramatta**



**Maree**

I love hiking and travelling. Combine the two and I am very happy!



**Mei**

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



**Millnard**

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



**Rachel**

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



**Renea**

I love spending time with family and friends and travelling.



**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.



**Viktor**

I enjoy going to the gym, listening to music and watching films in my spare time.



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.