



Office  
18 Walker Street,  
Helensburgh 2508

Hours  
8.30am to 4.30pm  
Monday to Friday  
Telephone  
02 42941900

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### Latest news

Welcome to the lovely weather. As I mentioned last newsletter our outings are popular, we are taking a full bus to Tulip Time, Bowral, there nearly wasn't space for the driver...ha ha. We have some great trips in October - November; Music & Tea at the Wollongong Art Gallery, Movies at NINA, Music in the Morning - Police Band. If you are keen ring NINA and book in as our outings close early.

### NOTICE OF OUR ANNUAL GENERAL MEETING & BBQ DATE: Wednesday, 13 November 2024

TIME: 10.30am

PLACE: Anglican Church Hall,  
77 Parkes Street, Helensburgh

Not only is this a great opportunity to speak with our Management Committee, chat to the office staff, see other members you can enjoy a BBQ. RSVP to the office for catering purposes and if you require transport. Clients are welcomed to attend. If you wish to vote at the AGM ensure with the office your membership is up to date. Member information will be in the mail prior to the meeting.



- ◆ If attending a group outing bring photo ID, this could include a Proof of Age card, Drivers licence or passport.
- ◆ Individual Transport request require at least 7 days booking in advance. This not only assist us in scheduling our volunteers but ensures we can provide the services that you need to remain independent.
- ◆ If you have a permit with the Mobility Parking Scheme ensure you bring it with you on Individual Transports.

On Wednesday, 28 August 2024 NINA in conjunction with Movementum the Volunteers were trained in Manual Handling. Movementum founder Natasha, a qualified occupational therapist and trainer for 20 years understands the challenges faced by carers, aged care staff and disability support workers when providing care to clients and family members.

The volunteers thoroughly enjoyed the training and stated not only is it valuable when providing services for NINA clients but we can use it at home.

Look forward to seeing you at the AGM.

From Fiona - Office Manager



Part of the Community Working with the Community

Find us on Facebook



# Shopping / Bunnings Trips

PLEASE NOTE CHANGE - Bunnings and Shopping Fridays are now combined on a Friday. There is only ability to attend 1 destination out of the 2, so please state when booking which you would like to attend. We will have two drop offs. This enables more chances to go to Bunnings throughout the schedule, as well adding other shops to the schedule by request.

October	November
<b>Friday 4th October</b> Engadine Shopping \$12	<b>Friday 1st</b> Shellharbour Shopping & other stores Stoney Range by request \$12
<b>Friday 11th</b> Sylvania Shopping & Bunnings Kirrawee \$12	<b>Friday 8th</b> Figtree Shopping & Bunnings Bellambi \$12
<b>Friday 18th</b> Dapto Shopping & Bunnings Kembla Grange \$12	<b>Friday 15th</b> Macarthur Shopping \$12
<b>Friday 25th</b> Warrawong Shopping and outside Furniture stores by request \$12	<b>Friday 22nd</b> Engadine Shopping \$12
	<b>Friday 29th</b> Sylvania Shopping and Bunnings Kirrawee \$12

*If this section brings some difficult feelings, please do not hesitate to give anyone in the office a call or speak with a friend, love one or ring Lifeline, Telephone number 131114.*

## **REST IN PEACE,** **Clients of NINA**

*Kevin Batchledor - Helensburgh  
Patricia (Pat) Pryor - Helensburgh  
James (Jim) Marshall - Helensburgh  
Gwen Garner - Helensburgh  
Joy (Pamela) Page - Scarborough*

## **Moved to out of area or into Residential Care**

*Nancy Logan  
Lucy Pollard  
Jeffrey Lucke*

# CAFÉ CLUB Thirroul October 2024

**DATE: Tues 1st of October**

10.30: Morning tea & Quiz with Mollie

11.15: Exercise Class

11:45 Celebrity Heads

12.30: Lunch



1:00: Bingo

**DATE: Tues 8th of October**

10.30: Morning tea & Quiz

11.15: 2 Truths 1 Lie

11.45 Best and Worst Parental Advice

12.30: Lunch

1.00 Entertainment –Chimera

**DATE: Tues 15th of October**

10.30: Morning tea & Quiz

11.15: Exercise Class

11:45 Musical Bingo

12.30: Lunch



1:00: Reminiscing

**DATE: Tues 22nd of October**

**LUNCH OUTING**

Pick ups from 10am. Meeting at Club at 12pm for lunch

Corrimal RSL

Transport \$12



Please Bring a form of photo ID to enter club

**DATE: Tues 29th of October**

10.30: Morning tea & Quiz

11.15: Exercise Class

11:45 Your 3 Hidden talents

12.30: Lunch

1:00: Guess the Song

If you would like to attend the Café Club programme on Tuesday please call the office on 4294 1900 by 1pm Monday to confirm your attendance.

Let us know if you have any special dietary needs or if you require transport to or from the program.

Thank you.

Please note program subject to change.

# CAFE CLUB Thirroul November 2024

**DATE: Tues 5th of November**

Melbourne Cup

**LUNCH OUTING**

Bellambi Hotel



Transport \$6

Join Mollie For lunch

And watch the race

**DATE: Tues 12th of November**

10.30: Morning tea and Quiz

11.15 Exercise Class

11:45: Banana Grams

12.30: Lunch

1:00 Scattegorries

**DATE: Tues 19th of November**

10.30: Morning tea and Quiz

11.15: Exercise Class

11.45: Celebrity Heads

12.30: Lunch

1.00: Bingo



**DATE: Tues 26th of November**

**LUNCH OUTING**

Pick ups from 10am. Meeting at Club at 12pm for lunch

Illawarra Leagues Club



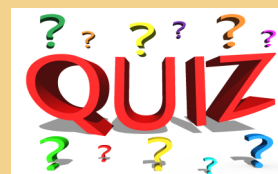
\$6 Transport

Please Bring a form of photo ID to enter club



If you would like to attend the Café Club programme on Tuesday, please call the office on 4294 1900 by 1pm Monday to confirm your attendance

Let us know if you have any special dietary needs or if you require transport to or from the program.  
Thank you





**October 2024**

Client Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

	<b>Frozen Soup Range \$3.00</b>	<b>Oct 2</b>	<b>Oct 9</b>	<b>Oct 16</b>	<b>Oct 23</b>	<b>Oct 30</b>
1	Pumpkin					
2	Pea & Ham					
3	Cream of Tomato					
4	Country Chicken & Vegetable					
5	Potato & Leek					
	<b>Sub Total:</b>					
	<b>Frozen Petit Meal Range \$6.50</b>					
6	Beef Rissoles with Gravy					
7	Homemade Beef Lasagne					
8	Beef & Bacon Casserole with potato and broccoli					
9	Chicken & Veg Pie with potato mash, peas & pumpkin					
10	Lemon Chicken with Jasmine Rice					
11	Chicken Parmigiana with Creamed Potato & Beans					
12	Chicken & Cheese Pie with Creamed Potato & Green Beans					
13	Chicken & Leek Casserole					
14	Cottage Pie (Beef mince) with roasted pumpkin and green beans					
15	Roast Lamb & Mint Gravy, Potato, Beans					
16	Italian Pork Meatballs with Chunky Tomato Sauce with Pasta & Peas					
17	Sweet & Sour Pork with Rice					
18	Tuna Pasta Bake					
19	Homemade Fish Cake with Chunky Tomato Sauce with Roast Potato & Veg					
20	Crumbed Whiting with Roast Diced Potatoes & Sliced Carrots					
	<b>Sub Total:</b>					
	<b>Frozen Main Meal Range \$8.50</b>					
21	Beef Rissoles with Onion Gravy, Creamed Potato, Beans & Julienne Carrots					
22	Beef Burgundy with Creamed Potato, Broccoli & Whole Baby Carrots					
23	Beef Stroganoff with Pasta, Broccoli & Orange Vegetable Mix					



	<b>Frozen Main Meal Range \$8.50</b>	<b>Oct 2</b>	<b>Oct 9</b>	<b>Oct 16</b>	<b>Oct 23</b>	<b>Oct 30</b>
24	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot					
25	Chicken & Spinach Casserole with Creamed Potato, Peas & Whole Baby Carrots					
26	Deep Dish Chicken & Cheese Pie with Creamed Potato, Green Beans & Carrots					
27	Shepherds Pie with Peas & Roast Pumpkin					
28	Lamb & Rosemary Pie with Breadcrumb Top, Creamed Potato, Roast Zucchini & Carrots					
29	Roast Lamb with Mint Gravy					
30	Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes, Beans & Roast Pumpkin					
31	Curried Sausages with Mash Potato & Vegetables					
32	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots					
33	Salmon Pasta Bake served with Beans, Carrots & Corn					
	[REDACTED]					
	<b>Sub Total:</b>					
	<b>Frozen Desserts \$3.00</b>					
35	Chocolate Mud Cake & Custard					
36	Bread & Butter Pudding					
37	Tiramisu					
38	Apple Sultana Crumble & Custard					
39	Sticky Date Pudding					
40	Butterscotch Pudding & Custard					
41	Carrot Cake					
	<b>Sub Total:</b>					
	<b>Total Cost</b>					

*If you require specific dietary requirements contact the office to obtain a copy of the Diet & Allergen Guide*

**Meal delivery will be Wednesday each week.**

Please advise if you are happy for a substitute if your first choice is not available? Yes  No

Office use only	<b>Oct 2</b>	<b>Oct 9</b>	<b>Oct 16</b>	<b>Oct 23</b>	<b>Oct 30</b>
Packed					
Delivered					
Sandwai					
Paid/Invoice					



**November 2024**

Client Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

	<b>Frozen Soup Range \$3.00</b>	<b>Nov 6</b>	<b>Nov 13</b>	<b>Nov 20</b>	<b>Nov 27</b>
1	Pumpkin				
2	Pea & Ham				
3	Cream of Tomato				
4	Country Chicken & Vegetable				
5	Potato & Leek				
	<b>Sub Total:</b>				
	<b>Frozen Petit Meal Range \$6.50</b>				
6	Beef Rissoles with Gravy				
7	Homemade Beef Lasagne				
8	Beef & Bacon Casserole with potato and broccoli				
9	Chicken & Veg Pie with potato mash, peas & pumpkin				
10	Lemon Chicken with Jasmine Rice				
11	Chicken Parmigiana with Creamed Potato & Beans				
12	Chicken & Cheese Pie with Creamed Potato & Green Beans				
13	Chicken & Leek Casserole				
14	Cottage Pie (Beef mince) with roasted pumpkin and green beans				
15	Roast Lamb & Mint Gravy, Potato, Beans				
16	Italian Pork Meatballs with Chunky Tomato Sauce with Pasta & Peas				
17	Sweet & Sour Pork with Rice				
18	Tuna Pasta Bake				
19	Homemade Fish Cake with Chunky Tomato Sauce with Roast Potato & Veg				
20	Crumbed Whiting with Roast Diced Potatoes & Sliced Carrots				
	<b>Sub Total:</b>				
	<b>Frozen Main Meal Range \$8.50</b>				
21	Beef Rissoles with Onion Gravy, Creamed Potato, Beans & Julienne Carrots				
22	Beef Burgundy with Creamed Potato, Broccoli & Whole Baby Carrots				
23	Beef Stroganoff with Pasta, Broccoli & Orange Vegetable Mix				

	<b>Frozen Main Meal Range \$8.50</b>	<b>Nov 6</b>	<b>Nov 13</b>	<b>Nov 20</b>	<b>Nov 27</b>
24	Roast Chicken Maryland with gravy, Roast Potatoes, Peas & Carrot				
25	Chicken & Spinach Casserole with Creamed Potato, Peas & Whole Baby Carrots				
26	Deep Dish Chicken & Cheese Pie with Creamed Potato, Green Beans & Carrots				
27	Shepherds Pie with Peas & Roast Pumpkin				
28	Lamb & Rosemary Pie with Breadcrumbs Top, Creamed Potato, Roast Zucchini & Carrots				
29	Roast Lamb with Mint Gravy				
30	Roast Pork with Apple Sauce & Gravy, Roast Chat Potatoes, Beans & Roast Pumpkin				
31	Curried Sausages with Mash Potato & Vegetables				
32	Crumbed Fish served with Roast Diced Potato, Cross cut Beans & Carrots				
33	Salmon Pasta Bake served with Beans, Carrots & Corn				
	[REDACTED]				
	<b>Sub Total:</b>				
	<b>Frozen Desserts \$3.00</b>				
35	Chocolate Mud Cake & Custard				
36	Bread & Butter Pudding				
37	Tiramisu				
38	Apple Sultana Crumble & Custard				
39	Sticky Date Pudding				
40	Butterscotch Pudding & Custard				
41	Carrot Cake				
	<b>Sub Total:</b>				
	<b>Total Cost</b>				

*If you require specific dietary requirements contact the office to obtain a copy of the Diet & Allergen Guide*

**Meal delivery will be Wednesday each week.**

Please advise if you are happy for a substitute if your first choice is not available? Yes  No

Office use only	<b>Nov 6</b>	<b>Nov 13</b>	<b>Nov 20</b>	<b>Nov 27</b>
Packed				
Delivered				
Sandwais				
Paid/Invoice				



# CAFÉ CLUB Helensburgh October 2024

**DATE: Thurs 3rd of October**

**10.30: Morning tea with Quiz with Mollie**

**11.15: Exercise to Music**

**11.45: Celebrity Heads**

**12.30: Lunch**

**1:00: Bingo**



**DATE: Thurs 10th of October**

**LUNCH OUTING**

**Pick ups from 10 am. Meeting at Club at 12pm for lunch**

**Engadine RSL**

**Transport \$6**

**Please Bring a form of photo ID to enter club**

**DATE: Thurs 17th of October**

**10.30: Morning tea with Quiz**

**11.15: Chair Yoga with Ellie**

**11.45: Where in The World**

**12.30: Lunch**

**1:00: Guess the song**



**DATE: Thurs 24th of October**

**10.30: Morning tea with Quiz**

**11.15: Chair Yoga with Ellie**

**11.45: Guess The Country**

**12.30: Lunch**

**1:00: Entertainment –Chimera**

**DATE: Thurs 31st of October**

**LUNCH OUTING**

**Pick ups from 10 am. Meeting at Club at 12pm for lunch**

**Helensburgh Hotel**

**Transport \$6**

**Join Me For Lunch**



**Let us know if you have any special dietary needs or if you require transport to or from the program.**

**Thank you. If you would like to attend the Café Club programme on Thursday, please call the office on 4294 1900 by 1pm Wednesday to confirm your attendance.**

**DATE: Thurs 7th of Nov**

**10.30: Morning tea and Quiz**

**11.15: Chair Yoga with Ellie**

**11.45: Reminiscing**

**12.30: Lunch**

**1:00: Bingo**



**DATE: Thurs 14th of Nov**

**LUNCH OUTING**

**Bellambi Bowling Club**

**Transport \$6**



**Pick ups from 10 am. Meeting at Club at 12pm for lunch**

**Please Bring a form of photo ID to enter club**

**DATE: Thurs 21st of Nov**

**10.30: Morning tea and Quiz**

**11.15: Chair Yoga with Ellie**

**11.45: Your 3 Hidden Talents**

**12.30: Lunch**

**1:00: Entertainment – Dave Oliphant**

**DATE: Thurs 28th of Nov**

**10.30: Morning tea and Quiz**

**11.15: Chair Yoga with Ellie**

**11.45: 5 Second Rule**

**12.30: Lunch**

**1:00: Scattegorries**



**If you would like to attend the Café Club programme on Thursday, please call the office on 4294 1900 by 1pm Wednesday to confirm your attendance.**

**Let us know if you have any special dietary needs or if you require transport to or from the program**

# Group Outings OCT/NOV 2024

## Thursday 3rd October - Music & Tea. Wollongong Art Gallery

Please contact if needing transport

Admin \$5 Transport \$6

## Friday 18th October - Memory Lane Café

A program designed for carers and people with dementia. Based in Thirroul, Please contact the Dementia Australia for information, and book at NINA office if you require Transport \$6

## Monday 21st October -

### Movies at Nina

'Best exotic Marigold Hotel'

Starring Judi Dench, Maggie Smith

Admin \$5.

Transport \$6



## Thursday 7th November - Music & Tea. Wollongong art Gallery

Please contact if needing transport.

Admin \$5 Transport \$6

## Wednesday 13th November - Annual General Meeting & BBQ

Anglican Church Hall - 77 Parkes Street, Helensburgh

Pick ups, if required from 9am

## Monday 25th November - Music in the morning. Police Band

Wollongong Town Hall

Tickets \$28.50

Transport \$6, Lunch TBA at own cost



## Thursday 29th November - Memory Lane Café -

A program designed for carers and people with dementia. Based in Thirroul, Please contact the Dementia Australia for information, and book at NINA office if you require Transport \$6 PU from 9.30am

Prices quoted are CHSP prices. All outings require bookings, book early as sometimes there are limited tickets/spots. Payment for tickets is required on booking and is non refundable.





PLEASE JOIN US FOR A  
*Christmas Light  
Spectacular*

Where: Hunter Valley Gardens, Pokolbin NSW  
Staying at the Wine Country Motor Inn

When: Monday 18th - Tuesday 19th November, 2024

Cost: Single - \$222.50

Twin Share - \$157.50 per person (Total \$315)

(Above prices are CHSP prices & is inclusive of transport, accomodation, breakfast & tickets to Hunter Valley Gardens, Christmas Light Spectacular).

Please note: all other meals are not included and will incur an extra cost.



## *The Schedule*

Pick ups start from 9am on Monday 18th November.

Firstly, we will be stopping for lunch at King Tide Café, Brooklyn.

From there, we will make our way to the Wine Country Motor Inn, hopefully arriving between 2-3pm where we can relax until dinner at Cessnock Leagues at 5:45-7:45pm.

After dinner, we can enjoy the festive Christmas Spectacular at the Gardens from 8:30pm till 10:30pm

Tuesday 19th November

Breakfast starts from 7am - leaving the Wine Country Motor Inn at 9:00am and making a pitstop at the Smelly Cheese Factory.

On our way home, we will also stop in to have lunch at Wollombi Tavern  
Depart and arrive home from 4-5pm

Please call the office to make your booking 4294 1900

