

DECEMBER 2024 - JANUARY 2025

NINA - Newsletter

6TH EDITION

2024



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 or Goodbye to the end of 2024. I suppose this depends on the year you have had. You can simply look at it as, I completed these things and now it is at a close. What are my plans for 2025? Well, what are the plans for NINA in 2025? Firstly, lets introduce our new Management Committee; Barry Thompson - President, Adam Tegel - Treasurer, and Management Committee members; Sonia Markoff, Peter Ryan, Dennis Hamilton and Dianne Thomas. We are still looking for a Vice President and a Secretary. These roles are supported by the Management Committee and staff at NINA. The 2nd Wednesday of the month (except January you can have a holiday!) is what is required time wise plus all the wealth of knowledge you could bring. Please get in touch with us if you would like to put this in your calendar in pen.

Other great things are coming - January - recommencement of our Café Clubs, Craft & Games; February - Meet the manager at Café Club Thirroul / Helensburgh dates TBA; March - Premier Gala Concert, pencil in 12th or 13th, we have to wait for the 20 FREE tickets to be allocated, get your name down fast as these FREE tickets go quickly; April - Easter time; more information to come in our bi-monthly newsletters, keep your calendar free.

New things for 2025:

Helensburgh Shops clients from Helensburgh / Stanwell Tops / Stanwell Park pick up from 10.45am and drop home from 1pm. \$6 for group transport. Trial for 3 months, from 2 January to 24 April.

Café Club first time voucher - do you know someone that needs social support and would benefit from attending Café Club? We have a FREE first time voucher to come and try our Café Club. Contact staff with the details and we will send it out to them.

REMINDER

**Office Closed from 12pm Friday 20th of December
Open on Thursday 2nd of January at 8:30am**

As much as we enjoy receiving small gifts as a thank you for our services throughout the year, we encourage you to instead give a donation to NINA. All donations are tax deductible.

Mollie, Jackie, Alex and I would like to wish all clients, volunteers and stakeholders a very happy and safe Christmas. We are looking forward to an amazing 2025. Fiona - Manager



Part of the Community Working with the Community

Find us on Facebook

<https://www.facebook.com/northernillawarraneighbouraid>



myagedcare



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.

December	January
Friday 6th Dec - \$12 Warrawong Shopping & King Street shops	Friday Jan 17th - \$12 Figtree & Bunnings Bellambi
Friday 13th Dec - \$12 Shellharbour Shopping & Stoney Range shops	Friday Jan 24th \$12 Macarthur Shopping
	Friday Jan 31st \$12 Engadine Shopping



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

*Sandra Hope (Helensburgh)
Keith McKay (Stanwell Park)*

Moved out of area or into Residential Care

*Yvonne and Edwin Morgan
(Helensburgh)
Harry Harris (Helensburgh)
Peter Fairlie-Cunninghame
(Austinmer)*

CAFÉ CLUB Thirroul DEC 2024

DATE: Tues 3rd December

10.30: Morning tea & Quiz

11.15: Laughing Yoga (Guest facilitator - Marteen)

11.45: What would you like to see at Café Club discussion

12.30: Lunch

1.00: Sing along with Roma

DATE: Tues 10th December

10am Pick up

ALL NINA CLIENTS -
Christmas LUNCH OUTING

Woonona Bulli RSL
\$25
Meeting at 12pm for lunch



Please bring a form of ID to enter club and wear something Christmassy!

Have a Great Christmas and New Year! This is a great time, to catch up with family and friends.

NINA also encourages the group to continue to get together in the break. Three or more clients meeting up at the same spot together can be provided transport at group price.

Programs in 2025 will resume the week of 20th of January.



As of February 2025 Thirroul Café Club Lunch Outings will be the 3rd Tuesday of the Month



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 JAN 2025

DATE: Tues 21st January

10.30: Morning tea and Quiz

11.15 Exercise Class

11.45: Rock Painting

12.30: Lunch

1.00 Bingo

DATE: Tues 28th January

10.30: Morning tea and Quiz

11.15: Exercise Class

11.45: Celebrity Heads

12.30: Lunch

1.00: Guess The Song

***As of February 2025
Lunch Outings for Café
Club Thirroul, will be the
3rd Tuesday of the month.***

**Entertainment will
resume from February
2025**



**Hope you all have a great
Christmas and New Year!**



**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.**



December 2024

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Dec 4	Dec 11	Dec 18
1	Pumpkin			
2	Pea & Ham			
3	Cream of Tomato			
4	Country Chicken & Vegetable			
5	Potato & Leek			
	Sub Total:			
	Frozen Petit Meal Range \$6.50			
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			
	Sub Total:			
	Frozen Main Meal Range \$8.50			
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			

	Frozen Main Meal Range \$8.50	Dec 4	Dec 11	Dec 18
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			
	Sub Total:			
	Frozen Desserts \$3.00			
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			
	Sub Total:			
	Total Cost			

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	Dec 4	Dec 11	Dec 18
Packed			
Delivered			
Sandwai			
Paid/Invoice			



January 2025

Client Name: _____ Address: _____

Phone Number: _____

	Frozen Soup Range \$3.00	Jan 8	Jan 15	Jan 22	Jan 29
1	Pumpkin				
2	Pea & Ham				
3	Cream of Tomato				
4	Country Chicken & Vegetable				
5	Potato & Leek				
	Sub Total:				
	Frozen Petit Meal Range \$6.50				
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				
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16	Italian Pork Meatballs with Chunky Tomato Sauce with Pasta & Peas				
17	Sweet & Sour Pork with Rice				
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	Frozen Main Meal Range \$8.50				
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	Frozen Main Meal Range \$8.50	Jan 8	Jan 15	Jan 22	Jan 29
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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				
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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				
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	Sub Total:				
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41	Carrot Cake				
	Sub Total:				
	Total Cost				

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	Jan 8	Jan 15	Jan 22	Jan 29
Packed				
Delivered				
Sandwai				
Paid/Invoice				

CAFÉ CLUB Helensburgh DEC 2024

DATE: Thurs 5th December

10.30: Morning tea with Quiz

11.15: Laughing Yoga (Guest facilitator - Marteen)

11.45: What would you like to see at café club? Discussion

12.30: Lunch

1.00: Birthday Reminiscing

DATE: Thurs 12th December

**ALL NINA CLIENTS -
Christmas LUNCH OUTING**

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

**Illawarra Leagues Club
\$25**



Transport \$6

**Please Bring a form of photo
ID to enter club and wear
something Christmassy!**

**Programs in 2025
resume the week starting
20th of January.**

**NINA encourages the
Café Club group to get
together in the break.
Three or more clients meeting up at
the same spot together can be pro-
vided transport at group price.**

**Have a wonderful Christmas
and Happy New Year!**



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

**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.**



CAFÉ CLUB Helensburgh JAN 2025

DATE: Thurs 23rd January

10.30: Morning tea and Quiz

11.15: Chair Yoga with Ellie

11.45: Scattergories

12.30: Lunch

1.00: Bingo



DATE: Thurs 30th January

LUNCH OUTING

Helensburgh Hotel

Transport \$6



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

Entertainment will commence in February 2025



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.

Thank you.

Please note program subject to change.

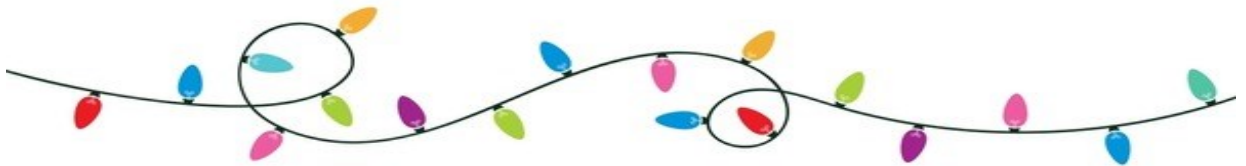
Group Outings DEC 2024

Thursday 5th Dec - Music & Tea - Wollongong Art Gallery

Free concert featuring emerging artists.

Please contact if needing transport. Pick ups from 9:30am

Admin \$5 Transport \$6



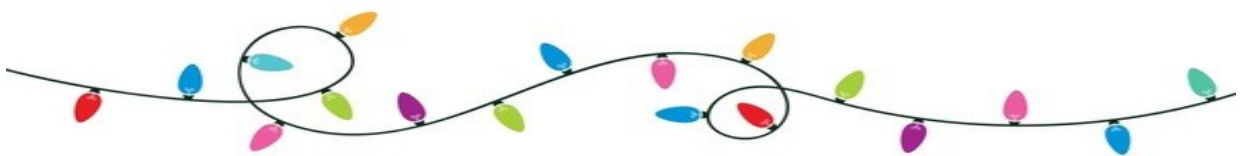
Tuesday 10th - NINA'S CLIENTS CHRISTMAS LUNCH

Transport pick ups from 10am (\$6)

Woonona Bulli RSL - Lunch 12pm, Client cost with NINA subsidy

Wear something Christmassy!

Bring your ID to enter the club



Thursday 12th - NINA'S CLIENTS CHRISTMAS LUNCH

Transport pick ups from 10am (\$6)

Illawarra Leagues Club - Lunch 12pm, Client cost with NINA subsidy

Wear something Christmassy!

Bring your ID to enter the club



Tuesday 17th Dec - CHRISTMAS LIGHTS TOUR

Pick ups from 4pm

Dinner 6.30pm at Mikes Bar & Grill, Engadine (\$25)

Looking at the Christmas lights in Engadine and surrounding suburbs. Transport \$6

Make sure you RSVP with the office for these outings as limited spots....

CAFÉ CLUB

Café Club, was launched as a trial program in February 2003 when NINA decided to offer a fortnightly morning tea and activity social group in Helensburgh. Our clients were extremely enthusiastic about this opportunity to enjoy some Culture, Activity, Friendship and Exercise (C.A.F.E) and the organisation applied for and received annual recurrent funding for a centre based day care program from the Commonwealth government.

The service is supervised by our Social co-ordinator Jaclyn and is now offered twice weekly, Café Club Thirroul on a Tuesday and Café Club Helensburgh on a Thursday, they are held at Club Thirroul and Helensburgh Tradies, respectively. Included in the cost is transport, lunch and a full day program including chair yoga (carried out by trained Yoga instructors), exercise class, various entertainers, speakers, quizzes and you may see familiar faces or meet new people. You don't have to come every week and once a month the group goes for a lunch outing at various spots throughout the Illawarra.

Come along and try Café Club in your area Thirroul or Helensburgh, *first visit is free*, ring the office to book in. The cost for Café Club is \$6 Transport (return), \$17 Social Support & \$13-\$17 Lunch.



CRAFT & GAMES



Craft & Games is our weekly social support group that meets every Wednesday. The service is also supervised by our Social co-ordinator Jaclyn, assisted by our fantastic volunteers. We gather at the Anglican Church Hall in Helensburgh. The cake and tea are flowing while some clients work on their own craft projects while others might enjoy a game of chess or cards. It is a great casual environment to catch up for a chat or make new connections. Transport is available, just ring the office to book in. *First visit is free.*

Wednesdays - Anglican Church Hall Helensburgh - 10am to 12.30pm
\$3 Social Support, \$6 Transport (return)