



Term 1, 2020
January, February & March

Social Support Wentworthville



SHOPPING



LUNCH CLUB



GENTLE EXERCISE



BINGO



KNITTING



BUS TRIPS

NDIS—To attend programs costs will be from individual NDIS funds as per NDIS Price

Guide

Shopping

MONDAYS

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Second and Fourth Monday of the Month
9.30am to 12.30pm

Transport cost CHSP \$12.00
NDIS: Individual Plan funds

Pick up from your home

Clients are required to be registered with
My Aged Care (CHSP) or
NDIS for this activity.



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TUESDAYS

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First and Third Tuesday of the Month
9.30am to 12.30pm

Transport cost CHSP \$12.00
NDIS: Individual Plan funds

Pick up from your home

Clients are required to be registered with
My Aged Care (CHSP) or
NDIS for this activity.



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LUNCH CLUB

Third Monday of the Month

10:00am to 3:00pm

Transport cost CHSP \$12.00 NDIS: Individual Plan funds

Pick up from your home or Karabi Or meet at the venue

Monday 20 January 2020

Please RSVP by Tuesday 14th January

Flower Power Glenheaven



Monday 17 February 2020

Please RSVP by Tuesday 11 February

Watson's Bay



Monday 16 March 2020

Please RSVP by Tuesday 10 March

Paramatta Lake Cafe'



**Clients are required to be registered with My Aged Care (CHSP)
or NDIS for this activity.**

RSVP to Souzan or Iriny on 9631 6575 by
Tuesday prior for booking and transport purposes.

Gentle Exercise

WEEKLY on THURSDAYS 10:00 am - 11:00 am

Karabi Wentworthville.

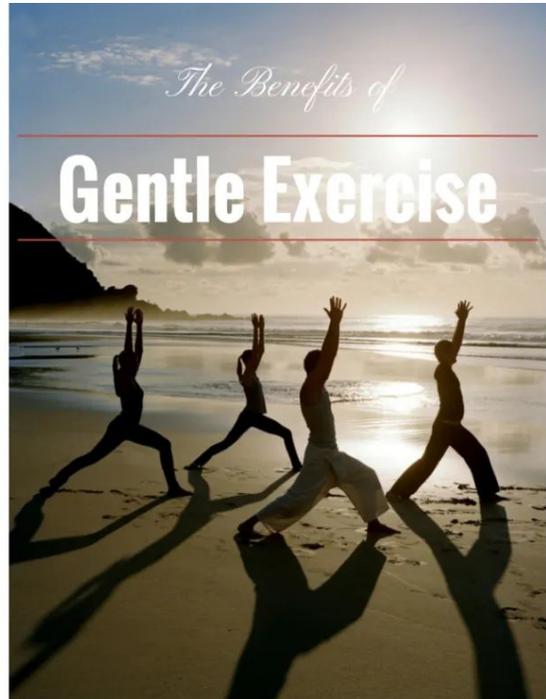
Cost: \$7.00 for registered CHSP clients
\$12.00 for unregistered clients

Transport available: CHSP clients \$12
NDIS clients: individual plan funds

Healthy Morning Tea Provided

Run by a professional Trainer

A specially designed exercise program for seniors.



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Benefits of Gentle exercise.

- Helps maintain the ability to live independently and reduce risk of falling.
- Reduce the risk of heart disease, high blood pressure, colon cancer and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being
- Helps maintain healthy bones, muscles, and joints.
- Helps control joint swelling and pain associated with arthritis

BINGO

Fourth Tuesday of the month
9:30 am - 11.30 pm

Karabi Wentworthville

Transport available, CHSP clients \$12

NDIS clients: individual plan funds

Morning Tea Provided

Gold coin donation



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KNITTING

First & Third Tuesday of the month
9:30 am - 11.30 pm

Karabi Wentworthville

Transport available, CHSP clients \$12

NDIS clients: individual plan funds

Gold coin donation



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“Volunteers Needed”

Benefits of Volunteering

Have you thought about becoming a volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others those in need and improve your health and happiness.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Volunteering has also been shown to improve mood and reduce stress and anxiety

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease



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