

Seven Hills

9688 1084

Wentworthville

9631 6575

Constitution Hill

9631 7055

Karabi Connected

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Welcome to the 1st

Karabi Social Support Newsletter 2021!

As we move into a new year, I am sure many of you were happy to say good-bye to the unforgettable 2020 and welcome the new year, full of hope 2021 could bring to our lives again.

Karabi has seen the sad departure of a valued and loved member of our Social Support Team, Suzi Vrljicak at the end of 2020. Kanako, Iriny and Souzan, together with members of our wonderful volunteers, are here to continue providing assistance to our clients and look forward to reconnecting with everyone as the Covid-19 restrictions hopefully start to be eased throughout the year.

Our team at Karabi, are planning to bring some of our regular classes and activities back into action slowly over the next several months, but final decisions will be made in accordance with the current and updated Government Health Advice.

The ever popular monthly "Seniors Activity and Information Booklet" will continue to be published and delivered to your door each month. We would love to hear your thoughts or suggestions on future booklets, your feedback is very valuable as we would love to continue improving its content.

In this newsletter, we have outlined the scheduled of upcoming groups and activities and will contact you individually as to when the programs will commence and how we manage our Covid safety so that you are able to attend programs.

Karabi would like to thank our local MP, Julia Owen and her team for their ongoing support in printing our newsletter and our monthly Activity / Information booklets.

Happy Reading!



Seven Hills *Lunch and Chat with Volunteers.*

Do you remember the days we used to go out together to lovely places?

Are you dying to get out and connect with your friends,
enjoy delicious meals and have a good laugh??

Why don't you meet our lovely volunteers at a local club on
4th Wednesday of every month
and get your social life back on your calendar!!!

Wednesday, 24th February.

Seven Hills—Toongabbie RSL.

108 Best Road, Seven Hills.

Transport: Arrange your own transport.

Cost: Pay your own meal & drinks.

Time: 12:00 pm.

Meet at the foyer on the ground floor.

RSVP: Wednesday, 17th February.

For Bookings.



We would love to hear your voice!

Please tell us where you would like to go
for the upcoming catch-ups.

As everyone needs to make their own way
to and from the venue, we are looking for
local venues with easy access to public
transport.

Or would you like to make the RSL as our
regular venue??



Seven Hills *Shopping Bus Services*

Seven Hills Shopping Bus Services

Expression of Interest

At Karabi Seven Hills, we are planning to resume our shopping bus services with enough demand and sufficient numbers of volunteers to support the program.

The shopping bus service will be offered EVERY Thursday

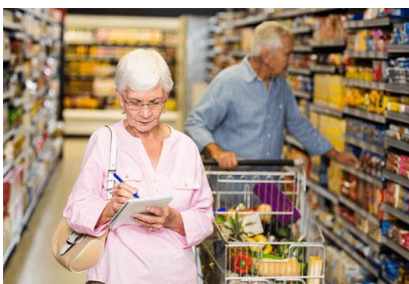
Please ring the Social Support Team at Seven Hills on 9688 1084 to REGISTER YOUR INTEREST, and to find out more details.

Seven Hills Shopping Bus Services.

- When:** 1st and 3rd Thursday of every month.
- Where:** Seven Hills Plaza.
- Time:** Approx. 9:00 am to 2:00 pm, including pick up, drop off and shopping/ morning tea.
- Cost:** \$12.00, transport will be invoiced monthly.

The Greater Western Sydney Shopping Bus Services.

- When:** 2nd and 4th Thursday of every month.
- Where:** TBA.
- Time:** Approx. 9:00 am to 2:00 pm (including pick up, drop off and shopping/morning tea).
- Cost:** \$12.00, transport invoiced monthly.



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Seven Hills Weekly Cottage Programs—Term 1 2021

TUESDAY.

ENGLISH CLASS.

Dates:

Commencement Date: TBA

LEARN
ENGLISH

Cost: Gold Coin Donation.

Where: Cottage.

Time: 9.30am to 11.30am

WEDNESDAY.

WALKING GROUP.

Dates: Weekly.

From 10 Feb to 31 March.

**No group on the 4th Wednesdays
of every month, due to lunch club**

Cost: Gold Coin Donation.

Where: Grantham Reserve.

Time: 9.30am to 11.00am.

Refreshments
provided.



THURSDAY.

VIRTUAL GENTLE EXERCISE.

Dates: Weekly.

From 11 Feb to 1 Apr.

Cost: \$3.00/ per class.

Where: Cottage.

Time:

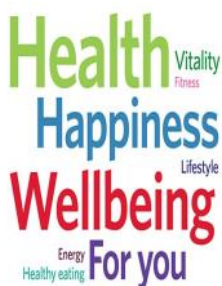
Session 1:

11:30am to 12:30pm.

Session 2:

12:30pm to 13:30pm.

**Arrive 15mins early
for registration.**



THURSDAY.

KNITTING & CROCHET GROUP.

Dates:

Commencement Date: TBA.

Cost: Gold Coin Donation.

Where: Cottage.

Time: 9.30am to 11.00am.



Wentworthville Shopping Bus—February to April 2021

SEVEN HILLS SHOPPING BUS.

Second and Fourth Monday of each month.

Transport \$12.00

Community Wheels paid on the day.

Come and join Souzan at Seven Hills shops every second and fourth Monday of the month to do your shopping and have a coffee/tea and a chat.

Leave Karabi at 9.30am return approx. 2:00 pm.

Shopping dates:

Commencement of service 2021: TBA.

WINSTON HILLS SHOPPING BUS.

First and Third Tuesday of each month.

Transport \$12.00 Karabi Van (paid on the day).

Come and join Iriny at Winston Hills shops every second and fourth Monday of the month to do your shopping and have a coffee/tea and a chat.

Leave Karabi at 9.30am return approx. 1:30 pm.

Shopping dates:

Commencement of service 2021: TBA.



Wentworthville LUNCH CLUB—February to April 2021



COME AND JOIN IN FOR LUNCH AND COMPANIONSHIP!!!

Dates for Term 1, 2021

Third Monday of Every Month

Commencement of service 2021: TBA

Transport \$12.00 Community Wheels, paid on the day

Lunch: at your own expense

Leave Karabi at 10.00am return approx. 3:00 pm.



Wentworthville Weekly Cottage Programs—Term 1 2021

Tuesdays.

KNITTING.

First, Second & Third Tuesday of every month.

Dates:

2 Feb, 9 Feb, 16 Feb,
2 Mar, 9 Mar, 16 Mar, 6 Apr, 13 Apr,
20 Apr.

Cost: Gold Coin Donation.

Where:

Reg Byrne Hall,
Wentworthville.

Time: 9.30am to 11.30am.

Refreshments provided.



Tuesday.

BINGO.

Fourth Tuesday of every month.

Dates:

23 Feb, 23 March and 6 April

Cost: Gold Coin Donation

Where: Reg Byrne Hall,
Wentworthville.

Time: 10:00am to 12:00am.

**Prizes to be won and
refreshments provided.**



Thursday.

Gentle Exercise, Weekly.

Dates: Thursday, Every week

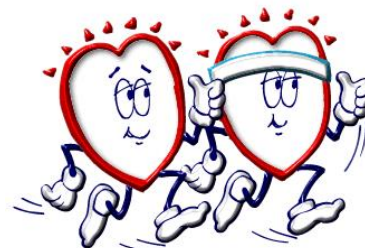
Commencement of class 2021: 21st January, 2021.

**Cost: \$7.00 per class for Karabi Clients
\$12.00 for Community Members.**

Where: Reg Byrne Hall, Wentworthville.

Time: 10:00am to 11:00am.

Refreshments provided.



Constitution Hill —February to April 2021

Seniors Group Bus Trip Constitution Hill.

**TEMPORARY SUSPENDED DUE TO
THE COVID-19 RESTRICTIONS.**

**Contact Iriny on 9631 6575 or
9631 7055 for further details.**



Constitution Hill Seniors , Group Activities.

Come and join the social support team on the 4th Tuesday of every month for group activities and morning tea.

Dates: 4th Tuesday of the month

23 Feb, 23 March and 27 April.

Time: 9.30am—3:30pm.

Where: Constitution Hill Meeting Room.

Transport: Arrange your own transport.

Cost: FREE.



Health Recipe—Tasty Tomato Tart

Recipe by Claire Samuels, A Place for Mom @ <https://www.aplaceformom.com/>

Ingredients

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes, multiple colors make a beautiful tart or red works just as well
- 1 cup of your favorite cheese such as blue cheese, mozzarella, feta, or Parmesan
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

Instructions

1. Preheat the oven to 425 F and line a baking sheet with parchment paper or non-stick aluminum foil.
2. Stretch out the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt (or salt replacement, if you're avoiding sodium) and pepper to your tastes.
5. Bake for 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!



Karabi Seniors Day Celebration



Watch This Space!

***Seniors Day Celebration is coming to Karabi
On***

Tuesday, 16th March 2021

STAY TUNED!

The Details will be advised



WENTWORTHVILLE CENTRE

(Head Office)

Cnr. Fyall Av & Darcy Rd

Wentworthville 2145

Phone: 02 9631 6575

OPEN: Mon-Fri, 9am - 4.30pm

POSTAL ADDRESS

P.O Box 181

Pendle Hill NSW 2145

www.karabi.org.au

CONSTITUTION HILLS CENTRE

Karabi Neighbourhood Cottage (KNC)

1 Lurgan St

Constitution Hill 2145

Phone: 02 9631 7055

OPEN: Mon-Fri, 9am - 4.30pm

SEVEN HILLS CENTRE

Karabi Neighbourhood Cottage

Seven Hills (TNC)

29 Aleta Way Seven Hills 2145

Phone: 02 9688 1084

OPEN: Mon-Fri, 9am - 4.30pm

KARABI COMMUNITY AND DEVELOPMENT SERVICES Inc.

Funded by the Australian Government Department of Health for our Social Support Team
and is a NDIS registered provider of supports to people with Disabilities.

NDIA Registration Number: 89137483

KARABI SOCIAL SUPPORT AND NDIS PROJECTS

Our Social Support Team provide a range of services for the frail aged, people with a disability and carers under CHSP and NDIS Funding.

Karabi Social Support's primary aim is to sustain opportunities and services that allow people with disabilities, older people and their carers to participate in the wider community and to have a better quality of life.

Our Social Support Team provides outreach services through home visiting and assessment to ensure that the right volunteer and client are matched as per identified needs. The project also provides Respite Care, Home Visiting, Transport, fortnightly shopping, social, recreational, educational, gender and culturally sensitive, centre based and non-centre based programs, services and activities.

The **NDIS** commenced on 1 July 2016 with the aim to give people with a disability and their carers more choice and control over the support they receive.

Karabi Community & Development Services Inc is an NDIS registered provider for:

- Participation in community, social and civic activities
- Development of daily living and life skills
- Assistance with daily personal activities
- Assistance with daily life tasks
- Domestic Assistance

Contact **NDIS** to access your eligibility on 1800 800 110 or visit their website www.ndis.gov.au