

The Seniors Newsletter of South Eastern Community Connect



# South Eastern *Seniors* Connect

Mar 18

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*Independence, Well-being and Quality of Life.*

# In this issue

News & Services

Membership

Classes and activities

Program vacancies

Calendar

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[www.facebook.com/  
SECC.Seniors/](http://www.facebook.com/SECC.Seniors/)

[www.facebook.com/  
/SECC.Community/](http://www.facebook.com/SECC.Community/)

## Welcome to this issue of Seniors Connect,

Welcome to our first SECC Newsletter for 2018! I can hardly believe that we're writing 2018 now – where does time go?

I'm also sure most of us will be thankful for the cooler weather that has been coming in. I certainly am. My first baby is due in a few weeks and it has certainly been a long, hot summer!

This issue is jam packed with lots of activities for everyone to enjoy, program vacancies and services to use – and we also have our membership forms ready for you for this year and the next few years if you would like a multiyear membership.

The calendar on the back page is very handy to guide you over

April and May which clearly lays out everything you need to know and when its happening. It's great to see the centre so busy and raring to go with so much happening!

We also extend our greeting to new staff aboard! We welcome Muzi and Kylie aboard SECC and hope they feel at home with us!

We hope you enjoy this issue!

Catherine

Catherine Fraser, Editor.



## Welcome baby Madeleine

Congratulations to our volunteer editor Catherine on the birth of her baby daughter Madeleine. 3.26kgs and 51cm of perfection.

# Welcome to the Team



Ashleigh Holmes  
**Deputy CEO**

I have been working in the community sector for more than 10 years, including aged and youth programs.

I really enjoy working in the community sector as it gives me an opportunity to meet a variety of people from all walks of life, each of whom I find has the ability to teach, inspire or motivate me in some way.



Mzukisi (**Muzi**) Mabutyani  
**Flexible Transport Driver**

I was born in South Africa and have been living in Sydney for 13 years.

I am a mechanic by trade but really enjoy meeting people and supporting my community to this job is perfect for me.

In my spare time I enjoy swimming, cycling and live music.



Kylie Swain  
**Aged Worker**

I was born and bred in the Eastern suburbs. After being a stay at home mum for a number of years, I developed a passion for working in the community and in particular with the aged.

I look forward to coming to work every day as love the people I work with.



Henry the Delta Dog continues to bring joy and cuddles to The Cottage Dementia Day Centre.

Henry and his owner David come to walk with the clients once a week. We all love it when he visits - Thanks, Henry!

## Volunteers needed

Join the team as a volunteer. We have all kinds of roles to fill, especially

**Medical Companions and drivers for our flexible transport.**

Please call Sue if you can donate a few hours of your time.

**02 8338 8506**



## Yoga for Agility

Yoga for Agility is our new pilot program to help seniors reduce their risk of falls and related injury through the benefits of yoga. It is never too early to start.

Yoga increases flexibility of the joints and improves muscle strength and balance, it focusses the mind, improves body and spatial awareness for greater physical and body confidence and reduces your risk of falls.

**Classes run for 8-weeks, starting March 21. There are still some spots available!**

**Wednesdays 10 - 11am**, Scout Hall, St Helena's Parade, Eastlakes. Cost for the 8 week course: **\$16**

South Eastern Community Connect already runs regular falls prevention exercise programs such as Stepping On. Now, in partnership with The Yoga Foundation and Ethnic Community Services Co-operative, we offer Yoga for Agility as an alternative program that uses the benefits of yoga to prevent falls.

As we age, falls can become more frequent, and our injuries sustained from a fall can also be more severe. There are, however, things we can do to reduce risk. A balanced diet to nurture our bodies, enough fluid and healthy exercise such as yoga all work against the overall weakening of the aging body. Register today to try Yoga for Agility and experience the benefits of improved balance, strength and flexibility.

Call **Antonietta Natoli**, Ethnic Community Services Co-operative **02 9569 1288** or **Jessica Hobson**, The Yoga Foundation **0414 379 473**

An assessment of your health and physical needs will ensure this program is right for you.

# Membership Application



## ANNUAL MEMBERSHIPS

- \$5 **Basic** Annual Membership — same as in past years
- \$15 **Standard** Annual Membership
- \$50 **Families** Annual Membership
- \$100 **Organisational** Annual Membership

## 3-YEAR MEMBERSHIPS

- \$12 **Basic** 3-year Membership
- \$38 **Standard** 3-year Membership
- \$120 **Families** 3-year Membership

### I would like to receive

- SECC Annual Report
- Seniors Newsletter, email / mail (please circle)
- Families Newsletter, email / mail (please circle)

## PERSONAL DETAILS

**Title** Mr, Mrs, Miss, Ms (please circle) Other: \_\_\_\_\_

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

**Gender** Male, Female, Other (please circle) **Date of Birth** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Email** \_\_\_\_\_

**Mobile** \_\_\_\_\_ **Home phone** \_\_\_\_\_

**Languages spoken** \_\_\_\_\_

**Address** \_\_\_\_\_

**Suburb** \_\_\_\_\_ **State** \_\_\_\_\_ **Postcode** \_\_\_\_\_

## GIFT MEMBERSHIP

I would like to gift this membership to \_\_\_\_\_ / \_\_\_\_\_ (First Name / Last Name)

Address \_\_\_\_\_ Suburb \_\_\_\_\_ NSW \_\_\_\_\_ Postcode \_\_\_\_\_

Phone number \_\_\_\_\_ Email address \_\_\_\_\_



## PAYMENT DETAILS

Please find attached my membership payment by

Cash

I wish to pay by Direct Deposit.

Commonwealth Bank  
Account Name: South Eastern Community Connect  
Acc#: 00 90 23 76  
BSB: 062 - 201  
Reference: Membership First Name Last Name

I understand that membership and benefits are not transferable and the fee, or any part there of is not refundable.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

### **Please send your completed membership form to;**

South Eastern Community Connect  
PO Box 3007, Eastlakes NSW 2018

Drop it into our office  
Shop 84 Eastlakes Shopping Centre , Evans Avenue

Fax it to 02 8338 8502 or email a scan of your completed form to [secc@secc.sydney](mailto:secc@secc.sydney)

### **Privacy**

Your personal information in this form is required for us to process your membership application. The primary uses of personal information collected by SECC includes meeting the requirements of the Associations *Incorporations Act 2009*, and other relevant legislation, processing member applications, to provide you with the membership benefits goods and services and to inform you about other SECC services available to you. SECC will not disclose your information to third parties without your consent unless in situations unless if required by law. You can gain access to the information we hold on you by contacting our office.

### **Terms and conditions**

Memberships are non-transferrable, non-refundable and not redeemable for cash. Gift Memberships may be purchased for a nominated recipient who will be entitled to the benefits of the selected Gift Membership. Multiyear memberships must be paid for in full at the time of joining. Benefits for multi-year memberships will renew every year for the duration of the membership. Unused benefits do not accrue and expire at the end of each financial year. Members are entitled to the benefits of their membership type only. SECC reserves the right to make changes to the benefits of the membership if necessary and will notify members of any changes. To discontinue a membership and unsubscribe from the benefits and communications please notify the office at any time. SECC offers membership to all clients and may wave membership fees on a case by case basis. Bus trips are subject to availability, and certain bus trips are accessible to clients meeting eligibility criteria only (an assessment is required if not already completed for you). Meeting room hire is casual only and subject to availability.

SECC Annual Memberships	<b>\$100 Organisational Membership</b> (Includes a \$50 tax deductible donation)	<b>\$50 Family Membership</b>	<b>\$15 Standard Membership</b>	<b>\$5 Basic Membership</b>
Recognition in the annual report and on www.secc.sydney and with logo and link	✓			
Advertising space 1/6 page in quarterly Family or Seniors newsletter	✓			
Exposure at SECC events	✓			
FREE toy library membership		✓		
FREE 3-session playgroup pass		✓		
Priority booking for one parent at our parenting workshops (1 guaranteed spot per booking)		✓		
One FREE trial of each of our regular classes, including parenting, Tai Chi, sewing, languages **		✓	✓	
One FREE bus trip per year ***			✓	
FREE meeting room hire *	✓	✓	✓	
Invitation to the Annual General Meeting with refreshments	✓	✓	✓	✓
Voting rights at the Annual General Meeting		✓	✓	✓
FREE Tax help for income earners under 50,000		✓	✓	✓
FREE Legal advice		✓	✓	✓
FREE Justice of the Peace service		✓	✓	✓
FREE form support		✓	✓	✓
FREE resume support		✓	✓	✓
FREE parenting classes		✓	✓	✓
Free computer classes		✓	✓	✓
Quarterly Seniors and / or Family Newsletter	✓	✓	✓	✓
Annual Report	✓	✓	✓	✓

\* Casual hire only for meetings up to 8 people during office hours subject to availability.

\*\* Classes and timetables are subject to change throughout the year. Please refer to our calendar in our newsletters or on our website for details on what is available each term.

\*\*\* Subject to availability. Certain bus trips are accessible to clients meeting eligibility criteria only.

# *New Tricks* for the new year

## Seniors computer class

Beginner level with only four students per class.

- Learn how to use a computer
- Learn how to use the Internet

**2:30 - 3:30pm Thursdays during school terms**



## Social painting group

Join like minded people from your local area, every Friday at the Beaconsfield Community Centre for a mixture of social groups and activities.

**Every Friday at Beaconsfield Community Centre**

**10:00am—12noon**

**\$2.00**



## English classes

Learn English or improve your skills with classes for all levels.

**Conversation Classes** Tuesday 10am - 12pm

**Elementary Classes** (Beginners) Thursday 9am - 10am

**Lower Intermediate & Speaking Classes** Thursday 10am - 12pm

**\$15per term (\$25 for 2 classes)**



## Ladies art and craft group

Join us for a morning of art and craft in the great company of likeminded women.

**Wednesdays at Beaconsfield Community Centre**

**9:30am—12noon**



**For more information on all classes call Mila on 02 8338 8506.**



## Bus trips in good company

- Join us for one of our monthly bus trips
- Visit beaches, the Blue Mountains and famous gardens
- Enjoy a delicious and affordable lunch and all of this in
- Great company!

Two trips a month!



## Sewing classes

Learn to make or repair clothes, sew crafts and other projects.

- **Beginner Classes** Wednesdays 12:30pm - 3:30pm
- **Advanced Classes** Mondays 10am - 1:00pm

Beaconsfield Community Centre



## Seniors Exercise Class

Stay active and independent, and improve your strength, balance and overall health. Join us for a gentle seniors exercise class run by a qualified fitness trainer. \$6 per class.

Wednesdays 2 - 3pm, Eastlakes Scout Hall



## Community Gardeners Wanted!

Your community garden provides fresh produce and plants to share and connects us with the environment and other people in our community.

Contact Mila for Community Garden days and times.



## Tai Chi

Experience the many health benefits of Tai Chi with our experienced instructors.

**Beginner Classes** Wednesday 12:30 - 2:00pm

**Advance Classes** Monday 10:00 - 11:30am

Eastlakes Scout Hall



For more information on all classes call Mila on 02 8338 8506.

# Program Vacancies



## Popcorn bus

Hop on the Popcorn Bus and go to the movies. We run this excursion once a month so you never have to miss out on the latest movie, never have to worry about transport and always have someone to talk about it afterwards. \$6 gets you there and back—you only pay for your movie. The next popcorn bus departs on October 16 and November 13. Call **Lili He** to find out more **8338 8506**.

## Social Bus Outings

There's a seat on the bus just for you! Go out for lunch, enjoy great company and get out and about with a pick up and drop of at your door.

It never gets dull with a lot of different destinations and a great crew on the bus for every trip. Day trips are \$12 with morning tea provided.

Call **Lili He** to see if this is right for you **8338 8506**.



## Fruit & Vegetable Deliveries

We always have room on the truck for an extra box of fruit and vegetables to travel fresh from the markets to your doorstep.

Fruit, vegetables or mixed boxes are \$12 and are delivered weekly or fortnightly, which ever suits you best. Our produce is subsidised by the government so you know you are getting a fresh, healthy delivery at a great price. Call **Lili He** on **8338 8506** to find out how it works.



# Program Vacancies

## Flexible Transport

With this service you can book door to door transport in a car with one of our drivers to attend your appointments. We give priority to your medial appointments, but if we have vacancies we could take you to the hair dresser as well. Just give us a call to make a booking. There is \$8 each way

Call **Lili He** to find out more. **8338 8506**



## Beaconsfield Lunch Group

Eating alone everyday is boring. Join the table at Beaconsfield where the locals meet for lunch every Tuesday. Door to door bus service, delicious cooked meals, games and laughter, with the occasional light exercise session to work of those delicious desserts. Sounds good?

Call **Lili He** and don't miss out! **8338 8506**

## Flexible respite

Caring for someone can be both rewarding and challenging at the same time. Our flexible in-home respite gives both the carer and the person receiving the care a break from their daily routine. The cost for this service is \$20 for up to 5 hours once a week.

Call **Irene Trovato** to learn more. **8338 8506**



To be eligible for these programs you must either be frail aged, have a disability that makes getting out and about difficult or be a carer of an eligible person.

Please contact South Eastern Community Connect to discuss you situation and for assessment on 02 8338 8506.



# South Eastern Community Connect SENIORS ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
The Cottage Day Centre Mascot Seniors Bingo WAVES Sewing Group Adv. 10.00am-1.00pm (B) Tai Chi (SH) Adv. 9.30am-11.00noon	The Cottage Day Centre Beaconsfield Group Conversation English Classes 10am– 12pm (SECC)	The Cottage Day Centre "Alegria" Spanish Women's Group 9.30-12pm (B) Yoga for Agility 10-11am, Hillsdale Beginners Tai Chi Classes 12.30pm-2.00pm (SH) Sewing Group Beginners 12.30pm –4.00pm (B)	The Cottage Day Centre Elementary English Class 9.00am-10.00am (SECC) Lower Intermediate and Speaking Class 10.00am-12pm (SECC) Primavera Spanish Group 2pm-4pm (B) Seniors Computers 2.30 - 3.30( SECC)	The Cottage Day Centre Social Painting Class 10am– 12pm (B) Latino Mens Group 2.00-5.00pm (DHF) Spanish Class 1pm-2.30pm (B)
<b>Multicultural Bus Trip</b> 19 Mar, 16 Apr, 14 May	<b>Lake Side</b> 13 & 27 Mar, 4 & 18 Apr, 2, 16 & 30 May	<b>Greek Seniors Trip</b> 7 & 21 Mar, 4 & 18 Apr, 2, 16 & 30 May	<b>Shopping Bus</b> 8 & 22 Mar, 5 & 19 Apr, 3,17 & 31 May	<b>Shopping Bus</b> 9 & 23 Mar, 6 & 20 April, 4 & 18 May
<b>Popcorn Club Movie Bus</b> 1 March 9 Apr 21 May	<b>Bay Run</b> 6 & 20 Mar, 3 & 17 Apr, 1, 15 & 29 May	<b>Eastville Bus Trip</b> 14 & 28 Mar, 11 Apr, 9 & 23 May	<b>Discovery Bus Trip</b> 1 & 15 Mar, 12 & 26 Apr, 10 & 24 May	<b>SPANISH ELDER Bus Trip</b> 2 & 16 Mar, 13 & 27 Apr, 11 & 25 May
<b>Access Bus Trip</b> 26 Mar		<b>Mens Group Trip</b> 21 Mar, 18 Apr, 16 May	<b>Seniors Social Group (B)</b> 22 Mar, 19 Apr, 31 May	<b>Turkish Bus Trip</b> 9 Mar, 20 Apr, 18 May
		<b>Italian Group Bus Trip</b> 28 Mar, 11 Apr, 23 May	<b>Mascot Outing</b> 22 Mar, 26 Apr, 17 May	<b>Astrolabe Bus Trip</b> 16 Mar, 13 Apr, 11 May
		<b>Amistad Latina de Matraville</b> 4 Apr	<b>Spanish Seniors Social (B)</b> 5 Apr, 3 May, 21 Jun	<b>Greek Carers Bus Trip</b> 2 Mar, 6 Apr, 4 May
		<b>Multicultural Bus Trip</b> 30 Apr, 30 May	<b>St Joseph's Group</b> 26 Oct, 9 Nov, 21 Dec	<b>Russian Bus Trip</b> 23 Mar, 27 Apr, 25 May

(SH) =Scout Hall, Cnr Sparks & St Helena Pde, (B) = Beaconsfield Group, 169 Victoria Street Beaconsfield.  
(SECC) = Shop 84 Eastlakes Shopping Centre Evans Ave Eastlakes. Deli= Eastlakes. (DHF)= Florence Avenue.