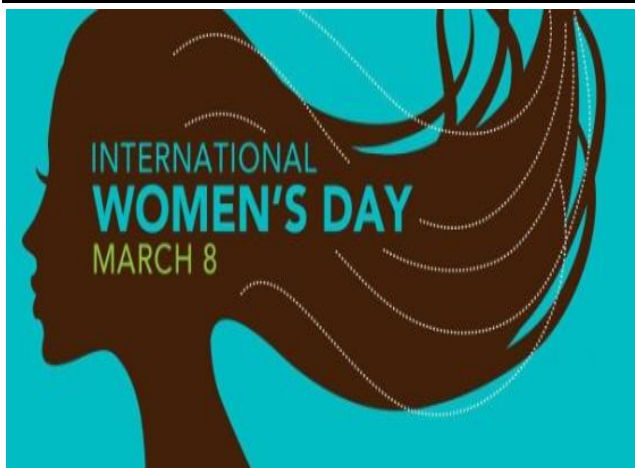


# NEWSLETTER TERM 1 2020

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MIRRABOOKA AND COMMUNITY LIBRARY OPENING HOURS: MONDAY TO FRIDAY 9:00 AM TO 12:30 PM – 1:30 PM TO 5:00 PM

## IN THE SPOTLIGHT!



### INTERNATION WOMEN'S DAY DINNER

Sunday 08 March 2020

Theme for 2020: – An equal world is an enabled world.

An equal world is an enabled world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements. Collectively, each one of us can help create a gender equal world. Let's all be **#EachforEqual**.

Gundagai International Women's Day Dinner Celebration

Guest Speaker is Emma Field Peterson. Cost is \$35.00 per person. Bookings with payment can be made at Mirrabooka by Friday 06 March 2020. Cost includes complimentary hor de vore and beverage on arrival followed by dinner and dessert. Table bookings welcome. **VENUE TO BE CONFIRMED**



### SENIORS LIFESTYLE & WELLBEING FESTIVAL 2020

Get involved, learn something new, gain knowledge, get active, and meet new people. Love your Life at the Gundagai Seniors Lifestyle and Wellbeing Expo. Local Service Providers, Community Groups and Businesses will provide information, displays and demonstrations just for the over 60's.

A full copy of the Seniors Lifestyle and Wellbeing Program will be available at Mirrabooka at the end of February 2020. Check our facebook page for further details, dates and times of events.

Save the date Saturday 07<sup>th</sup> March 6:00 pm Kapooka Army Band in Carberry Park. This is a FREE event. Saturday 21<sup>st</sup> March 2020 THE JIVE BOMBERS will be playing at Gundagai District Services Club. The evening will commence at 6pm with a light supper provided.

### FREE: Well Being for Women Workshop

Sponsored by Murrumbidgee Primary Health Network

**Dates:** Thursdays 19, 26 March & 2 April. Time: 10.30 am to 12.30 pm.

**Venue:** Gundagai Neighbourhood Centre.

An informative and fun workshop designed especially for women facilitated by: Jeanette Lloyd Clinical Social Worker over 3 consecutive weeks. Topics include:

**Self Care & Stress Management**

**Self Esteem – Self Talk**

**Communication & Assertiveness**

Limited places available: **RSVP** Gundagai Neighbourhood Centre 02 6944 0290 [info@gncinc.org.au](mailto:info@gncinc.org.au)



### ACTIVE NEIGHBOURHOODS FOR OLDER AUSTRALIANS

The 'Active Neighbourhoods for Older Australians' project will aim to:

- enhance older people's understanding of the benefits of regular physical activity
- improve access amongst older people especially those who are socially isolated and disadvantaged
- support older people's engagement at Neighbourhood houses by developing a peer support program.

Gundagai Neighbourhood Centre will be running a strength training program on Wednesday mornings from 9:00 am to 9:45 am and Thursday evenings from 6:15 pm to 7:00 pm. Cost is a gold coin donation. These sessions are open to people of any age group.

Other programs also include yoga, a walking group and tai chi. More information is available by contacting Gundagai Neighbourhood Centre on 0269440290, email [info@gncinc.org.au](mailto:info@gncinc.org.au) or check out our facebook page.



**Active Neighbourhoods  
for Older Australians**

# CHILDRENS SERVICES

## **CHILDREN AND PARENTING SUPPORT FOR COMMUNITIES** *Funded by the Australian Government*

Paint & Play supported playgroups are back this term with engaging and fun activities. Please bring a piece of fruit to enjoy a shared morning tea. Lots of messy play activities will be available so please dress your child in clothes appropriate for indoor and outdoor messy play. Please also bring a hat and water bottle for your child. Lots of informative speakers have been invited to come to Paint & Play, the schedule will be announced soon! 'Like' and follow 'Gundagai Children's Services' to stay up to date! Please see term dates and times below:

## Supported Playgroups - Paint & Play

Mirrabooka 10:30 am to 12:30 pm Monday Mornings

Nangus Public School 10:00 am to 12:00 pm WED 12 FEB & 18 MAR

Jugiong Public School 10:00 am to 12:00 pm WED 26 FEB & 25 MAR

Tumblong Hall 10:00 am to 12:00 pm WED 11 MAR

**Keep any eye out for additional dates and locations on our facebook page "Gundagai Children's Services"**

## **GUNDAGAI OUTSIDE OF SCHOOL HOURS CARE (GOOSH) PROGRAM OUT NOW**

**AFTER SCHOOL HOURS TERM WEEKDAYS: 3:00 PM TO 6:00 PM - SCHOOL HOLIDAY VACATION CARE HOURS: 8:30 AM TO 6:00 PM**

OOSH after school care operates from 3:00 pm to 6:00 pm during school terms with an exciting and engaging program based on the interests of the children. We are now able to offer after school care to children attending Gundagai Preschool. Our educators volunteer at Preschool to ensure a smooth transition between services and build trusting relationships with the children. We provide afternoon tea and engage in excursions within the local community. Current fees are \$25.00 for permanent bookings, \$27.00 for casual bookings and \$30.00 for preschoolers. Term 1 Monday Excursions are at the local Pool. Bookings required in advance.

OOSH vacation care operates from 8:30 am to 6:00 pm during vacation care periods. Fees are \$50.00 per day for permanent bookings and \$55.00 per day for casual bookings. Places are available for preschool children on specific days only.

The Australian Government Child Care Subsidy will also reduce the above fees. Care is available for all working and non-working families. For further information or to confirm your child's booking please call 026944 0290 or email [info@gncinc.org.au](mailto:info@gncinc.org.au).

## **STORY TIME AND MUSIC FUN**

**Every Thursday at 10:00 am in the Gundagai Community**

**Library.** (Excluding school holidays.)

A fun morning for the whole family. Cindy our wonderful librarian is the best story teller in the Riverina and Karen's musical talent is outstanding. Don't miss it!



**It's story  
TIME**  
@your library

## SERVICES AVAILABLE AT MIRRABOOKA

**COMMUNITY TECHNOLOGY CENTRE (CTC)** - Computers and internet access are available for public use. Cost: \$2.00 for 30 minutes, \$3.00 for 60 minutes, \$4.00 for 90 minutes. School students \$2.00 for 90 minutes. Printing prices start at \$0.20 per A4 black and white copy and \$0.50 per A4 colour copy. **The CTC is now available to school students free of charge for school work (only) from 3.30 pm to 5:00 pm weekdays. FREE Broadband for seniors.** We have computers available for seniors to use free of charge. They are available for internet or email use, or for just typing a letter.

**MIRRABOOKA MEETING ROOMS AVAILABLE FOR HIRE** - Meeting rooms vary in size from a small office to our theatre room which can accommodate up to 60 people depending on configuration. Please contact the Centre by phoning 02 6944 0290 for further information.

**FINANCIAL COUNSELLOR** - Chris Heckenberg - Outreach Financial Counsellor Fully Accredited FCAN Member. Free and confidential financial counselling service available. Chris visits the centre regularly. Please contact the Neighbourhood Centre to make an appointment by phoning 02 6944 0290.

**NSW GOVERNMENT DEPARTMENT OF INDUSTRY** - Help is available to pay your energy bills. For information on rebates and emergency assistance go to: [www.resourcesenergy.nsw.gov.au/rebates](http://www.resourcesenergy.nsw.gov.au/rebates) or phone Service NSW on 137 788. (Eligibility criteria apply).

### **WELLBEING CLASSES**

**Marianna Good Time Yoga** - For the 'not so young' Monday morning's 8:50 am (term time only). Cost \$5.00 per lesson. All classes are held at the Neighbourhood Centre. Come in comfortable clothing; bring a mat or large towel. For newcomers the first lesson is free. For bookings call Marianna on 02 6944 2774 or 0407 102 633.

**Walking Group for all ages** - Meet at Mirrabooka Monday and Thursday mornings at 9:15 am.

**Tai Chi for Health Sessions** - Narelle Gilhome will be conducting Tai Chi sessions developed by the Dept of NSW Health Dr Paul Lam. Tuesdays 9:30 am in the Theatre Room at Mirrabooka and Wednesday evenings from 5:45 pm. For bookings or further details please contact Narelle directly on 0439 425 573 or 02 6944 1460.

**Strength Training at Mirrabooka** - Wednesday mornings at 9:00 am and Thursday evenings at 6:15 pm with Jordan. Gold Coin donation required.

**Exercise Classes** – 11:30 am to 12:30 am and 1:00 pm to 2:00 pm at the Gundagai District Services Club. Gold coin donation required.

**Dance Group** – Gundagai District Services Club 5:45 pm Tuesday evenings and 2:45 pm on Wednesday afternoons. Gold coin donation required.

**Good Time Yoga With Melissa Merrin** – Melissa will be conducting Yoga sessions on Fridays (term time only) Theatre Room from 9:00 am to 10:00 am. Cost \$5.00 per lesson. For further details please contact Melissa directly on PH: 0408 079 403 or e-mail [melissa@physiofamily.net.au](mailto:melissa@physiofamily.net.au)

**VALMAR SOCIAL GROUP** - Every Wednesday from 10:00 am to 1:00 pm Valmar runs a social group at Mirrabooka. Come along and join in art and craft activities, participate in day trips or just have a chat. Free transport is available for all who wish to join in the fun. For further details contact Valmar directly on 02 6944 3647.



**VALMAR COMMUNITY TRANSPORT** - Valmar Gundagai is currently looking for volunteer drivers. Anyone interested in volunteering may contact the Valmar Gundagai office on 02 6944 3647. If the office is unattended please leave a message and someone will contact you as soon as possible.

Every Tuesday and Friday there is a bus service available for local residents who require transport services in Gundagai for shopping, attending appointments and or social outings. - **VOLUNTEERS ARE NEEDED!**

Every Thursday Valmar offers a bus trip to either the Cootamundra or Junee Pool. The bus departs Mirrabooka at 10:00 am and arrives back in Gundagai at 2:00 pm.

Monday Day Trips - Depart Mirrabooka at 8:30 am. Please contact the Gundagai Valmar office on 02 6944 3647 for further details or to make a booking. See the timetable below:

MON 17 FEB	Young	\$35.00	MON 06 APR	Batlow/Tumut	\$25.00
MON 24 FEB	Lavington	\$35.00	MON 13 APR	PUBLIC HOLIDAY	-----
MON 02 MAR	Batlow/Tumut	\$25.00	MON 20 APR	Wagga Wagga	\$25.00
MON 09 MAR	Wagga Wagga	\$25.00	MON 27 APR	Young/Cootamundra	\$35.00
MON 16 MAR	Goulbourn/Yass	\$35.00	MON 04 MAY	Rosewood/Tumbarumba	\$35.00
MON 23 MAR	Young/Cootamundra	\$35.00	MON 11 MAY	Wagga Wagga	\$25.00

Support services offered by Valmar for local residents include the following: Aged Support, Social Support, Meals on Wheels, Personal Care, Domestic Assistance, Respite and Home Modifications and Maintenance.

## COMMUNITY EVENTS AND PROGRAMS

**GUNDAGAI LIBRARY MOVIE NIGHT FLIX and PIX FILM CLUB** – First Tuesday of every month in the Library starting at 6:45 pm. Bring a gold coin donation, sit back, relax and enjoy the movie! Term1 dates: Tuesday 03 March 2020 and Tuesday 07 April 2020.

**BOOMERANG BAG LADIES** – Come along and participate in craft and sewing activities at 105 Sheridan Street Gundagai. Please contact Sue Houstain on 0407 403 980, June McPherson on 0456 367 425 or email [gundyboomerangbags@hotmail.com](mailto:gundyboomerangbags@hotmail.com) for further details.

**EXPRESSIONS OF INTEREST TAFE NSW COURSES** – If anyone has any ideas or suggestions in the type of courses they wish to undertake here at the Centre please let us know. We are currently consulting with TAFE NSW at the moment regarding the programs they can offer our community members this year. Any feedback would be greatly appreciated.

**EXPRESSIONS OF INTEREST CENTRELINK TECH SAVY TRAINING** – If you or anyone you many know would be interested in attending a Centrelink myGov training session please let Mirrabooka staff know. The training session would be aimed at helping the elderly, the disadvantaged or people with a disability further develop their skills and knowledge to navigate myGov online services.

**LIONS CRAFT GROUP WORKSHOP** – Cross Street South Gundagai (Behind the RFS Shed). Tuesdays: from 9:30 am to 1:00 pm. Come and learn a new craft or work on your own piece in the company of like minded ladies. For more information contact the Visitor Information Centre on: 02 6944 0250.



**HAVE YOU EVER WANTED TO LEARN TO DRAW? – Well here is your opportunity!** – Joe Morton is conducting a Drawing Club at the Baptist Church on Tuesday nights at 6.30 pm. You are never too old or young to learn to draw. You might be an absolute beginner, an intermediate sketcher or a professional artist. Anyone is welcome to come along. Please contact Joe Morton on 0429 863 310 for further details or the Neighbourhood Centre on 02 6944 0290.



**FUTURE BUILDER FUN SESSIONS – GUNDAGAI LIBRARY** – Gundagai Library is running Future Builder Fun Sessions every Monday during Term 1 starting on Monday 10<sup>th</sup> February 2020 from 4:00 pm to 5:00 pm. Workshops will be conducted for children aged between 8 to 12 years. Come along so you can discover how to design, build, share and create electronics, coding and other technologies in a fun, self paced relaxed environment. Cost is \$2.00. Contact Cindy in the library on 02 6944 0270 for further details.



**GNC SOCIAL GROUP & LIBRARY COMMUNITY WORKSHOPS** – Starting this Friday 14<sup>th</sup> February 2020 at 10:30 am. Various activities, speakers and workshops for all ages. Please come along, bring a friend, learn something new or just socialise and have a chat. Cost is \$5.00 to attend each session. Lunch can be provided for an extra \$10.00 per person. Please contact the Neighbourhood Centre on 02 69440290 email [info@gncinc.org.au](mailto:info@gncinc.org.au) for further details.

**MAHJONG IN THE LIBRARY** – Wednesdays in the library from 3:30 pm to 5:00 pm (school term time only). Learn the traditional tile based game with Leader Marg Jamieson.



**NDIS & MY AGED CARE SUPPORT** – Gundagai Neighbourhood Centre are providing My Aged Care and NDIS Support service. If you know of anyone who may need social support, personal care, domestic assistance or any other support service please contact the neighbourhood centre to discuss your options. If you would like to become a casual employee to assist with this support service please forward your resume to the neighbourhood centre at [info@gncinc.org.au](mailto:info@gncinc.org.au)



**CREATIVE & ACTIVE KIDS PROGRAM** – Parents of NSW school-aged children can apply for a \$100 voucher each year to put towards the cost of registration, participation or tuition costs with approved Creative and Sporting providers. The voucher may be used for performing arts, visual arts, coding, languages, literary, music, sport and other eligible creative, cultural or sporting activities. Register to become a provider. Apply for your \$100.00 Creative Kids Voucher or to find out more visit [service.nsw.gov.au/creativekids](http://service.nsw.gov.au/creativekids), call 13 77 88 or visit your local Service Centre.



**Gundagai Show Saturday 15th February 2020**

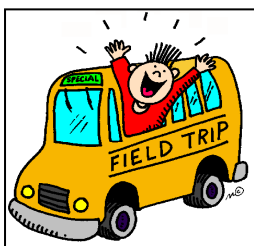
Saturday will be a day of fun filled family activities. Local radio station – Sounds of the Mountains – will be broadcasting live from the showgrounds on Saturday. In the Pavilion see your school display and all the fantastic exhibits. Enter your own exhibit (see website for entries).

**Bendy Em** will have you on the edge of your seat as she comedically bends and contorts her body into freakily mind-boggling positions. If you want to see something memorable and entirely out of the norm watch Bendy Em squeeze herself into a tiny 16" Perspex Box balanced on a 7ft rig. This show should not be missed!

**Lachie Cossor – Animal wrangler** – coming to our show in a demonstration which has been described as 'orchestrated chaos'. It is a fun show with some horsemanship, working dog, crowd participation, its educational with a comedy spin on it. It includes Horses, Ponys, Pigs, Dogs, Sheep, a goat and an over sized Bullock, that all have their place in the show.

There will also be the usual events such as Sheep, Cattle, Horses, Poultry, Pavilion Exhibits, Yard dogs and Sheep Dog Trials, Cattle Dog Trials, Show dogs, Birds, Animal Nursery, Wildlife display, Majura Magician, Face painting, Cartoon portraits, Stalls, Vintage cars, Sideshow alleys, Show Bags and Chainsaw sculptures.

School children under 15yrs: FREE



The Cootamundra-Gundagai Regional Council. **COMMUNITY BUS FOR HIRE**  
Contact the Neighbourhood Centre to book your next community bus trip on 02 6944 0290. A minimum hire fee of \$100 applies to all bookings outside of the local Gundagai area.

- Organise a group to see a movie in Wagga, Organise a group to visit an art exhibition,
- Organise a group requiring transport for a function.
- Licensed to carry 12 passengers (including the driver)
- Available 7 days a week
- Volunteer drivers are available upon request.
- Contact the centre to register as a volunteer driver.

**ENVISION COLLECTION** - Don't forget to collect your Bottle Caps (milk bottle tops and soft drink bottle tops marked with the recycle number 2 and 4 are best). Drop off at the library for the **ENVISION COLLECTION** towards making prosthetic limbs for children all over the world.

## DATES FOR YOUR DIARY

DATE	TIME	PLACE	MEETING/EVENT
Wednesday 12 February 2020	4:00 PM	Library	Dual Diagnosis Action Group (DDAG) Meeting
Friday 14 February 2020	10:30 am	Mirrabooka	Community Social Group
Saturday 15 February 2020	9:00 am	Gundagai	Gundagai Show
Thursday 20 February 2020	1:30 PM	Mirrabooka	Interagency Meeting
Thursday 20 February 2020	4:30 PM	Mirrabooka	Cultural Group Meeting
Sunday 23 February 2020	9:00 am	Gundagai	Sundy in Gundy Markets
Monday 02 March 2020	4:00 PM	Mirrabooka	KTS Children Services Meeting
Saturday 07 March 2020	7:00 pm	Gundagai	Seniors Week Event- Kapooka Army Band at Carberry Park
Sunday 08 March 2020	6:30 pm	TBA	International Women's Day Dinner
Thursday 19 March 2020	10:30 am	Mirrabooka	Well Being for Women Workshop
Saturday 21 March 2020	6:00 pm	Gundagai	Seniors Week Event - The Jive Bombers at the Gundagai District Services Club
Thursday 26 March 2020	10:30 am	Mirrabooka	Well Being for Women Workshop
Sunday 29 March 2020	9:00 am	Gundagai	Sundy in Gundy Markets
Thursday 02 April 2020	10:30 am	Mirrabooka	Well Being for Women Workshop
Sunday 26 April 2020	9:00 am	Gundagai	Sundy in Gundy Markets