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# Four Seasons

## Seniors' News

Welcome to our first edition of *Four Seasons*. This quarterly newsletter is designed specifically for seniors. We aim to bring you the latest and greatest information and news about all of our exciting programs and activities. We also hope to share your views and ideas with other readers, so please don't be shy – contact us with anything you think might be of interest to other readers - stories, jokes etc.

### **Events and activities**

Let us start with the upcoming **Live Life Expo** - a joint venture of Woollahra Council and Holdsworth. Come along and explore healthy life choices and local services, enjoy a variety of entertainment, displays and complimentary refreshments and snacks. Book your transport early by calling Judy on 9302 3600 (see flyer for more information). The Premier's Gala Concert is also coming up on 8th April.

Our **Music Appreciation Club** is proving to be very popular and will soon be full, so come along and share the experience soon (details inside). **Saturday Fever** and **Discovery Tours** are also drawing the crowds so be early to book your place.

### **New Staff**

A big welcome to Nancy, our new staff member. Nancy brings much experience to her role as support worker on the Wednesday program with Brian's team. Andy and Brian have increased their working hours at Holdsworth furthering their commitment to us and to you. Brigette, too, is working longer hours to assist us in creating fabulous outings for you.

### **Bon Voyage**

We will be wishing Maya 'bon voyage' on 17th May, as she sets off to explore distant shores for a whole two months! No doubt she will have many tales to tell on her return.

*Maya and Val*



## Music Anyone?

Music Appreciation Club meets every 2nd & 4th Thursday from 1pm to 3pm at the Holdsworth Centre. Music lovers interested in joining such a group are encouraged to phone the Holdsworth Centre for more information.



### *Upcoming sessions for Music Appreciation Club*

**Thursday 10th April** – Workshop at University of New South Wales (Sir John Clancy Auditorium) Presentation on Wolfgang MOZART (1756-1791): Trio in E major K542 for piano, violin and cello (1788), followed by coffee and discussion at Nostimo's in Woollahra. Transport available.

**Thursday 24th April** – At Holdsworth Centre Library, Joseph Toltz will talk to us about the children's opera *Brundibar*, which was staged in the Theresienstadt concentration camp 55 times between August 1943 and September 1944. The presentation includes a listening experience of the whole opera (33 minutes in length).

Future meetings for your diary are **Thursday 15th May, 29th May, 12th June & 26th June.**  
*Hope to see you there!*

### *...and can YOU help us?*

We are looking for someone to assist with serving tea to the participants in our lunchtime groups on Mondays and every second Wednesday and Thursday.

If you can help with this, and support the Holdsworth community, call Maya or Val on 9302 3600.

*The secret of staying young is to live honestly, eat slowly, and lie about your age. - Lucille Ball*

## Spice up your Wednesdays with our movie greats.

Come join us for both our classic and modern movies. Movies are shown every fortnight at the Centre and we welcome you with a cup of tea or coffee and a biscuit, and invite you to sit back, relax and enjoy the show!

Our impressive line up of top quality movies include the all time favourite ***Citizen Kane*** and the evergreen ***Rebecca***, and who could miss the Bogart and Hepburn classic ***African Queen***. Modern box office smash hits like ***The Aviator*** and ***The Edge*** will dazzle you with cutting edge special effects and daring plot turns.



Take time out in your week to enjoy a quiet movie at our welcoming Centre. No need to book, just come on in, we will be pleased to see you! Please call Judy to arrange transport for a fuss free outing.

***Look forward to seeing you soon***



### ***Forthcoming Movies***

9th April	<i>The Captive Heart</i> (1946)
23rd April	<i>The Aviator</i> (2004)
14th May	<i>Citizen Kane</i> (1941)
28th May	<i>Rebecca</i> (1940)
11th June	<i>The Edge</i> (1997)
25th June	<i>The Letter</i> (1940)

# Health Corner

## Stroke or Not?

Here are some signs. If a stroke victim is able to obtain medical help within three hours of suffering the seizure, its effects can be "totally reversed," according to many neurologists. One problem, they say, is that sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness can spell disaster since the victim may suffer severe brain damage when those nearby fail to recognise the symptoms. Doctors say that a bystander can recognise a stroke by asking the victim four simple questions.



1. Ask the person to smile
2. Ask the person to repeat a simple sentence coherently.
3. Ask the person to raise both arms.
4. Ask the person to stick out his tongue. If the tongue goes to one side or the other, that's another indication of a stroke.

If the person has any trouble with any one of these tasks, phone 000 immediately and describe the symptoms to the Emergency Crew.

## Furry Friends

"*Velma's Pets as Therapy*" help people suffering memory loss to reconnect with their own memories at our *Friendly and Creative Clubs*. An animal can create an instant sense of intimacy and sense of belonging for people living with memory loss.



We find our memory loss clientele whispering to the dog, struggling with their language loss. They tell touching stories about their own pets. Some even share photographs of their long lost pets for others to see. They revel in the touch of the animal's fur and seem to connect with the animal on a more spiritual level. A visit from a Pet Therapist is a inspiring event in an otherwise confusing and frustrating life. It is wonderful to see faces lighting up with anticipation as the animal walks through the door of our Library. These are only anecdotal stories of informal visits, but yes, animal visits have many medical and psychological benefits for people suffering dementia. Significant decreases in agitated behaviours and a statistically significant increase in social interaction are among the psycho-social benefits reported by leading research universities.

Our Memory Loss programs run on Wednesdays and Fridays from 10am to 4pm at Holdsworth Community Centre Library. If you have a loved one who has memory loss or would like to receive more information about our Memory Loss Groups please drop in at the Centre or contact us on 9302 3600. We would love to hear from you!

## Seniors Week

**During Seniors Week 2008 (6 - 13 April) there will be a Live Life Expo at Holdsworth Street on Monday 7th April from 10am to 2pm. Entertainment, bands, magic, information stalls, Tai Chi, keep fit classes, croquet and free morning tea and lunch. See flyer for details or call 9302 3600**

**Premier's Gala  
Concert April 8 at the  
Entertainment Centre  
To reserve your transport  
and free ticket contact the  
Holdsworth office on  
9302 3600**

## Bored with your Saturday Night routine? Come out on the town with us!

Our comfortable Holdsworth buses will transport clients and staff to a night out in and around Sydney's hotspots. For our **Saturday Fever** program we have organised a variety of activities to suit every taste - from orchestral performances and the latest Hollywood blockbusters, to viewing nature's astronomical wonders, there is an evening to suit you!



### Saturday Fever: Upcoming Events

(all times stated include pick-up & drop-off from home)

**April 19th** Dinner at the *Little Snail* restaurant, Darling Harbour, followed by *Anthony & Cleopatra* at Genesian Theatre (5pm to 10pm)

**May 24th** Early Dinner at popular *Seahorse* Italian restaurant, followed by Movie at the Randwick Ritz (4pm to 10pm)

**June 14th** Enjoy a big day out at Katoomba and the Blue Mountains followed by 2-course luncheon at the famous & historic *Carrington Hotel* (9am to 4pm)

**July 5th** *Festival of the Stars* at the Sydney Observatory followed by light dinner (4pm to 10pm)

Later in the year there are performances by the North Sydney Symphony Orchestra and the Conservatorium of Music's talented orchestras as well as *Oktoberfest*. We would love to have you join us. All outings are very reasonably priced. Please contact Maya or Valerie from Aged Services on 9302 3600, if you would like further information.

### SATURDAY FEVER

Did you know, we provide a door to door transport service for the Saturday Night Fever program? Come along and have some fun.....

### Forthcoming Discovery Tours;

(prices include transport, entry to venues, ferries and lunches)

**Friday 18th April North Fort - Reserve North Head.**

Explore the historical North Fort Artillery Museum followed by a cafe style lunch. \$28.00

**Friday 16th May Pasadena on Pittwater.**

Enjoy an old fashioned Cabaret show and luncheon at the Pasadena on Pittwater. \$35.00

**Friday 27th June NSW Art Gallery & Teppanyaki luncheon.**

Explore the arts and design of Japan from the Greater Taisho period. Afterwards, enjoy a traditional Japanese lunch. \$38.50

**Friday 25th July 'Festivities in July' Cruise.**

Relax and enjoy a 'Festivities in July Cruise' on Port Hacking with picturesque water views. \$45.00



### Holdsworth Community Centre - "The heart of Woollahra"

Want to have a say in what we do here at the Holdsworth Community Centre for activities and programs? Help plan future activities, trips, and parties. Everyone's input is important! Please drop - in or give us a call at the office!  
Holdsworth Community Centre & Services, 64 Holdsworth St. Woollahra.  
Ph: 02 9302 3600. Visit us at <http://www.holdsworth.org.au>