



**In this issue**

**A Message from  
Maya & Valerie P1**

**Health Corner P2**

**Boogie Fever P2**

**Movie Matinee P2**

**Tealicious Tea  
Party P3**

**Introducing... P3**

**Volunteering P3**

**Holdsworth  
Choir P3**

**Music  
Appreciation P4**

**Cheap & Cheerful P4**

**Share your  
stories... P4**

**Please contact us  
on 9302 3600 if you  
would like us to  
send you Calendar  
of Events for this  
quarter.**



**A Message from Maya and Valerie**

**Seniors Week Tea Party**

Wow! What a turn out we had for our Seniors Week Tea Party! With so many events on during the week we were concerned you might all run out of puff by Friday. Needless to say, you all have boundless energy and the event was well patronized. Thanks to everybody who came along and also to all the staff and dedicated volunteers who worked very hard to ensure you all had a good time.

**St Patrick's Celebrations**

The St Patrick's celebration at Berowra Waters was lots of fun. Edward Mitchell won best dressed in Irish green and Pam, our volunteer won best limerick competition (see pictures below).

**New Discussion Group**

We are taking expressions of interest for a new Discussion Group. If you would like to solve the world's problems over a coffee in good company please put your name down for this one. Details to be announced later.

**New Yoga Class**

Our new yoga class which started late last month has been very popular with our more active seniors. Kay Robert guides the group through physical, mental and emotional relaxation, most of which is done in the lying position. A big thank you to Kay for volunteering her services to Holdsworth.

Well, as usual we have lots of treats in store for Saturday Fever and Discovery Tours (see insert for details). The Easter Bunny is almost here and we wish you all a safe and happy Easter.

**Fond Regards from Maya, Valerie and the Aged Services Team**

*Left: Andrew Luboski performing for Music Club. Centre: Peg, Winifred, Keitha, Vera with prize winner Edward. Right: Keitha dancing a jig with a friendly Leprechaun.*



## Laughter is the Best Medicine and It's Free!

Is laughter the best medicine? Studies on laughter show that a daily dose of "ho ho ho" is good for your health. And it just might be that laughter IS the best medicine. Laughter health benefits have been found to include everything from lowering blood pressure and your chance of having a heart attack or stroke to increasing intelligence and your ability to process and retain information. Laughter is also a great stress management tool. Plus laughter is refreshing and exhilarating.

Like exercise, laughter also releases endorphins – the body's natural painkillers.

Another big benefit of laughter is that it's free and has no negative side effects – other than being incurable and contagious.

That's a lot of benefits for just having fun! So, is laughter the greatest medicine ever discovered? - maybe it's all just a big joke.



## Boogie Fever!

Our Saturday Fever patrons enjoyed an evening of Turkish hospitality at Pashas Restaurant on Valentine's Day. Pictured below is our night time rager, Norman Delaney dancing "The Egyptian" with Pashas stunning bellydancer! Also pictured are, Dora, Pat and Enid as they swing and sway to the heady turkish beat!



## Movie Matinee Autumn delights!

Escape with a movie.... at Holdsworth Street!

**New Starting Time of 1pm to 3pm** on the 2nd and 4th Wednesday of each month. Our upcoming selections include:

- 22 April *The Merry Widow* (1934) - Maurice Chevalier & Jeanette McDonald
- 13 May *Cleopatra* (1934) - Claudette Colbert & Warren William
- 27 May *My Cousin Rachel* (1952) - Olivia de Havilland & Richard Burton
- 10 June *Singing In the Rain* (1952) - Gene Kelly & Debbie Reynolds
- 24 June *Suddenly, Last Summer* (1959) - Elizabeth Taylor & Katherine Hepburn
- 8 July *Young At Heart* (1954) - Frank Sinatra & Doris Day

Coming soon.....our special presentation of the Paul Newman classic *The Long Hot Summer*.



## Would it surprise you to know that there is someone living near you who is lonely and can't get out much?

You can do something about it! It only takes a couple of hours a week. Holdsworth Community Centre & Services links volunteers with people who need a friendly visitor. These volunteers are supportive visitors for someone who is house-bound who lives close by. Volunteers do not provide a cleaning service or personal care.

If you are interested in knowing more about this valuable service, please contact Jonathan Rhodes at Holdsworth on 9302 3600.



## Introducing. . . . . Jayne & Sarah

Two staff members have joined the Aged Services Team. Sarah, who started with us in the Administration Dept 2½ years ago, will now be assisting with our Movie Matinee and assisting Helen with our Individual Shopping service. Sarah comes from a strong administrative background and has an ongoing interest in the Aged Care sector.



Jayne has been working with Holdsworth for about 6 months. She now works with Tuesday outings, Wednesday Memory Loss group and Thursdays with the Music Club and 'Cheap and Cheerful'.



Jayne is a qualified Occupational Therapist and has several years experience in aged care services, including 4 years in London. When not at work Jayne dabbles in designing and making leather bags and accessories which she sells at local markets with her sister!

## Tealicious Tea Party

Thanks to all who made it to our Senior's Tea Party at the Vaucluse Bowling Club. A record 120 people attended this special event. A perfect day, lots of fabulous food, great company and great musical entertainment by the Woollahra Philharmonic Orchestra and Woollahra Seniors Choir. Mayor Andrew Petrie launched the new Holdsworth Free Community Bus Service and there were lucky door prizes galore! A fabulous time was had by everyone!



Above top: Maya presents Marianne with her Lucky door prize. Above: Norman, Vera and Pat enjoy tea and scones. Left: Woollahra Philharmonic Orchestra tunes up!

## Holdsworth Choir

Be a part of this wonderful activity. Its not about how well you can sing, it is about community spirit, friendship and living life through the joy of music. Robert Teicher (the renowned choirmaster) will be guiding the choir. We have staff, volunteers, clients and neighbours all joining together to make music and have fun. This is a harmony choir for everyone.



**When:** Thursdays 5.30 to 7pm

**Cost:** \$50 for a 12 week term.

**Where:** Holdsworth Community Centre and Services, 64 Holdsworth Street, Woollahra  
Call Cecilia on 9302 3600

## Music Appreciation Club Dates for your Diary

Music Appreciation Club meets every 2nd & 4th Thursday from 1pm to 3pm at the Holdsworth Centre. Music lovers interested in joining are encouraged to phone Aged Services Team on 9302 3600.



**April 9th – Bring Your Own Music piece and talk about your favourite composer.**

**April 23rd – The memory of all that: Gershwin on Broadway.**

**May 14th – Stravinsky and the Ballets Russes - The Ballets Russes was an itinerant ballet company which performed under the directorship of Sergei Diaghilev between 1909 and 1929. The most notable of Diaghilev's composers was Igor Stravinsky, who is now recognised as the premier ballet composer of the early twentieth century. His most famous ballet scores are Firebird (1910) and Petrushka (1911).**

**May 28th – Young Music at St Andrew's Cathedral (A lunchtime concert by some of Sydney's most talented young musicians. Bus will pick you up from home between 11am and 12pm and take you home after the concert.**

**June 11th – Classical Tenors – Pavarotti and the power of human voice.**

**June 25th – Andrew Luboski (violinist) & friends perform live at Holdsworth**

**July 9th – Young Music at St Andrew's Cathedral (A lunchtime concert by some of Sydney's most talented young musicians. Bus will pick you up from home between 11am and 12pm and take you home after the concert.**

## Cheap and Cheerful Thursday Bus Outings

We have some great trips planned for the next few months, including an exclusive tour of the ABC Headquarters, Botanical Gardens tour, movies and a trip to beautiful Dee Why. If you would like to join us for a day outing on Thursdays, please ring and book with Aged Services Team on 9302 3600.

**Please note: pick-up and drop-off from Holdsworth, Woollahra Seniors, Goodwin Village & Edgecliff Station Only!**



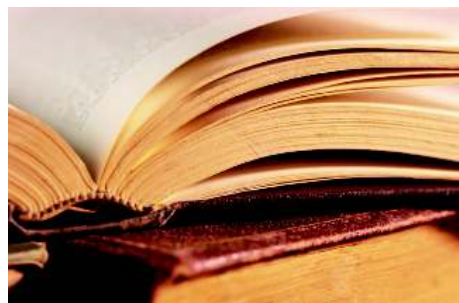
**16th April - Mt Annan Botanical Gardens/Lunch at the Gardens**

**7th May - Tour of ABC Studios/Lunch at Ultimo TAFE**

**21st May - Dee Why Beach Tour/ Lunch at Sea Change Cafe, Dee Why**

**4th June - Movie at Randwick Ritz/Lunch at Skara Bar in Randwick**

**18th June - Janet's Royalty Room, Woonona/Lunch at Thirroul Bowling Club**



## Share your stories....

We want to hear your fascinating and diverse stories. Be a part of this intergenerational project - local students will compile your interesting and eclectic mix of stories for later publication. Each one of you has a past - share it with us! Call Aged Services to register for this unique project.

## 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>