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A Message from Maya and Valerie

Happy New Year and welcome to our summer edition of *Four Seasons*. We hope you have recovered from the busy festive season and are ready for the sizzling summer events we have in store for you. There will be a fun filled Sydney harbour cruise with games and prizes to be won, a visit to the Royal State Coach at Manly, Turkish Belly dancing and much more! See back page for **Discovery Tour** and **Saturday Fever** details.

Seniors Week 2009

Let's have a Tea Party! To celebrate **Seniors Week** we have decided to have a Tea Party just for you, compliments of Holdsworth. We will have good food, good fun and entertainment in the best of company. Be sure to ring in and secure your place at this not to be missed event – bookings are essential. See inside for details.

Some Good News . . .

We have some spots available on our Weekly Bus Outings, Music Appreciation and Movie Matinee. Also, we have places available on our Individual Shopping service. This service is for people who are housebound and requires a doctor's certificate. If you are interested in any of the above, please call to discuss and we will forward the appropriate brochures.

Fasten your seatbelts - we have an exciting year ahead and we and the Aged Services Team look forward to seeing you all very soon.

Much love Maya and Valerie

Left: A visit to Tien Hau Temple, Cabramatta. Centre: Helen, Jasmin, Doreen & Cecily at the Bowral Tulip Festival. Right: Patricia & Dora at the Hughenden Hotel.



Why You Should Be Eating Blueberries!

Blueberries are one of the most compact and tasty natural “superfoods”. Considered to be one of the great anti-ageing remedies, and they cost a lot less than drugs!

Here are 10 reasons YOU should be adding these amazing little power packed fruits to your daily diet.....

Antioxidant and phytochemical power
Short term memory improvement
Improved balance and coordination
Protection of blood vessels
Urinary tract health
Prevention of macular degeneration and improves night vision
Cancer fighting flavanoids
Low in sugar
High in fibre
Low in calories



Enjoy these amazing health benefits by eating half a cup a day of wild or frozen blueberries. Add them to salads, toss them onto cereals or throw them into a smoothie!

Calling All Music Lovers – Music Appreciation awaits!

Mozart, Debussy and other great composers are waiting to be heard right here at Holdsworth. Join us and share in a variety of classical, baroque, romantic and other styles of music. We will listen to, appreciate and discuss the great masters and occasionally enjoy guest presenters or attend concerts at venues such as the Conservatorium of Music.

Music Appreciation runs on the second and fourth Thursday of the month, usually from 1pm – 3pm unless otherwise advertised. Call us to book in.

The woodwind ensemble from SCEGGS Darlinghurst (pictured below) regaled us with a range of classical pieces and Christmas carols at our final 2008 session.



Movie Matinee delights coming your way

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

12.15 to 2.30pm on the 2nd and 4th Wednesday of each month.

Our upcoming selections include:

- 28 January *Green Dolphin Street* (1947) - Lana Turner & Van Heflin
- 11 February *Strangers On A Train* (1951) - Farley Evanger & Ruth Roman
- 25 February *The Long Hot Summer* (1958) - Paul Newman & Joanne Woodward
- 11 March *A Date With Judy* (1948) - Jane Powell & Elizabeth Taylor
- 25 March *Lover Come Back* (1961) - Doris Day & Rock Hudson
- 8 April *Gigi* (1958) - Leslie Caron & Maurice Chevalier



Seniors Week 2009

Seniors Week will be held from 5 – 22 March this year. We will be having a **'Holdsworth Tea Party'** on Friday 20 March at Vaucluse Bowling Club 2.00pm to 4.00pm. This is a free event but you will need to book. There will be drinks and nibbles and live entertainment. Transport available. Contact the Aged Services Team on 9302 3600.

Good News and Bad News

The bad news, as some of you already know, is that our star volunteer, Jonathan, will no longer be assisting nor entertaining you on our weekly programs. However, the good news is that he is our newly appointed Volunteer & Outreach Coordinator!!!



He will be joining Holdsworth mid January after a well deserved, summer seaside sojourn. No doubt, he will have current photos of his new granddaughter, Maud, who is going to solve climate change, poverty and disarm all nuclear powers just as soon as she graduates from Cambridge University next year! Tee! Hee!

Volunteers In Action

How do we pay tribute to our volunteers who devote so much of their valuable time to Holdsworth? A happy snap and "Thank you" just doesn't seem to be enough. But it's a start.

In this issue we salute Faye and Pam (pictured below, at the Titanic luncheon) who take time from their busy schedules to work regularly on our **Discovery Tours** and on special events as required. Pam also works on our fortnightly **Music Appreciation** program. Three cheers ladies and thank you!



Fun at Aunty Molly's!

By all accounts, our trip to Aunty Molly's at Morisset was a great success. She had the crowd laughing, clapping, singing and dancing. Aunty Molly will be appearing at the Canterbury Hurlston Park RSL, 11 March. For those interested in attending booking through the club directly on 9559 0000 will be necessary.



Above top: *Swinging and swaying at Aunty Molly's.*
Above: *Pat & Joy up dancing*
Left: *Faye enjoys the sing-a-long*

Membership and You

Thank you to everyone who supports our work through membership of our Association and through your generous donations. These extra funds allow us to do so much more for our community and we encourage everyone who is part of the Holdsworth family to become members.

Access to our services is based on assessed need and eligibility, not membership, which is entirely voluntary. You will never be denied services because you are not a member or because your membership has lapsed, nor will membership guarantee you services ahead of others who are assessed as having greater needs.

Forthcoming Saturday Fever Events (Night Program)

(prices include transport, entry to venues, performances and dinner)

Saturday, 14th February – Bellydancing at Pashas

Sydney's most spectacular bellydancing show awaits you at Pashas Restaurant in Newtown. Enjoy the traditional shimmy and shake of Turkish dance and feast on culture and cuisine alike. The banquet menu is not only rich and exotic, but also healthy and nutritious. So come and explore the fascinating world of Turkish delights and dine like a Sultan at Pashas. Price \$50.00



Saturday, 14th March - Classical Concert at St Andrews Cathedral

Enjoy a beautiful selection of music by Handel, Mozart, Dvorak, Verdi, Donizetti, Rossini, Bizet, Gounod, Delibes and others... performed by acclaimed European and Australian artists. After the concert join us for a discussion with coffee and dessert at the historic Grace Hotel, City. Price \$40.00 inc. Concert and transport. (Coffee and Dessert extra)



Forthcoming Discovery Tours (Day Program)

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

Friday 30th January – Bingo On The Boat

A rousing start to the year with three hours of fabulous entertainment, including Bingo, Trivia and other fun games. Combined with a scenic cruise around Sydney Harbour and a delicious BBQ lunch, come set sail with us on the "M.V. Katika" for a great day out!

Price \$55.00



Friday 20th February – "Britannia" The State Coach

See the Royal State Coach, Britannia. Lovingly restored and only in Australia for a short time, we will visit the coach and the restorer, Mr Jim Frecklington for a look at a magnificent piece of British and Australian history. Afterward, we will have a delicious lunch at the International College of Management, run and staffed by the students of the college. Join us for this wonderful and unique opportunity. Price \$50.00



Friday 27th March – "St Patrick's Day" at Berowra Waters

Come and enjoy a day out at the Waterview Restaurant at beautiful Berowra Waters. We will celebrate St Patrick's Day in fine Irish style with an Irish entertainer, Guinness and lots of the blarney! A mouth watering three course lunch will be served amid shamrocks, Irish jokes and maybe a leprechaun or two! Come in your green and have a laugh, a drink and celebrate, to be sure! Price \$50.00.



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>