

**In this issue**

**Maya's Message P1**

**Handy Numbers P2**

**Music Club Dates P2**

**Summer Movies P2**

**Discovery  
Adventures P3  
On the Town P3**

**Halloween  
Haunting P4  
Seniors Week  
Update P4  
Aquamasters P4**

**Positive Ageing  
Programs P5  
Photography  
Project P5**

**Saturday Fever &  
Discovery Tours P6**

**Booking Form P7**

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



# Four Seasons

## Seniors News

**Maya's Message: The Builders Are Going!**

Dear readers, it has been an amazing year thus far! Work has finally finished and we are all back at the Centre in our brand new offices on the ground floor.

**IMPORTANT INFORMATION FOR YOU**

Lately, we have had many enquiries about what happens if you move to a nursing home or supported living . . . Holdsworth is funded by a government program that provides services for people living independently in the community, assisting in their daily living at home, thus, delaying early entry into supported living.

Unfortunately, government funding does not allow Holdsworth to offer weekly bus outings, Club Holdsworth, Discovery, Saturday Fever and shopping services to nursing home/hostel residents. However, we are able to offer a six week transitional service whilst settling in and adjusting to your new residence. In addition, programs such as Music, Movies, Low Vision Friendship Group and Yoga will still be available to you as these are funded under different schemes. However, you would need to be able to make your own way to our Centre for these.

Most nursing homes and hostels will provide bus outings and other activities for residents that offer an enjoyable alternative and an opportunity to meet other residents. It is important for you to discuss this with the management of your prospective residence. If you are thinking about moving into a nursing home/hostel please contact Maya or Jonathan who will gladly answer any queries you may have.

We also have a new quarterly booking form for Discovery and Saturday Fever. Just fill out, send back and your booking will be noted. We will confirm your spot when we have received your payment.

Have a wonderful holiday season and I hope you enjoy what we have in store for you over the next quarter. Happy New Year!

*Left: Pam, Margaret and Jean at the tulips in Bowral: Middle: Nawal and Shirley at the Norman Lindsay Gallery: Right: Hetty and friend at a music club performance.*



## Handy Numbers

|   |               |
|---|---------------|
| Commonwealth Carelink Centre.....             | 1 800 052 222 |
| Aged Care Information Line .....              | 1 800 500 853 |
| Jewish Care First Call.....                   | 1 300 133 660 |
| Woollahra Seniors Centre .....                | 9363 5957     |
| Waverley Seniors Centre .....                 | 9386 7900     |
| ECHO Neighbourhood Centre.....                | 9387 2885     |
| Commonwealth Carer Resource Centre .....      | 1 800 242 363 |
| Botany Neighbourhood Centre & Transport.....  | 8338 8506     |
| Randwick Junction Neighbourhood Centre .....  | 9349 8200     |
| Randwick/Waverley Community Transport .....   | 9369 8676     |
| Kings Cross Community Centre.....             | 9357 2164     |
| South Sydney Community Transport.....         | 9319 4439     |
| Holdsworth Community Transport.....           | 9302 3605     |
| Sydney Multicultural Community Services ..... | 9663 3922     |
| Dementia Advisory Service.....                | 8382 1990     |

## Next Quarter Music Club Events

Now every 1st & 3rd Friday of each month - 1pm to 3pm at Holdsworth Piano Room

**3 Feb - Mrs Carey's Concert** - School music director Karen Carey prepares her young students for a concert at the Opera House. Carey sets a dauntingly high performance standard. Carey inspires, but some do not share her passion and are not afraid to say so. On the big screen.

**17 Feb - Sydney Omega Ensemble** - will present an open rehearsal of wind quintets by Luke Styles (a newly commissioned work) and by Andre Jolivet. This rehearsal will be held at the famous Swifts estate in Darling Point. **Please note program time will be 1.30pm to 3.30pm.**

**2 Mar - Scottish Music from 17 Century** - Our Resident specialist, Eric Scott presents Minstral Lays to Contemporary Folk Music.

**16 Mar - Korean Music Special Presentation** - Our very own Brian Lee and student, Mogi Kim, present a fascinating journey covering classical, modern and traditional Korean music for your listening pleasure.



Above: Rachel and Rachel after their November performance

## Escape the heat with a Movie!

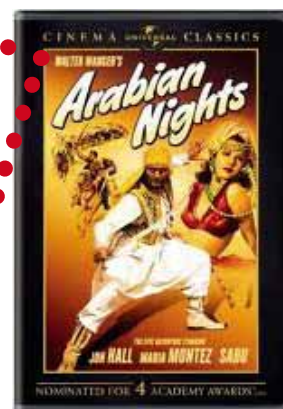
Cool off with one of our movie greats this summer....

**Starting Time of 1pm to 3pm at Holdsworth** on the 2nd and 4th Wednesday of each month. Upcoming selections include:

- 8th Feb *All About Eve* (1950) - Bette Davis, Anne Baxter
- 22nd Feb *Best Years of Our Lives* (1946) - Myrna Loy, Frederic March
- 14th Mar *North by Northwest* (1959) - Cary Grant, Eve Marie Saint
- 28th Mar **"Arabian Nights" (1942)** - Sabu, Jon Hall, Maria Montez

**Red Carpet Event**

Arabian Nights  
is on again!  
No technical  
hitches!



## Thank you everyone!

Survey's are in and we will have news on the results by next year. We would like to thank everyone for their overwhelmingly positive responses to our survey. We are extremely happy that our service is reaching the right people and our events are enjoyable. Once again, thank you for your cooperation and for taking the time to complete our surveys.

## Discovery adventures.....

Spring was in the air on our September Discovery tour down to Bowral, home of the tulips. Morning tea was at the famous Corbett Gardens amidst the budding tulips. Our luncheon was served "high tea" style at the Eling Winery by an award winning pastry chef! Stomachs were full of elegant pastries and sparkling local wine from the winery.

October saw us at the foot of the mountains visiting bunyips, magic puddings and the rest of Norman Lindsay's imaginary gang. A tour of the gallery showcasing his many varied exploits was a highlight of the day.



*Left: Our Discovery group enjoying lunch at Eling Winery; Right: Magic Puddings at the Norman Lindsay Gallery.*

## On the Town!

This quarter's Saturday Fever venues included food from all over the globe. October saw us at the Kazbah Restaurant in Balmain enjoying a Moroccan feast complete with traditional belly dancing. The November evening was a perfect spring night on the North Shore of Sydney. Lavender Blue was the theme and the food was spectacular. Join us for our Super Saturday Christmas event on the new date of 3rd December 2011. This special Saturday night allows persons who are less mobile to attend for this one night only! Be quick as space is limited.



*Right: Betty, Dora and Peg enjoy a healthy bowl of pumpkin soup for starters at Lavender Blue; Left: Lorraine and Mollie enjoy a bellydancing performance at the Kazbah Restaurant.*



**Your Say...** We value your feedback on any improvements or suggestions you may have on the Four Seasons Newsletter, so please contact us with your ideas by e-mail at [sarah.harwood@holdsworth.org.au](mailto:sarah.harwood@holdsworth.org.au) or phone Sarah on **9302 3600** if you would like to become a contributor or have stories to share. If you would like your friends to learn about us, we are more than happy to send them a copy.



## Halloween Haunting

At our Club program the ghosts and ghouls were out in force for Halloween this year. Saturday, the 29th October marked our group Halloween Celebration with activities themed for the staunch of heart! There were ghost stories, pumpkin carving, a coven of witches to entertain our gang and our Club artists tested their skills in a special Halloween contest!



Above Left : The Holdsworth Club Witches



Above Middle : Rusty carving the Halloween pumpkin with skill!

Above Right: Sofia resplendent in a spider hat, enters the drawing competition



## Stay Tuned for . . . . Seniors Week 2012

Seniors Week will be upon us soon and preparations are starting up for our annual gala event. Stay tuned for information on 2012's new look day of fun and celebrations. Planning for a day of music, food, excellent entertainers, good company, prizes and more is in the pipeline. We will have more information with dates and details for you in the new year.

## Swim through summer with Aquamasters

Aqua Masters program is uniquely providing aqua aerobics to improve physical fitness in a supportive and friendly environment. The program runs weekly, Tuesday evening classes throughout the year at a fantastic venue - the Montefiore Home in Randwick, 36 Dangar Street, Randwick. This program is specifically designed for people with disabilities and older people.



### **THERE ARE SPECIAL REQUIREMENTS IN ORDER FOR YOU TO BE ELIGIBLE FOR THIS PROGRAM:**

- You **MUST** be a confident swimmer! This means that you require only minimum supervision in the water as one to one support is not offered.
- Due to risk management we will be unable to accept anyone who has epilepsy.
- You will need to have your own transport to and from the venue as Holdsworth is unable to provide transport. Please aim to arrive at 5.30pm
- As with all our programs there will be cost of \$10. This must be paid in advance and we are unable to credit cancellations.

More medical and health information will be requested from participants as soon as we have confirmed your booking. Please contact Kim Tipoki on 9302 3600 for further information.

## The Burger Centre Positive Ageing Program



Your response to these programs has been excellent.

Currently there are four activities running at The Burger Centre which address the specific types of exercises needed to improve and promote good strong bones, improve balance, muscle strength and flexibility, as well as, increasing energy levels. These include Tai Chi, hydro-cise, strength and balance exercise classes and the Feldenkrais Method. For any further information, or if you would like an information pack sent to you please contact: Jane Rotenstein, Positive Ageing Program Co-ordinator on 8345 9221.

## Photography Project - An Unqualified Success

People with memory loss have been shown to benefit from maintaining hobbies that they undertook prior to diagnosis, and also taking up new activities. Given that the level of dementia differs between people, any activity embarked upon should be able to be enjoyed by all.

Traditionally, art has been seen as a useful vehicle for people to express themselves whilst enjoying themselves. However, in practice, many people do not like painting or drawing or are too reserved to take part. Also, the Holdsworth vision of people being out and about in community settings does not sit easily with staying in and painting.



*Above : Morris photographing landscapes; Below: Sofia using multiple images for varying effects.*

People with memory loss enjoy looking at photograph albums, particularly photos of people and places they know. It stimulates memories that are often too hazy for people to remember without those triggers. Also, just because someone has memory loss, it does not take away their creative instincts. The difficulty has been to find an activity that is easy to take part in, is creative and can be used to stimulate memories.



Digital photography offers a pursuit that meets those needs as well as being able to take place out and about and also, whilst undertaking other activities. The results offer immediate feedback as well as being stored to offer future enjoyment.

The Photography Project takes place on the Wednesday Club Program, as a separate activity in the calendar, but also as part of the regular activities. There will always be cameras with them to catch special moments.

We hope that in the future the group will work with children and/or adults with disabilities creating an album containing pictures of each other.

## Forthcoming Discovery Tours – (Day Program) - Local pick ups only!

### Friday 27th January – The Postie Run

Our first Discovery tour for 2012 will see us in the beautiful Hawkesbury region. Back by popular demand, this delightful Hawkesbury cruise will have you reliving the postman's route in and around the Hawkesbury river locale. Enjoy morning tea together with Hawkesbury's best Anzac biscuits made fresh that morning. Luncheon on the boat. **Price \$55.00**



### Friday 24th February – South Coast Treat

Visit the South Coast town of Berry. Our gracious host Hania will provide her legendary morning tea, complete with ghost stories and a historical talk about her magnificent property. After, travel to the coastal village of Gerroa for a luncheon at the Gerroa Fisherman's Club complete with a million dollar view. **Price \$55.00**

### Friday 23rd March – Tizzana Wines

Venture north west for a day out in historic Windsor and surrounds. Morning tea at Ebenezer's Church, the oldest church in Sydney, before we arrive at the Tizzana Winery. A historical delight including informative wine tasting, and a historical talk covering the history of the site. After, settle down for a luncheon with wine included. **Price \$55.00**



## Forthcoming Saturday Fever Tours – (Night Program) - Door to Door Service!



### Saturday, 14th January – Secret Garden

Local restaurant, Secret Garden's excellent banquet menu makes this Thai themed dining experience a must on your new year's calendar. Enjoy a superb dinner at this beautiful restaurant at Rose Bay. The tasteful décor allows you to dream of Thai tranquility and superb food will transport your taste buds to the far east. **Licensed. Price \$60.00**

### Saturday, 10th February – Surf's Up at Barzura

Surf's up at Coogee Beach! Join us for this fabulous night of views, fine company and award winning cuisine. Barzura has been featured on many TV, lifestyle and documentaries, has a great local following and is a great supporter of the Holdsworth Centre. Three courses featuring seafood, steak and chocolate. Experience the beach culture of this iconic restaurant. **Licensed. Price \$60.00**



### Saturday, 10th March – Greek Getaway

Zorba is back! Get set for another night of dance, song with our fabulous host at the famous AESOPS restaurant in the heart of the city. A Mediterranean feast of succulent lamb and traditional Greek accompaniments. Dance the night away at this iconic Sydney restaurant. Plate smashing optional! **Licensed. Price \$60.00**

#### Booking Conditions



- Active and Independent seniors.
- Telephone bookings together with payment please.
- Payment in person, post or by eftpos to secure your spot - by due date please.
- Attach your booking form together with your payment.
- No more than four bookings will be accepted by one person at any one time.
- No refunds for cancellation on the day or with less than 48 hours notice.



| Summer 2012 Program for Discovery and Saturday Fever |                              |              |             |
|--|------------------------------|--------------|-------------|
| Date   | Outing                       | Cost         | please tick |
| 14 <sup>th</sup> Jan                                 | Secret Garden (night)        | \$60         |             |
| 27 <sup>th</sup> Jan                                 | The Postie Run               | \$55         |             |
| 10 <sup>th</sup> Feb                                 | Surf's Up at Barzura (night) | \$60         |             |
| 24 <sup>th</sup> Feb                                 | South Coast Treat            | \$55         |             |
| 10 <sup>th</sup> Mar                                 | Greek Getaway (night)        | \$60         |             |
| 23 <sup>rd</sup> Mar                                 | Tizzana Wines                | \$55         |             |
|  |                              | <b>TOTAL</b> | \$          |

**Special dietary requirements** \_\_\_\_\_

**Pick up Point (Discovery only)** \_\_\_\_\_

Name: \_\_\_\_\_ Contact number: \_\_\_\_\_

Payment: Cash \$ \_\_\_\_\_ Cheque \$ \_\_\_\_\_ EFTPOS \$ \_\_\_\_\_

ABN: 50 949 197 281  
Holdsworth Community Centre & Services  
64 Holdsworth Street  
WOOLLAHRA NSW 2025

Tax Invoice

Payment Method:  Visa  MasterCard  Exp Date: \_\_\_\_\_

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Cardholder's Signature \_\_\_\_\_ Date \_\_\_\_\_

**IMPORTANT NOTE:** We cannot offer reimbursements for cancellations in under 48 hours.



**Delivery Address:**  
64 Holdsworth St  
WOOLLAHRA NSW 2025

No stamp required  
if posted in Australia



  
Holdsworth Community Centre  
Reply Paid 84147  
WOOLLAHRA NSW 2025

Second fold here

When folded, secure all edges with sticky tape

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Do NOT enclose cash