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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

Welcome to my first message for New Year and to this autumn issue of Four Seasons! I hope you all had an enjoyable holiday season and are well rested, ready for a year of fun and adventure!

Staff and volunteers enjoyed a break and recharged for the new year's exciting programs of new bus outings, yoga, Saturday Fever, Discovery Tours to mention a few.

You will notice our newsletter has grown, along with our expanding range of services and programs. The 2011 autumn edition is full of information on upcoming events, and what is happening around Holdsworth community. With the new funding from the government, numbers across all our new programs continue to skyrocket and we have been doing all we can to do everything possible to support the needs of our diverse client base. And I am happy to say that thanks to our Club Coordinator Jonathan Rhodes and the dedication of our many Team Leaders and support workers we have reached full capacity with some programs having a waiting list. They truly are stars of Holdsworth! The Club program has been such a success that we decided to rename our hall to the new 'Club House'. What about that!

And while mentioning 'stars', I am proud to be associated with so many truly generous people who voluntarily give up their time to ensure that many of our programs run like clockwork. They provide such wonderful support to all of us. So 'well done' if you are a volunteer facilitator, an admin helper, a coffee maker, a shopper or whatever you do to help others....we certainly would not be such a successful organisation without all of your contributions.

Left: Irena, Pat, Norman, Eve, Yvette and Jaime enjoying the view: Middle: Kate, Dimitrije, Cheryl and Violet out and about: Right: Dorothy, Joan, Carmel, Yumna and Lian enjoying the sunshine and bush surrounds.



Handy Numbers



Seniors Information Service	13 12 44
Commonwealth Carelink Centre	1 800 052 222
Aged Care Information Line	1 800 500 853
JewishCare FirstCall	1 300 133 660
COA	9389 0035
Woollahra Seniors Centre	9363 5957
Waverley Seniors Centre	9386 7900
ECHO Neighbourhood Centre	9387 2885
Carer Respite Centre	1 800 059 059

Next Quarter Music Club Events

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

1st April - (at Woollahra Golf Club) **Special Event**

Woollahra Philharmonic Orchestra - Holdsworth Annual Tea Party

Book your tickets through Holdsworth

15th April - (at Holdsworth)

Classical Destinations - "Cities and their Music" - We will be exploring Madrid (Music of Manuel De Falla & Isaac Albeniz and Belgrade (Music of Stevan Mokranjac)

6th May - (at Holdsworth)

"Carreras, Domingo, Pavarotti in concert Mehta" Many great classics by the Three Tenors, from Tosca to Turandot with a special encore of "O sole mio".

20th May - (at Holdsworth)

Eric's Favourite Showtunes! - Sit back and remember some golden music from the cinema. Enjoy excerpts from Singing in the Rain, West Side Story, Oklahoma, Carousel and more.... with our own Eric Scott.

3rd June - (at Holdsworth)

Robert Teicher - "The History of Music" - including, Baroque Style Music, through to Classical & Romantic to Modern times, Jazz & Rock. Holdsworth's talented choirmaster will treat us to some beautiful piano playing and regale our group with classics through the ages.

17th June - (at Holdsworth)

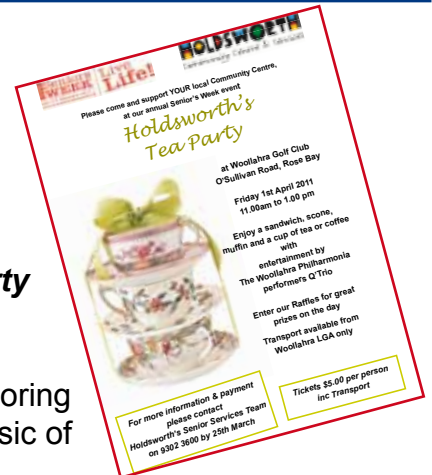
BYO Session with Valerie - Bring along your favourite music and a plate of your favourite nibbles to share with the Group.

Escape to the Movies this Autumn

Start your autumn off with one of our movie greats.... at Holdsworth Centre!

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

13th Apr	Oceans 11 (1955) - Frank Sinatra, Dean Martin
27th Apr	A Place in the Sun 1951) - Elizabeth Taylor, Montgomery Cliff
11th May	Sunset Boulevard (1950) - William Holden, Gloria Swanson
25th May	Witness for the Prosecution (1940) - Marlene Dietrich
8th June	The Ghost & Mrs Muir (1947) - Rex Harrison, Gene Tierney
22nd June	"Hello Dolly" (1969) Barbara Streisand, Walter Matthau Red Carpet Event



Sing along to.....
"Hello Dolly"
at our premier event of
this classic musical!



Wednesday Christmas Club

There were hats galore as our Wednesday Club members enjoyed a Christmassy outing to the Bondi Pavillion for a special holiday season show.



Above : Alice the Red nosed reindeer and Mark looking very Santaish, accompany Michael at the Bondi Pavillion: Left: Ross, Gina, volunteer Craig, Margaret and Sofia in their festive hats.

Happy Birthday Holdsworth!

Holdsworth celebrated its 70th year in 2010! Members of our Discussion Group joined the younger members of our Playgroup to celebrate the occasion with a magnificently decorated chocolate mud cake (thanks to "That's My Cake"). Woollahra Mayor, Isabelle Shapiro was in attendance to help celebrate and our Discussion Group veteran, Norman Taylor, cut the cake with Ava, our Playgroup representative!

Left: Discussion Group members team up with our playgroup members to celebrate 70 years at Holdsworth!



A Sainly Day Out

Saint Mary of the Cross McKillop was the attraction on a visit to the Mary McKillop Museum for our November Discovery tour. The tour included, a visit to the Memorial Chapel, tomb and the gracious building of Alma Cottage where Saint Mary McKillop carried out important charity work with those living in poverty. Afterward, we took a short drive to Crows Nest to enjoy a delightful lunch at the aptly named "Not Bread Alone" cafe. An inspiring and informative day was had by all!



Above Right: Ron, Fay, Betty, Margaret, Lesley and volunteers Faye and Pam, tuck in to lunch at Not Bread Alone. Left: Entrance to the Mary McKillop Chapel. Below Right: Lorette, Nawal and Lilian enjoying dessert.



Club Holdsworth

Building on the Wednesday and Friday programs, Club Holdsworth has successfully started new programs on Tuesday, Thursday and Saturdays. As well as the outings, Club members spend time at Holdsworth Centre taking part in various activities before going out to lunch and visiting places of interest. Members come from all over the Eastern Suburbs and have got to know each other especially when there are discussions about people's past. A number of members were not born in Australia, so there are some very interesting stories to listen to. Planning is taking place to find exciting places to visit over the coming months.



Above : Captain Jonathan steers our Holdsworth Club ship through smooth seas!



Above : Eha, Rita, Gina, Michael, Ben, Morris and Ross at Mrs Macquarie's Chair.



Above : Wednesday Bus Outing and Wednesday Club meet up at Clontarf Reserve for a mix and mingle.

Yoga News Flash!

New starting time

Yoga start/finish times will change to Thursdays, 1.45pm to 2.45pm.

Holdsworth's popular Yoga Group ended the year with a luncheon at the Hughenden Boutique Hotel. This self run group has grown in popularity since its inception in 2009. The health benefits of yoga are well documented and include reduced blood pressure, increased skeletal strength, improves muscle tone, assists with maintaining a positive mood, improves concentration and memory. You can join our group every Thursday during school term time. Please call our Senior Services Team on 9302 3600 if you require any further information.



Above : Sarah, Maria, Instructor Ilona, Patricia, Robert, Vic, Pamela, Marie and husband Ron, enjoy a Christmas lunch at the Hughenden Hotel.

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

Friday 29th Apr – Delightful Dural

Enjoy an historical tour of the magnificent colonial homestead of Roughley House located in scenic Dural. Morning tea will be served under the shade of the grand pine trees which are over 100 years old. Enjoy a country style luncheon at the pretty and picturesque Geranium Cottage before a leisurely drive home. **Licensed. Price \$55.00**



Friday 27th May – Berowra’s Best of British



Laugh your way through a delightful luncheon at the beautiful and popular Waterview Restaurant in Berowra Waters. Be entertained as you eat and drink with some early episodes of “Keeping Up Appearances”, together with the fun crowd at the Waterview. Enjoy a scenic drive to this lovely location. A two course lunch, with your wine included will ensure you giggling from start to finish. **Licensed. Price \$55.00**

Friday 24th June – Belgenny Farm

Join us for a visit to the Macarthur established convict-built Belgenny Farm. A traditional farm experience of billy tea, damper and whip cracking awaits you along with an introduction to the delightful sheep dogs of this farm. A brief tour of the property before enjoying a light luncheon at this unique and historic property. **Price \$55.00**



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

Saturday 9th Apr – Moroccan Magic



Be transported to far away Morocco. Dishes are cooked and served in centuries-old tradition that has been passed down for many generations. Treat yourself to this traditional Moroccan Feast of salads, dips, and delicious mains. Finish off with authentic sweets of the day and a Moroccan mint tea to try. **Licensed. Price \$60.00**

Saturday 14th May – European Experience

The Village Grill is a famous local restaurant tucked away in a laneway in Double Bay and serves good, hearty European comfort food. Traditional Balkan dishes, such as cabbage rolls and mixed meat platters will warm the cockles of your heart. An entertainer will regale our group with songs of the continent to accompany our European experience. **Licensed. Price \$60.00**



Saturday 11th June – A Botany Sunset



Back by popular demand; join us for a second visit to the beautiful NSW Golf Club. Enjoy a superb 3 course menu with 5 star service. The Clubhouse, is a magnificent combination of traditional architecture and 5 star comfort that will satisfy even the most refined patron. Enjoy the glorious sunset views over the beautifully manicured grounds at this elegant dinner. Dress code applies. **Licensed. Price \$60.00**

Spaces are limited. Please book by calling Seniors Services on 9302 3600.

Booking Conditions



- **Active & 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 4 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.**

Carer's Page

Spotlight on Carer New to Holdsworth Community Centre:

Carer: Betty Sheppard aged 83
Cares for her husband: John Sheppard aged 88.

About me: I care for my husband who has Dementia. We visited the Holdsworth Community Centre in February and were impressed to learn it has been running for seventy years. We were told about the Centre by the Aged Care Social Worker who thought Carers support and Club Holdsworth might be of interest to us.

My husband John served in World War Two in New Guinea as a "Gunner". We were both born in Sydney and married when I was twenty-two, (We have been married for sixty one years!). After we married we moved to a country town called Boorowa and bought a sheep farm there. We had two sons and a daughter. After a bad drought we moved back to the City of Sydney and I helped in my mother's fashion store called "William and Henry" (on the corner of William and Henry street), in Paddington. My husband renovated houses. Our children still live near us and we are lucky to have good family support. We are looking forward to being part of the Holdsworth Community.



Thursday Thrivers

*New Carers Only Social and Educational Group
Launch Date: March 24th 2011*

My name is Paula Hayden and I am a Social Worker from London. I moved to Sydney two years ago on a Skills Migration Visa. I worked with carers of people with dementia at a carers respite centre and started working as a Carers Support Officer/Dementia with the Holdsworth Community Centre in January. It is an exciting role at a time of organisational expansion.



In my new role I am enjoying more face to face work with carers who are new to Holdsworth and phone contact with carers familiar with Holdsworth. Alongside Louise, I have set up a new Carers only group called "Thursday Thrivers". The group meets fortnightly on (you guessed it!), Thursday afternoons for social outings, educational, creative workshops and guest speaker talks. The March to June 2011 program has been mailed out. Please contact me for any advocacy, support, referrals or to join our Carers email or postal mailing list if you have not received one or just to say hello!

EastEnders Carers Group

The EastEnders Program for 2011 is up and running. The Carers group met for Lunch and a guest talk in Coogee in February. In March we have a Cruise to Port Hacking and lunch. The Monthly Group welcomes Carers to attend on their own or to bring the person they care for along with them. Please call Lindy with any queries and/or if you still need the current program to be sent to you.



Please come and support YOUR local Community Centre,
at our annual Senior's Week event

Holdsworth's Tea Party



at Woollahra Golf Club
O'Sullivan Road, Rose Bay

Friday 1st April 2011
11.00am to 1.00 pm

Enjoy a sandwich, scone,
muffin and a cup of tea or coffee
with

entertainment by
The Woollahra Philharmonia
performers Q'Trio

Enter our Raffles for great
prizes on the day

Transport available from
Woollahra LGA only

**For more information & payment
please contact
Holdsworth's Senior Services Team
on 9302 3600 by 25th March**

**Tickets \$5.00 per person
inc Transport**

Please see overleaf for Booking Form

Please come and support YOUR local Community Centre,
at our annual Senior's Week event

Holdsworth's Tea Party

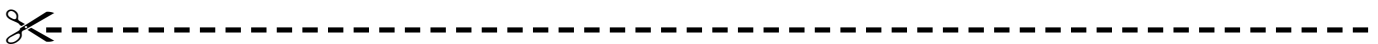
at Woollahra Golf Club, O'Sullivan Road, Rose Bay
Friday 1st April 2011 from 11.00am to 1.00 pm

Enjoy a sandwich, scone, tea & coffee
with entertainment by
The Woollahra Philharmonia performers
Q'Trio

Enter our Raffles for great prizes on the day
Transport available from Woollahra LGA only, by phoning
Senior Services 9302 3600

Tickets: \$5 each

RSVP: Friday, 25th March



I/We wish to purchase tickets at \$5 for the **Holdsworth's Tea Party on Friday, 1st April 2011 at Woollahra Golf Club.**

Name(s) of attendees: _____

Phone (day): _____ Transport: YES / NO (please circle)

Diatery requirements: _____

Address: _____

I would like to make a donation of \$ (A tax deductible receipt will be sent to you for any donation)

Cheque for \$ is enclosed OR Please charge my Visa / Mastercard (minimum transaction \$10)

____ / ____ / ____ / ____ Expiry date: __ / __

Name on card: _____ Signature: _____

Reply by post or in person to our Senior Services Team:
Holdsworth Community Street Centre Woollahra Inc., 64 Holdsworth Street, WOOLLAHRA NSW 2025
Tel 9302 3600