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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: The Builders Are Coming!

Work is expected to start on the office expansion and renovation on Monday September 26th.

This will involve removal and replacement of the concrete around the reception/office area, laying of new concrete and construction of walls to create additional office space under the current 'overhang' outside Reception. There will, by necessity, be disruptions to the normal work of the Centre and to the available access. It is hoped that the bulk of the noisy work will be done in the September/October school holidays. The main gate in Morrell Street will be closed to the public and will be access for the builders only. Access to the playground and office will be via the other two gates from Moncur Reserve. **Please note that some of our regular activities that take place at Holdsworth's Piano Room and the Club House may be affected and we are looking at alternative venues to hold some of the activities.** You will all be informed once we have found alternative venues. Work will be completed sometime in November.

Our book project with Ascham School finally came to fruition and the book was launched at Ascham School on Thursday, 11th August. The Governor, Her Excellency Professor Marie Bashir AC CVO, was in attendance together with Sally Betts, Mayor of Waverley and Isabel Shapiro, Mayor of Woollahra, to preside over the launch. Students of Ascham School were very proud to present the book to contributors on the day. This inspirational project has been an excellent way to learn about the lives of those that live around us, some proving to be astonishing lives at that. Well done to Valerie Fitzpatrick, together with the fabulous students at Ascham School and Ms Anne McCallum, all whom have been working tirelessly to have the book completed on schedule.

I hope you enjoy what we have in store for you over the next quarter. It's going to be a busy one!

Left: Andi, Betty M, Betty P and Sylvia on Cheap & Cheerful: Middle: John, Zoe and Sofia at the Book Launch: Right: Discovery Tour on the Hawkesbury.



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

PLEASE NOTE THERE WILL BE A CHANGE OF VENUE DURING RENOVATIONS

7th Oct - (at TBA)

Jamie Kennedy and his romantic trombone - Jamie will take us on a romantic musical tour through France, Russia and Germany. Get set for romance with a twist at this unique performance.

21st Oct - (at TBA)

In The Fiddler's House presented by Carla Rosen - by Itzhak Perlman, famous violinist, on the big screen. Retrace his footsteps from New York to Poland - the home of Klezmer music. Klezmer music is the traditional folk music of Yiddish speaking countries.

4th Nov - (at TBA)

"The Highs and Lows of Singing" - Our resident specialist, Eric Scott takes us to the heights and depths of Basso profundo to Counter Tenor and contralto to Coloratura Soprano.

18th Nov - (at TBA)

Two Rachels - Rachel Valler OAM and Rachel Tolmie regale us with Light Classics performed on piano, oboe and cor anglais. Do not miss this live performance.

2nd Dec - (at Holdsworth)

Robert Teicher - "History of Music" - brings us another session of "History of Music". Holdsworth's talented choirmaster will treat us to his gifted piano playing with a built in history lesson of music through the ages.

16th Dec - (at Holdsworth)

Happy Holidays! - End of year Christmas party. Bring a plate to share and a bottle too, if you wish.

Spring into a Movie at Holdsworth

Start your spring with one of our movie greats....

at Holdsworth or Goodwin Village venues during renovations.

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

12th Oct (TBA) *Guess Who's Coming to Dinner* (1967) - Spencer Tracy, Sidney Poitier, Katharine Hepburn

26th Oct (G) *The Third Man* (1949) - Joseph Cotton, Valli, Orson Welles

9th Nov (G) *Brigadoon* (1954) - Gene Kelly, Van Johnson

23rd Nov (G) *The Trouble with Harry* (1955) - Shirley Maclaine, John Forsythe

14th Dec (H) **"Its a Wonderful Life" (1946)** Donna Reed James Stewart

Red Carpet Event

Get into the Christmas spirit with an all time movie classic! Happy Holidays!



Dressed to the Nine's at Hello Dolly!

Our latest Red Carpet event featured the classic Barbara Streisand movie Hello Dolly! Feathers, glitz and olde worlde glamour were seen on the day with large hats galore. Lucky door prizes for best dressed and popcorn for all ensured a fabulous screening was had by all. Join us for the next Red Carpet event, Calamity Jane, on 28th September this year. Showing at a venue to be advised (due to Holdsworth renovations).



Above : Jocelyn and Carlos looking sharp at Hello Dolly.



Above : Jocelyn, Hania and Sarah get into the spirit at the premiere of Hello Dolly.

Just Desserts!

Our Saturday Fever program is showing no signs of slowing down. Evenings out this quarter have included the beautiful Sydney Golf Club, Terraces Restaurant at The Epping Club and the Village Grill in Double Bay. Desserts have been a favourite to finish off a great meal!

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.



Husband and wife duo!

Left: Constance enjoying her dessert at the Sydney Golf Club. Right: Barry enjoying his dessert at the Terraces Restaurant, Epping Club.



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 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.



Partnerships give great opportunities

The Holdsworth Tuesday Club program is taking part in a pilot project with the New South Wales Art Gallery to develop a program giving access to the wonder of art.

One week a month, Danielle from the Art Gallery comes to Holdsworth and works with the Club members talking about different paintings that are on show at the Gallery. This is very interactive, not just explaining what the artist was trying to do, but picking up on some of the practical aspects of the painting.



Above: Cecil and Rivka contemplating the beauty of art.

For example, Danielle passed around a swatch of hessian. This was the same hessian that the sheep shearers wore in the Tom Roberts painting 'Golden Fleece'. On another occasion, Club members used stones to develop environmental art in the style of artist Richard Long. The following week, the group go to the Gallery and Danielle shows them the actual pieces of art that they have been talking about. Each Club member has a folder with copies of the artwork, which they take home and can discuss with their friends and relatives.

The Gallery hopes that, following this pilot project, they will be funded to undertake similar work with other Centres giving access to all.



Left: Danielle highlighting the Golden Fleece to Cecil , Rivka, Morris and Bob; Right: Morris creating his own environmental art.

Free Travel?

A Travel Agent looked up from his desk to see an old lady and an old gentleman peering in the shop window at the posters showing the glamorous destinations around the world. The agent had had a good week and the dejected couple looking in the window gave him a rare feeling of generosity.



He called them into his shop, 'I know that on your pension you could never hope to have a holiday, so I am sending you off to a fabulous resort at my expense and I won't take no for an answer.'" He took them inside and asked his secretary to write two flight tickets and book a room in a five star hotel.. They, as can be expected, gladly accepted, and were off !

About a month later the little old lady came in to his shop. "How did you like your holiday ?" he asked eagerly. 'The flight was exciting and the room was lovely,' she said, 'I've come to thank you, but one thing puzzled me. Who was that old bugger I had to share the room with ?'

On The Spotlight!



Above : The Monday Bus Outing Group on the harbour foreshore: Audrey, Wally, Winifred and Betty Q, enjoying coffee in the park.

Our Monday bus outing group enjoys the picturesque harbour scenery on a glorious winter's day on Sydney's foreshore. Morning coffee in the winter sun was enjoyed before the Birds of Paradise exhibition at the Australian Museum. Monday's group is now in full swing but we still have a few spots left. This group is open to all five local government areas so if you have friends who live in Waverley, Botany, Randwick or City of Sydney tell them to call Irene so they too may join in the fun!

Healthy Eating

Hummus dip - An easy to prepare and nutritious food is a Middle Eastern dish that is tasty and also good for you. High in protein to help with muscle strength, and a good source of vitamins and minerals such as Vitamin C, B6 and folic acid and folate, essential for healthy blood.

Kazbah Hummus

1½ cups dried chickpeas (or 3 cups tinned chickpeas)
1 tsp bi-carb soda
1½ cups tahini
¾ cup of lemon juice
salt and pepper
Paprika for garnish
Extra virgin olive oil (optional)

Soak chickpeas in water and bi-carb overnight, then rinse and boil until soft, place ingredients in a food processor and blend to form a smooth past. Sprinkle with paprika to garnish and olive oil.



Volunteer Highlight -Thank you Mark!

Mark Frances has been a faithful volunteer for 3.5 years. Mark works on our Tuesday Bus Outings and our Wednesday Club programs. Working through some difficult times and many changes at Holdsworth, Mark has been one of our most committed volunteer workers.

We would like to take this opportunity to thank Mark for his dedication, hard work and his highly professional approach in all his volunteering duties. Holdsworth's important work is made possible by volunteers like Mark. We could not offer such excellent service without our valued volunteers and value their contributions greatly.



The Positive Ageing Program is an exciting program run by The Burger Centre.

This program aims at offering clinically approved programs, in relation to Falls Prevention.

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.

Tai Chi has been shown to be extremely effective with slowing the effects of ageing, increasing balance, reducing falls and stress. Learning and practicing these movements on a regular basis will enable you to develop a healthy body as well as an alert mind.



The soothing warmth and buoyancy of warm water makes **Hydro-cise** a safe total body workout. The water supports joints and encourages free movement, as well as providing support and resistance, which helps to build muscle strength.

The focus of the **Strength and Balance exercise classes** is to increase the strength of the lower body. When you have better balance, thanks to increased lower body strength, you will be less at risk to fall and become injured

The **Feldenkrais Method** facilitates learning about movement, posture and breathing to ultimately increase range of movement, improves flexibility and coordination. Participants learn new and easier options for movement.



There are availabilities for all classes. For any further information, or if you would like an information pack sent to you please contact: Jane Rotenstein Positive Ageing Program

Individual Shopping Service - Can We Help you?

Do you struggle every week to carry shopping home? Do you walk past heavy items, dreading the walk home? Are you missing out on good nutrition because weekly shopping is a chore?

Take advantage of our weekly or fortnightly shopping service. Our support worker will ring to get your list of shopping requirements and have the shopping home delivered to you, weekly, or fortnightly or whenever you need those heavy items. This service is also designed for those who have had a stay in hospital, respite or rehabilitation. We can do your shopping whilst you recuperate at home.

This fuss free service is free and the only costs are groceries and home delivery charge from Woolworths. Call Irene on 9302 3600 at Holdsworth to see if this service can help you!



Book Launch Success!



Right : Valerie and Sally Betts, Mayor of Waverley, at the launch.

Left: Ascham student Isabel presenting Lucy with a copy of the finished book.



Below Right: Norman chats with Fiona at the book launch.



Right: The girls from Ascham perusing the finished product.



Order Your Copy Today

I would like to order copies of **Old stories from the young**

- I will collect my order from the Centre (\$22 per copy) OR
- Please post to the address below (\$25 per copy) (Prices include GST)

Name:

Address:

. P/Code

- Cheque for \$ is enclosed OR Please debit the following card for \$
- Visa Mastercard Expiry Date . . . / . . .

Number / / /

Name on card

Signature

Please return this form to: Holdsworth Community Centre & Services
 64 Holdsworth St, Woollahra NSW 2025 Ph 02 9302 3600 Fax: 02 9327 5298
 ABN 50 949 197 281 www.holdsworth.org.au
 This form serves as a tax invoice when completed. Please keep a copy for your records.

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

Friday 28th Oct – The Magic Pudding

Meet Bunyip Bluegum and all the characters from Norman Lindsay's classic tale of The Magic Pudding on a visit to his gallery, studios and gardens. Morning tea and cake as we arrive, then tour the house, etching and painting studios and of course the magnificent grounds with our expert guide. To conclude our day, enjoy a special lunch at the Lindsay Cafe. **Price \$55.00**



Friday 25th November – Wyong Wonderland



Visit the Cedar Park Lavender Farm in the Yarramalonga region of the Central Coast. Learn about this French inspired farm of lavender, hydroponics and more, with expert guidance from owner, Warwick. After, enjoy a homecooked lunch at the beautiful Amazement Park. Enjoy the maze parklands and even pet a friendly sheep. Be the first to see this brand new attraction on the Central Coast. **Price \$55.00**

Friday 9th December – Champagne Christmas Celebration

Join us for this special Christmas inspired day out. Tour the magnificent St Mary's Cathedral in Sydney's CBD. Learn about the history and the modern day functions of this iconic city church. After, be pampered at the glorious Vaucluse Tea Rooms for their special High Tea and a glass of champagne to celebrate our last Discovery Tour for 2011. **Price \$55.00**



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

Saturday, 8th October – “Welcome to the Kazbah”

This visually beautiful restaurant boasts some of the best food in Sydney. Moroccan delights await us at this beautiful Balmain location. Be tempted by tagines of beef cheek, kebabs of chicken and lamb, all cooked in the wonderfully warm Moroccan style. We will also have dessert of Kazbah Bomb with Turkish Delight ice cream, followed by baklava and a special Turkish coffee to finish. Licensed. **Price \$60.00**



Saturday, 12th November – Blues Point Lavender



North Sydney's famous Blues Point Road, a haven of eclectic and elegant restaurants and cafes. Join us for this tempting menu of three courses, with coffee to finish at the Lavender Blue restaurant. Lavender Blue is nestled in a quiet haven of greenery with views of the bridge. Join us over the bridge for this up market night on Sydney's northern shores. Licensed. **Price \$60.00**

Special Date for Super Saturday

3rd December – Christmas at the Doncaster

Take advantage of this special opportunity! Trained staff will assist those less mobile to join us for a night out!

Our famous Christmas lights night out is back on again. This time enjoy a delicious dinner at the historical Doncaster Hotel. Enjoy a hearty three course meal on the terrace, together with coffee to finish. After, enjoy our traditional Christmas lights tour around southern Sydney and the city (time permitting). Licensed. **Price \$60.00 Limited space.**



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.