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



Maya's Message

Dear readers, Hola! and welcome to our Spanish themed edition! Winter is already here and so is another edition of our extra long newsletter. How time flies when you are busy and having fun at the same time! We have been buzzing with excitement and developing new trips and programs for the second half of the year. You will be receiving your programs at the end of June. If you have any recommendations on where you would like to go please do not hesitate to contact Valerie or Sarah at the office.

More helping hands...

I am happy to welcome to our fast growing family Co-ordinator Sarah Regos, who joined the Carers team and Program Officer, Irene Pitsis who joined our Club Holdsworth Team recently. Also volunteers Angus, Dinga and TAFE students Eunah and Aileen who have been volunteering their time across all our programs.

As you are probably aware, Holdsworth receives most of its funding from Home and Community Care (HACC) Funding Program. Whilst it would be lovely if they just gave us the money and told us to get on with it, this year all things have changed. HACC is making extra requirements of us which involves undertaking re-assessments of all the people who use our services as well as preparing an Individual Plan that sets out how we meet everybody's requirements. To this end, Irene Pitsis our new Assessment and Care Planning Officer will be in contact with you over the next twelve months to make sure we have all your correct details and to see if there is anything more we can provide you with. Read more about Irene on page 7.

Stay warm and well this winter and please join us on our next adventure at Holdsworth!

Maya & Team

Left: Cheryl & Sol at a Wednesday Club luncheon: Middle: Lorraine and Betty with our driver, Joe, enjoy a winter feast at the Village Grill in Double Bay: Right: Ebony and Greta sway to the music of Max the Danzing Man.



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 Piano Room



1st July - (at Holdsworth)

Trois - Three talented musicians will play flute, clarinet and piano for your listening pleasure. Be dazzled by their performance live at the Piano Room at Holdsworth.

15th July - (at Holdsworth)

In Search of Mozart - A detective story that travels to the heart of old Europe... and the heart of genius itself. Join us for a look inside Mozart's intriguing life story.

5th Aug - (at Holdsworth)

"Going Places with a bit of Swing" - It don't mean a thing if it ain't got that swing! - Our on-site expert of all things musical, Eric visits famous places with famous tunes.

19th Aug - (at Holdsworth)

Jaime Kennedy and His Romanic Trombone - Jamie will take us on a romanic musical tour through France, Russia and Germany. Get set for romance with a twist at this unique performance.

2nd Sept - (at Holdsworth)

Classical Destinations - Hosted by Valerie, travel to some great cities and experience their music. Combine travel, history, composers their stories and their music.

16th Sept - (at Holdsworth)

A Greek Experience - Irene Pitsis presents a whirlwind of Greek music and culture. Meet "Zorba the Greek" and singalong at this European fiesta.



Saddle up for...
"Calamity Jane"
at our premier event of
this classic musical!

Warm up at the Movies this Winter

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 July	<i>Adams Rib</i> (1946) - Spencer Tracy, Katharine Hepburn
27th July	<i>Bus Stop</i> (1956) - Marilyn Monroe, Don Murray
10th Aug	<i>A Streetcar Named Desire</i> (1951) - Vivien Leigh, Marlon Brando
24th Aug	<i>East of Eden</i> (1955) - James Dean, Raymond Massey
14th Sept	<i>All About Eve</i> (1950) - Bette Davis, Anne Baxter
28th Sept	"Calamity Jane" (1953) Doris Day, Howard Keel

Red Carpet Event



New Monday Bus Outing

Valerie hosts our brand new Monday Bus Outing which is open to seniors who reside in any of our five local government areas. The program is designed to provide social interaction with people from neighbouring suburbs and generally allow friendships to develop whilst you are out and about enjoying our lovely city. We visit a variety of interesting places, dine in the park and dine indoors at the best locations.

So, if you have friends that live in Waverley, Botany, Randwick or City of Sydney, tell them to put their name down with our helpful staff, to be in the fun sooner. Call Irene on 9302 3600 for further information.



Above : Alfred enjoying feeding the lorikeets at Cabarita near Canada Bay.



Left: New Monday Outing member Noel, enjoying a coffee at Middle Head. Right: Annie and Vic show off their soccer skills at the park in Canada Bay.



A "Berry" Good Day Out

For our March Discovery Tour, we were treated to a beautiful day out and hosted in true country style at Hania's magnificent property, Mananga Homestead. After a scenic drive to the south coast town of Berry, we arrived at Hania's to be greeted by her two fluffy companions and a cup of tea and delicious cakes. Hania talked us through the history of her home and told us stories of her resident ghost, Amy. Lunch was in the town of Berry at the historic country hotel, before a sleepy trip home. See our upcoming Discovery Tours (back page) to such places as the ANSTO nuclear facility, Powerhouse at Castle Hill and a tulip trip in September.



Above Right: Sylvia and Lorette enjoy the olde worlde ambience at Hania's Mananga Homestead. Left: Amongst the hanging ferns in the outdoor conservatory, Hania regales our group with tales of ghosts and the fascinating history of her special homestead.

Club Holdsworth

The Club Holdsworth programs continue unabated with lots of fun to be had by all. Visits include the interesting Museum of Currency (no free samples unfortunately), concerts at Bondi Pavilion and the Conservatorium of Music and visits from musicians and Max the Danzing Man.

As the weather becomes colder it does restrict how much time can be spent outside but as soon as the sun peeps through, the programs get out and about. We are working hard to find new performers to visit the programs with music that soothes and entertainers who bring laughter to all.



Above : Issy, Wilfred and Michael wearing their hats for a special afternoon with Max the Danzing Man.



Above : Dancing in the streets!



Above : Rose celebrates her 80th birthday with fellow Club members at Holdsworth.

Mama Mia its Arabian Nights!

Holdsworth's popular movie program saw genies, magic lamps and assorted other characters from the desert appear at our Red Carpet event in March. Due to technical failure on the day, we could not show the advertised movie. However, we all sang along and enjoyed the wonderful Mama Mia! Stay tuned for a special screening of Arabian nights later in the year.



Above: Carlos, Val, Andy, Hania and Sarah go to Arabia! Left: Carlos, Hania, Carolyn, Thelma and Betty brave the desert sands!

Vivacious Vietnamese

Our night birds had a great night out at one of Sydney's premier Vietnamese restaurants, La Mint in Darlinghurst. A truly authentic meal of shaking eye fillet and snake beans, with a range of unique accompaniments. Our Saturday nights remain popular with many of our adventurous members joining us every month. For a full list of next quarter's Saturday night outings, see the back page of our newsletter.

Right : Betty, Dora, Peg, Yvonne, Colleen, Pat and Barry and Constance enjoy a Vietnamese feast at Sydney's La Mint Restaurant.



Tea for Two!

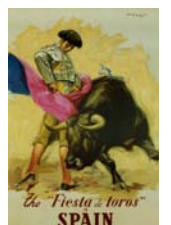
Another successful Tea Party event was held this year at the beautiful Woollahra Golf Club in Rose Bay. Over 100 guests attended this annual gala event. We were entertained by the talented and gracious Q'Trio, whilst tea and scones were served. We saw traditional morning tea dress by some, including our own Jonathan of Senior Services. Congratulations to our lucky raffle winners on the day. Stay tuned for news of our next Tea Party event for Seniors Week in 2012.

Bottom Left: Eve, Judy and Peggy enjoy a cup of tea and scones at the Annual Holdsworth Tea Party. Bottom Right: Jonathan entertains Rosina, both dressed to the nines!: Top Right: Margaret Lazanas, our fabulous soloist with a token of appreciation!



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.



Carer's Corner

The Eastenders memory loss carers have been eating their way through Sydney's ocean view restaurants and cafes. Next outing, Eastenders will dine at the Beach Palace Hotel in Coogee on the 25th July.

Laugh your way to Health and Happiness! 9 August at 1-2.30pm

Don't miss out on this EastEnders very special laughter workshop with music, meditation and relaxation at the end. RSVP to Lindy at lindy.yoannidis@holdsworth.org.au or call her on 9302 3600 for this side splitting session!

Person Centred Care plans are being created with Carers. Paula Hayden will be contacting and visiting Carers to create individualised care plans and support. We are seeking to acknowledge and build on Carers Strengths.

We welcome Sarah Regos to our team as Carer Services Coordinator!

My name is Sarah Regos and I am so pleased to have been appointed to the position of Carer Services Coordinator. I hold a bachelor of Social Work degree and my previous experience was at St George Hospital where I was the Haematology Social Worker working closely with patients and their families. I understand the need for carers to be supported and the need for them to still maintain a good quality of life while in their caring role. I am an enthusiastic, good-humoured and energetic person and am excited to be part of the Holdsworth family.



Ascham Book, ready to launch in August.....

Our book project with Ascham School is progressing very well. Our editor, Aviva, has done her work - she has volunteered many hours of her time and for that we are very grateful. The masterpiece is now in the hands of our Eric who has compiled the stories and photographs into digital format ready for the printer. I am confident you will be pleased, if not surprised, at how Eric has dealt with the layout creating a most impressive theme with your stories and photographs.

And so, the next step is for those of you who have participated to read and approve the final text and photographs. We will soon be sending you a copy of your story along with a letter of consent to be signed if you agree that it may be published in our book. Should there be any anomalies in your story please let us know and we will have them corrected.

Once we have the book in our hands we must have a book launch!

Book launch will take place at Ascham School on 11th August with the Governor, Her Excellency Professor Marie Bashir AC CVO, in attendance to preside over the launch.

Due to limited space at the venue, this launch will be by invitation only.

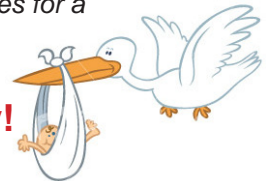


Multicultural Bus Outing

We recently partnered with South Sydney Community Aid & Multicultural Neighbourhood Centre to provide a fortnightly bus outing for seniors from the five local government areas. Our first visit was to White Rabbit Chinese Gallery at Chippendale, followed by lunch at Malabar Club and Eastern Suburbs beaches tour. We finished off with picturesque La Perouse, a sight that is of significant cultural and historical interest. Visiting the landing place of Captain Cook the group enjoyed the outdoor air and viewing the old ruins of the gun fortress. Thank you to Cecilia for taking time off from her office duties and providing her bilingual skills!



Above : The multicultural bus group enjoy the view at historic La Perouse. Left: The group poses for a beautiful photo of La Perouse island.

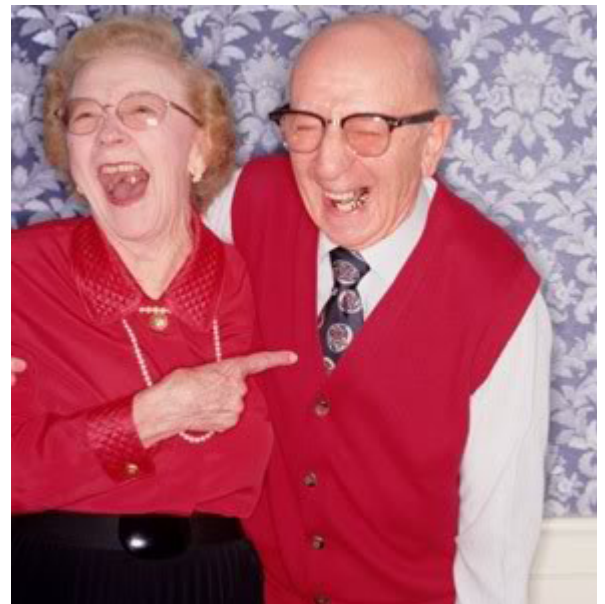


A new baby boy for Nancy!

Nancy and her husband Ted have welcomed their new baby boy, *Oriel*, on 13th April, 2011. He weighed in a healthy 4.365 kilos and was 55 cm in length. We all look forward to meeting him at Holdsworth playgroup in the near future.

Laugh for your life!

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.



Welcome to Irene!



Irene has worked in community services since 1994 in a range of capacities. Irene is an extremely versatile member of staff, with expertise in senior services, bus driving and even delicious Greek cooking! She started her role as Programs Officer for Senior Services in May this year. For those of you who have already met her on outings, you will know she has a passion for music and singing, especially songs from the 30s, 40s and 50s. Meet Irene at her special music presentation on the 16th Sept.

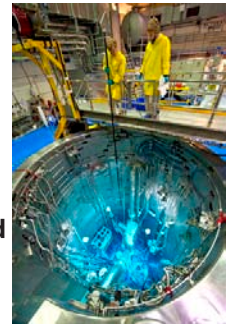
Left: Peggy, Judy and Irene enjoying dinner at the Village Grill Restaurant.

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

22nd July– Nuclear Fusion

Join us on this once in a lifetime tour to visit the OPAL nuclear research reactor. Learn how often we use nuclear research in our daily lives, from hospitals to our kitchens and lounge rooms. This comprehensive tour will reveal all of the secrets of nuclear research. Morning tea and delicious buffet lunch will be at the ANSTO Cafe. Don't miss this exciting day of information and learning. Price \$55.00

NB. Please note that due to stringent security measures at the facility, participants will need to provide suitable identification before and on the day. Details will be provided on booking.



Friday 26th August – Powerhouse Day Out



A fascinating day out at the Powerhouse Discovery Centre. Enjoy morning tea and a guided tour through the Display Store of this amazing museum filled with extraordinary wares of over 3,000 objects including historic cars, science and technology and history. After, we will visit the historic Mean Fiddler Hotel where we will be served a succulent winter roast and dessert for our enjoyment. Price \$55.00

Friday 23rd Sept – Tiptoe through the Tulips

Visit the beautiful tulips at Corbett Gardens in picturesque Bowral and enjoy a coffee and other country wares at the stalls within the gardens. After, we will have High Tea by award winning pastry chef, Mark Stone, at the Eling Forest Winery together with a glass of wine. Join us for this elegant spring day out in the Southern Highlands. Price \$55.00



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

Saturday, 9th July – Stuyvesant House



Traditional German fare awaits us on this winter night out. Be the guest of brothers, Rudi and Max and enjoy a traditional 3 course meal, including schnitzel and a classic crème brûlée whilst relaxing in the traditional european atmosphere. Be assured of a heartwarming evening of personal service and great food. Licensed. Price \$60.00

Saturday, 13th August – Piano Serenade

The Epping Club in Sydney's northwest is the place to be! Newly renovated and voted NSW's top club, we will be dining in the award winning Terraces Restaurant. Sit back and listen to the dulcet tones of the piano whilst you dine on a gourmet 3 course meal, your choice of steak with port wine jus, peri peri chicken or fish, together with Chef's special dessert and coffee to finish. Licensed. Price \$60.00



Saturday, 10th Sept – Movie Magic



Fancy dinner and a movie? Get together with us for a fun night at the movies at Sydney's famous Fox Studios. Dine at the Cine Restaurant with pasta, dessert and a complimentary glass of wine or beer. After, sit down and relax with one of Sydney's latest blockbusters at the Hoyts cinema complex. Take advantage of this inclusive evening of food and entertainment. Licensed. Price \$60.00

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.