

In this issue

A Message from
Maya & the Aged
Services Team P1

Loving Life and
Lunch P2

Music Club Dates P2

Special Carlos P2

Spring Movies P2

Zorba til you
Drop! P3

Eastern Beaches
Tour P3

Buddhist Retreat P3

Discovery Tours P4

Saturday Fever P4

Please contact us on 9302
3600 if you would like us
to send you Calendar of



A Message from Maya and the Aged Services Team

It's springtime in Sydney and to celebrate we have prepared a host of seaside treats and historic tours of majestic Sydney landmarks. We will venture to scenic Palm Beach, Manly and La Perouse for sunset banquets. We will enjoy a rare entree into chambers of the Sydney Town Hall, take High Tea at the QVB and visit the tomb of Mary McKillop. Don't miss out on Sydney at its best. See back page for details and book early to avoid disappointment.

Meanwhile, Maya is on holiday in Italy. We look forward to seeing all the photos and hearing all of her stories when she returns!

Holdsworth to expand services.....

In the year ahead we will be launching new programs for seniors in south-east Sydney. This has been made possible by winning a major government tender to provide much needed day programs for frail older people and people with degrees of memory loss who require assistance to continue to engage in community activities. This is a big step forward for the Centre as previously we have not been funded for seniors' programs outside Woollahra.

We are recruiting new staff to develop these programs so that we can continue to deliver all our current programs for existing clients. We look forward to developing closer working relationships with other services in south-east Sydney.

Feedback welcome

Please continue to let us know what you think of our services and programs and offer your suggestions for future outings.

Left: Rita, Eha & Sofia from Wed Club; Middle: Tuesday Bus Outing at Balgowlah Heights; Right: Wed Club playing croquet at Coogee Beach.



Loving Life and Lunch!

Lunch is on the menu for our Low Vision Friendship Group. Members enjoy a different lunch venue every month. Our wonderful volunteers, Pam, Faye and Helen escort the group to new and exciting eateries to enjoy an afternoon of great food, good company and stimulating conversation. Venues have included Zigolini's in Woollahra, Billy Blue's School Restaurant in North Sydney and Bambusia Chinese Restaurant in Bondi Junction. Next month our members venture to the Red Snail in Sydney's Rushcutters Bay.



Above: Peggy, Audrey, Judy and Pam enjoy lunch at Doyles; Above right: Holdsworth Driver - Ross, Volunteer, Pam and our Low Vision Friendship Group are pampered at Billy Blue's Restaurant.

Next Quarter Music Club Events

Now every 2nd & 4th Thursday of each month
1pm to 3pm at Holdsworth

23rd Sept (at Holdsworth)

BYO Session- with Valerie

14th Oct (at Holdsworth)

Mildred's Golden Moments (MGM)

28th Oct (at Holdsworth)

A Night With Handel - arias set in London by night

11th Nov (at Holdsworth)

Ancient and Religious music of churches and Cathedrals (includes the gregorian chant) - with Eric Scott. Discussion afterwards.

25th Nov (at Holdsworth)

Swan Lake Ballet - Special presentation of classic Tchaikovsky Ballet. Discussion afterwards.

9th Dec (at Holdsworth)

End of Year Party - Bring a plate to share and enjoy music by favourite composers on the Big Screen



Special Carlos

A special thank you to one of our dedicated volunteers, Carlos Santucci. You probably all know Carlos and see his face on many programs. Discussion Group, Movie Matinee, Music Club and our special events, to name a few. The tireless efforts of our volunteers are essential to the great service we are able to provide.

Movies for Springtime

Spring into this season with a movie.... at Holdsworth Street!

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

13th Oct *Love Me or Leave Me* (1955) - Doris Day, James Cagney

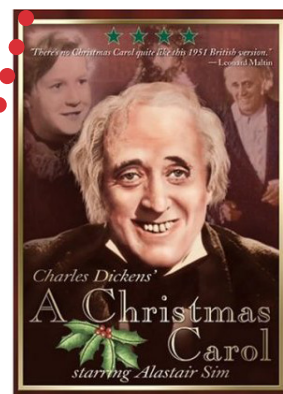
27th Oct *Houseboat* (1958) - Sophia Loren, Cary Grant

10th Nov *Dial M For Murder* (1954) - Grace Kelly, Ray Milland

24th Nov *Pride & Prejudice* (1940) - Laurence Olivier, Greer Garson

8th Dec **"A Christmas Carol" (1951) - Alistair Sim, Kathleen Harrison**
Red Carpet Christmas Party

End of Year Party
Ho Ho Ho!!
Now Showing
"A Christmas Carol"



Zorba till you drop!



All things Greek was the theme for our Saturday Fever night owls. A Greek feast, including souvlaki, moussaka, Greek salads, baby calamari and traditional Greek treats for dessert. The dancing shoes were dusted off and brought out for a fine old work out to such classics as, YMCA, Dancing Queen, Saturday Night Fever and The Twist. When everyone's shoes



were just about in flames, owner, James, spins the vinyl once more with a hopping rendition of Zorba the Greek! As plates smash and staff stand on the chairs for safety, Saturday Fever regulars, Jocelyn and Kevin burn up the dance floor.

Left : Valerie goes vertical. Right: Kevin and Jocelyn show their smooth moves!

Eastern Beaches Tour

Our energetic Wednesday Club enjoyed the unseasonal sunshine to pay a visit to Clovelly Beach. This Eastern Beaches tour is a favourite day out for clients, staff and volunteers. Clients played croquet at Coogee Beach before lunch at a local Club. Spring is definitely in the air!



Left : Wed Club at Clovelly; Right: Ross and Zarni playing croquet

Buddhist Retreat

A great day was had by all who braved the long journey south to the Nan Tien Temple on our June Discovery Tour. The magnificent architecture and serene atmosphere recharged our senses as we were taken on a journey through Buddhist culture and insight. We tried our hands at the ancient meditative art of origami and looked at minute carvings through magnifying glasses. Lunch



was at the local Club, a feast of prawns and other varied delights. To finish, a leisurely drive back through Wollongong and the beaches, including Grand Pacific Drive and a short viewing of the Indian Temple.



Above Left: The Nan Tien Temple main building of worship. Below Left: One of the magnificent incense burning pots. Above Right: The entrance to the main temple of worship. Below Right: The Holdsworth gang getting their daily "step up" exercise.



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

Friday 22nd October – A Day at the Beach

A leisurely drive to Palm Beach where we hop on the ferry and enjoy a coffee and scenic roundtrip ride around the waterways. Soak up the beauty of Palm Beach as we enjoy a gourmet lunch, complete with dessert. Dunes Restaurant is a welcome beachside oasis at Sydney's playground of the rich and famous, beautiful Palm Beach. Licensed. **Price \$55.00**



Friday 26th Nov – A Sainly Day Out

Morning Tea and guided tour at the famous Mary Mackillop Museum. Visit the buildings, tomb and Chapel named in Saint Mary's honour. After, enjoy a delicious lunch at the trendy restaurant "Not Bread Alone" in the beautiful north shore suburb of Crows Nest. This saintly day out is sure to leave you uplifted!

Licensed. **Price \$55.00**

Friday 17th Dec – High Tea at the QVB

Visit the Lord Mayor's Reception Room, learn about the history and stories of the iconic Grand Organ at Sydney's magnificent Town Hall. Be privy to rare public access to one of Sydney's great historic buildings. We will then enjoy a delicious High Tea at the Tea Rooms inside the beautiful Queen Victoria Building. Time permitting, a short Christmas shopping interlude for those last minute or special gifts. Licensed. **Price \$55.00**



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

Saturday 9th Oct – Baraka Bellydance



Enjoy an authentic Moroccan banquet with tajine chicken, couscous and traditional Moroccan date pudding. A short drive to the Forum in Sydney's Leichhardt will see us at Baraka's Restaurant. Being served traditional Moroccan food and visually stunning entertainment by their energetic bellydancers. Licensed. **Price \$60.00**

Saturday 13th November – Surf's Up in Manly

With magical sunset views over the Pacific Ocean, you will enjoy a special spring banquet at Sydney's most iconic beach. Watch the surfers and indeed, the world, pass by in this hip and happening corner of Sydney. Licensed. **Price \$60.00**



(Please Note: this restaurant has 14 stairs)



Saturday 11th December – Christmas Lights

Join us for a Christmassy night of twinkling lights, festive music, delicious fish & chips including dessert and coffee at the famous Danny's Famous Seafood Restaurant in La Perouse. Enjoy a relaxing driving tour of the Christmas lights in the southern suburbs and if time permits, a drive through the city to see the famous Martin Place Christmas Tree. 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.**