



NEWSLETTER

August 2023



Dear members of our vibrant community,

I hope this message finds you all in good health and high spirits. As we navigate the ever-changing currents of our collective journey, it brings me immense joy to address you through this newsletter. Our community has always been a tapestry woven with diverse threads, each contributing its unique colour and texture to the vibrant whole.

As we move forward, let's continue to foster a spirit of collaboration and understanding, forging connections that enrich our lives and the lives of those around us. Your active participation and unwavering support are the cornerstones of our success, and I am truly grateful for the dedication you bring to our shared vision.

Thank you for being the heartbeat of our community. Here's to a newsletter filled with inspiration, connection, and the boundless potential that lies within each of us.

With gratitude and excitement,

Daphne Drew
General Manager

Stepping On Mortdale Community Hall

Unsteady on your feet?
Would you like to be more confident with your balance and movement?
Stepping On is the ideal program for you!
Join us in Mortdale for our free 7-week falls prevention program using evidence-based practises from South East Sydney Local Health. Master the art of balance, regain control, and get your confidence back.

To register please call the central intake office on 1800 255 774

Grow Mental Wellbeing Programs

In a world where stress and challenges can often feel overwhelming, taking care of our mental health is more important than ever. Introducing "Grow," a mental health wellbeing program that has been around since 1957 and is dedicated to nurturing the seeds of resilience, self-awareness, and growth within each of us.

Grow is a free voluntary participant group that meets every week on a Tuesday at the Mortdale Village Hall, 113 Victoria Avenue Mortdale NSW 2223 from 1:30 pm to 3:30 pm. **To find out more**

Workshops & Seminars

Grandparenting Today

**Do you want to improve your communication with your grandchildren?
Have you ever wondered, what can I say differently?
To the generation of grandchildren's generation?**

We are running seminars offering grandparents valuable insights and practical guidance on various aspects of grandparenting, tailored to the needs of today's dynamic world. The workshops will cover various topics, including effective communication, brain development, emotional attachment, and building lasting connections.

Enquires to our Community Development Coordinator Kerry on 9579 6322 or 0490 074 808

Tai Chi Classes

Why not try one of the world's oldest ancient martial art forms consisting of a series of slow and graceful movements?

Our dedicated instructors provide Tai Chi classes once a week in the community incorporating the benefits of physical strength exercises including increasing your flexibility and balance over time. Why not join us for a chat and cuppa after the classes for some yummy cakes and delicious coffee!

Interested? Contact our Community Development Coordinator Kerry on 9579 6322 or 0490 074 808.



Knitting for Fun and Charity

Knitting is not just a hobby; it's a beautiful art that connects people and brings communities together. Our group is a gathering of passionate individuals who share a common love for knitting and a desire to make a positive impact on the lives of others.

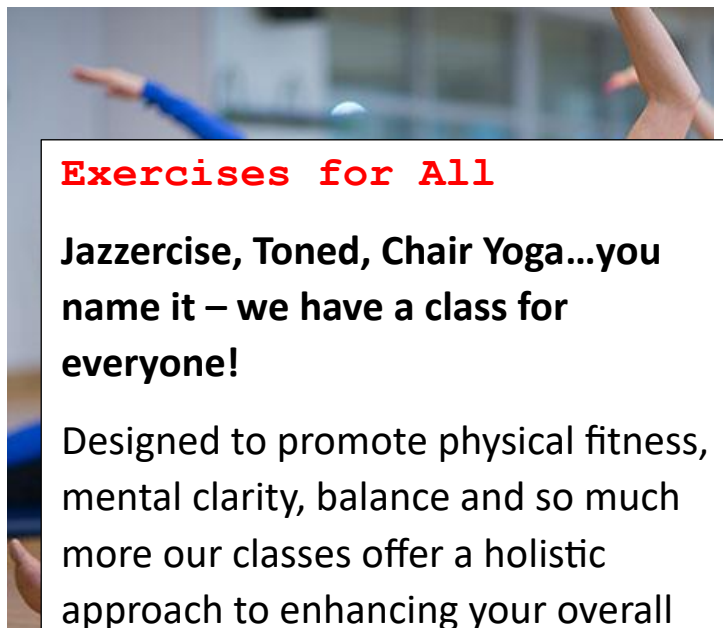
Our knitting group meets once a month and knitters of all levels are welcome! Our friendly and supportive members will be more than happy to guide and help you along the way.

Interested? Contact our Community Development Coordinator Kerry on 9579 6322 or 0490 074 808.

**Experience the Joy of
Community
and Connection with Our
Social Support Services
for Older Adults**

Are you or your loved ones looking for ways to enhance social connections and lead a more fulfilling life as you age? Look no further! Our older adults' social group outings and individual social support services are specifically designed to cater to the unique needs of seniors, providing a plethora of benefits that enrich their lives.

Contact our Community Development Coordinator Kerry on 9579 6322 or 0490 074 808 for further information.



Exercises for All

Jazzercise, Toned, Chair Yoga...you name it – we have a class for everyone!

Designed to promote physical fitness, mental clarity, balance and so much more our classes offer a holistic approach to enhancing your overall well-being.

Led by certified and passionate instructors, their sessions incorporate a diverse range of activities, including yoga, dance aerobics, and gentle strengthening exercises. Whether you're a seasoned fitness enthusiast or just starting your wellness journey, our inclusive and supportive environment welcomes everyone.

Interested? Contact our Community Development Coordinator Kerry on 9579 6322 or 0490 074 808.

Personal Benefits of Volunteering



<https://www.hotcoursesabroad.com/study-abroad-info/career-prospects/what-are-the-benefits-of->

Volunteer Voice Committee

Wanting to make a difference in your community? Look no further!

Introducing our exceptional Volunteer Voice Committee - a group of extraordinary individuals whose dedication and passion for fundraising know no bounds. Their tireless efforts have ignited a spark of hope and positive change in our community, leaving an indelible mark on the lives of those in need.

**Interested? Contact our
Community Development
Coordinator Kerry on 9579 6322 or
0490 074 808.**

Contact Details

2b – 2c

Boundary Road

Mortdale NSW 2223

Ph: 02 9579 6322

<https://jubileecs.org.au/>





Bacon and Beef Pasta Bake

Ingredients:

1 tbs olive oil
1 onion finely chopped
2 garlic cloves crushed
4 bacon rashers
chopped 500g beef
mince
550g Leggo's pasta sauce with
red wine 2 cups Massel Beef
Style Liquid Stock 1 cup
mixed vegetables
250g spiral pasta
1 1/2 cups cheese
grated 1/2 tsp salt
and pepper

Method:

Grease a 12-cup capacity
ovenproof dish with a lid.

Heat oil in large saucepan and
add bacon, onion and garlic.
Cook until onion is soft.

Add mince, stirring
occasionally for 5 minutes, or
until beef changes colour.

Add pasta sauce, stock,
vegetables, salt and pepper.
Bring to the boil. Simmer for 5
minutes.

Add uncooked spiral pasta. Stir
to combine and pour into an



oven proof dish.

Bake, covered, at 180C for 30
minutes. Remove from oven,
stir, sprinkle with cheese and
bake, uncovered, for a further
30 minutes.

Have a Chuckle !

- What do dentists call their x-rays?
Tooth pics!
- Did you hear about the first restaurant to open on the moon?
It had great food, but no atmosphere.
- What did one ocean say to the other ocean?
Nothing, it just waved.
- Do you want to hear a construction joke?
Sorry, I'm still working on it.
- Did you hear about the fire at the circus?
It was in tents!
- Why should you never trust stairs?
They're always up to something.
- Why did the bullet end up losing his job?
He got fired.
- What kind of shorts do clouds wear?
Thunderpants
- How do you measure a snake? In inches—they don't have feet.
- What does a house wear?
Address!

ACTIVITIES AT JUBILEE COMMUNITY SERVICES

GRANDPARENTING TODAY

Grandparents and interested carers of children aged birth to 12 years are invited to this informative overview of Parenting Today.

Details

Wednesday 30th Aug & Tuesday 19th September 2023
Time
10:30 am - 12 pm

Location

Jubilee Community Services
Enquiries to Kerry
(02) 9579 6322 or
0490 074 808

We will discuss:

- The latest research findings about child rearing practices
- Current theories about children's relationships within the family
- An overview of behaviour, secure attachment, and children's brains
- Some ways to support your adult child with their parenting.

A Free Two - Part Seminar for Grandparents and Carers of with Michelle Cuthbertson. A Parent educator of over 45 years experience.



Jubilee offers this event with the support of



MIND, BODY, SOUL MENTAL HEALTH SUPPORT GROUP

A fun group designed to support people on their mental health recovery and personal well-being journey. Feeling overwhelmed and having a hard time, have a break and take a moment for yourself and join us.



More Information
9579 6322
jubileecs.org.au

Cost

FREE

When

Fridays 11:00 am - 12:30 pm

Location

Mortdale Community Centre

Contact

St George Community Mental Health on 9553 2500 and ask to speak with a Support Worker.



JAZZERCISE

Join our Jazzercise classes for a fun and energizing workout! Get your heart pumping and your body moving with lo cardio sculpt. Perfect for seniors to have fun.

REGISTER NOW!



With

Sharon Robinson

Cost

\$85 Per Month Unlimited

Promotion

Get 2 classes for \$30 with a monthly pass purchase. Save \$30 on your first monthly pass.

Location

Mortdale Community Centre

Difficulty

low- Medium

More Information
9579 6322
jubileecs.org.au

When

Monday

9.15am - 10.30am

Wednesday

9.15am - 10.30am

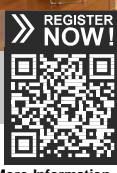
Friday

9.15am - 10.30am



Toned Exercise Group

Join Toned Exercise Group for a fun and supportive exercise community for those over 50. All skill levels are welcome to improve health, socialize, and be part of a welcoming and inclusive group.



More Information
9579 6322
jubileecs.org.au

With

Peter White

Cost

\$10 Per class

Location

Mortdale Community Centre

Difficulty

low- Medium

When

Monday

11.00am - 12.30pm

Thursday

11.45am - 1.00pm



Mah Jong Club

Join the Mahjong Social Club for older adults—a vibrant community where connections are made and the timeless game of Mahjong is enjoyed. Experience the joy of camaraderie and friendship in a welcoming environment.



More Information
9579 6322
jubileecs.org.au

With

Adult Leisure Learning

Cost

\$5 Per class or \$35 per term

Location

Oatley RSL Letitia Street Oatley

Difficulty

low- Medium

When

Thursday

10.00pm - 1.00pm



Canasta Social Club

Discover the Canasta Social Club, where older adults gather for strategic gameplay, new friendships, and endless fun.



More Information
9579 6322
jubileecs.org.au

With

Adult Leisure Learning

Cost

\$5 Per class or \$35 per term

Location

Oatley RSL Letitia Street Oatley

Difficulty

low- Medium

When

Thursday

10.00pm - 1.00pm



Tai Chi Exercise Group

Join our Tai Chi Exercise Group for older adults. Experience transformative wellness through gentle movements and mindfulness. Connect with like-minded individuals and enhance your physical and mental health.

More Information
9579 6322
jubileecs.org.au

With
Adult Leisure Learning

Cost

\$5 Per class or \$35 per term

Location

Mortdale RSL

Difficulty

low- Medium

When

Wednesday

12.30pm - 1.30pm



I would like to tell you about a Mental Health Group called GROW
(A Free & Voluntary Face-to-Face Group)

GROW was started in Australia in 1957 and has spread throughout the world. It developed from people with lived experience of varying degrees of mental issues in a quest towards good mental health and better personal development.

GROW incorporates a proven twelve-step recovery model, with the GROW Program and Philosophy for healthy living.

Each GROW meeting has a special combination of People and Program and are free and anonymous, and as well as that the groups are a great complement to clinical services.



We say in GROW "If you've got a problem. That's good!!!" So, if GROW is for you, please just come along.

Every Tuesday from 1:30 pm - 3:30 pm at the Mortdale Village Hall

113 Victoria Avenue Mortdale - a short walk from the train station



Social Knitting Group

To be held on the 1st Tuesday of each Month at 1.00pm - 3.30pm

Jubilee Community Services
2b-2c Boundary Road, Mortdale

Please contact Knitting Group Co-ordinator
Kerry Theodis Mob: 0490 074 808
Email: communityworker1@jubileecs.org.au

Bimonthly we host a **Morning Tea/Information Session** for in-community, inviting various services to speak on well-being, welfare, and quality of life programs.



JUBILEE COMMUNITY SERVICES SOCIAL OUTINGS IN AUGUST 2023



02
AUGUST

CANADA BAY CLUB

OVERVIEW

Enjoy a satisfying lunch at Canada Bay Club. With its diverse menu and comfortable atmosphere, it's an ideal destination to relax and indulge in a delicious meal.



07
AUGUST

IKEA SHOPPING + LUNCH

OVERVIEW

Welcome to the world of Ikea, a magical labyrinth of affordable furniture and home decor that transcends mere shopping and becomes an experience like no other.



09
AUGUST

BOTANICAL GARDENS + CAMDEN GOLF CLUB

OVERVIEW

"Embark on a delightful journey of nature's beauty and serene landscapes as you explore the captivating world of botanical gardens and the charm of Camden Golf Club.



14
AUGUST

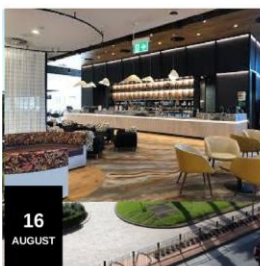
ILLAWARRA YACHT CLUB

OVERVIEW

Welcome to the Illawarra Yacht Club, a haven for sailing enthusiasts and anyone seeking a memorable waterfront experience.



Australian Government
Department of Social Services



16
AUGUST

FERRY to Olympic Park + CLUB RIVERS

OVERVIEW

Embark on a delightful adventure as you catch a ferry to Olympic Park, where excitement and entertainment await!



21
AUGUST

Lunch at Cronulla RSL Club

OVERVIEW

Indulge in a delightful dining experience at Cronulla RSL Club! Nestled in the heart of this picturesque beachside town.



23
AUGUST

Innovation Shop + Forestville RSL Club

OVERVIEW

After immersing yourself in the world of innovation, treat yourself to a delightful lunch at the charming Forestville Club.



28
AUGUST

Shopping + Lunch Birkenhead Point

OVERVIEW

After a successful shopping spree, recharge your energy at one of Birkenhead Point's exquisite waterfront restaurants and cafes.



30
AUGUST

Teapot Museum + Lunch Leura Gardens

OVERVIEW

Discover cascading waterfalls that plunge into hidden emerald pools, to panoramic vistas, where the horizon stretches into infinity.

Please note that transportation for this activity typically begins at 9 am. We will provide advanced notice if an earlier start time is necessary. Also, please be advised that the cost of meals is not included in the activity fee. On average, meals cost \$20. If you are interested in participating, please get in touch with us on 9579 6322.



Jubilee Community Services

Volunteers Needed

All ages and backgrounds welcome . . .

Students, retirees or someone who just wants to give back

- ◆ Assisting with Community Events
- ◆ Providing support and assistance to older adults
- ◆ Reception, administration work, plus much more

Benefits:

- ◆ The opportunity to make a positive impact in the lives of others
- ◆ Gain valuable skills and experience
- ◆ Meet new people and make new friends
- ◆ Feel good about giving back to your community

Contact our Community Development Coordinator as below:



Jubilee Community Services – 2b-2c Boundary Road Mortdale
Monday to Friday from 9.00 am to 5.00 pm
Phone: 9579 6322 Mobile: 0490 074 808