

at home with
WILLOUGHBY



CLIENT NEWSLETTER

WELCOME TO THE 2025 AUTUMN EDITION

2025 Seniors Festival

This year's Seniors Festival runs 1 – 31 March 2025, and Willoughby City Council have created an exciting program with more than 50 free or discounted events for you to enjoy.

Our annual variety concert will take place at the Zenith Theatre on 4 March, featuring the band Hitmakers 4 alongside a the Beating Time Community Choir and community dance groups.

Other events include a Hawksbury River Cruise, information talks, art exhibitions, open days, exercise classes, arts and crafts, and intergenerational events to enjoy with family and friends.

The full program of events can be found on Willoughby City Council's website (www.willoughby.nsw.gov.au), or in brochures distributed to local community centres, libraries, and medical centres. If you would like further information about the program, please call the Dougherty Community Centre on 9777 7800 or the At Home with Willoughby Team on 9777 7824.

2025 Seniors Gala Concert

Zenith Theatre, Railway St, Chatswood. Tuesday 4 March, 12:30 – 2:30pm. \$8.

Enjoy entertainment from the band Hitmakers 4 who will perform a showcase of familiar numbers. A complimentary lunch box will be provided for you while you enjoy the Beating Time Choir and MOSAIC dance groups.

Book online at www.zeniththeatre.com.au or call 9777 7555. Please note the doors open at 11:45am, and there is very limited seating available outside the theatre.



SOCIAL BUS OUTINGS



Join us for an outing around Sydney

At Home with Willoughby's Social Outing Program aims to provide the community with a range of varied and interesting experiences as well as opportunities for social engagement and education. Come along and meet new friends, travel to interesting locations around Greater Sydney and enjoy lunch within an inclusive and supportive environment.

What you need to know

The basic cost for each bus trip is \$18.50, which is invoiced at the end of the month. At cafés and restaurants, clients order and pay from the menu at the venue.

Trips operate on the first, third and fourth Wednesdays of the month. The trip on the fourth Wednesday of the month is shorter and is suitable for clients with mobility difficulties or who may be unable to spend longer periods of time on the bus.

March 5 th 2025	Baby Boomers Live Comedy Tribute of Music Legends Show Penrith Panthers Show + lunch \$22.60 We are leaving the Dougherty Centre at 9.15am. Please arrange transport to and from the Dougherty Centre for this trip.
March 19 th 2025	Flower Power & lunch at Frankie's Food Factory Glenhaven.
March 26 th 2025	Short Trip - Maroubra Seals Club for lunch
April 2 nd 2025	Scenic drive along Cronulla Beach – lunch at Bianchini's
April 16 th 2025	Tour of the Museum of Fire (\$12pp) – Penrith Panthers for lunch
April 23 rd 2025	Short Trip – Harbord Diggers for lunch
May 7 th 2025	Bottom of the Harbour Seafood lunch - Balmoral Beach
May 21 st 2025	Lunch at The House of Herbs and Roses - Dural
May 28 th 2025	Short Trip - Picnic at Centennial Park (picnic provided, cost TBC)

Please call Jackie on 9777 7826 for further information about Social Outings

SOCIAL ACTIVITIES GROUP



Wednesday Social Activities Group (WSAG)

We have been doing a lot of funfilled activities this quarter, including Seniors Festival celebration arts and craft, scrap collage, paper toys, playing board games, bingo & lots more.

We have also been making craftwork as a group where clients create theme based individual pieces and collectively put it together to display at Social Lunch events. The Christmas trees in the photo below were all made individually by clients and used as part of decoration during Christmas Lunch. Clients loved spending their time creatively making Christmas wreathes, paper lanterns, abstract painting & much more.



Sample Timetable for March 2025. Subject to change; morning tea and lunch provided every week

5 March	Seated Yoga	Cupcake Paper Flower craft	Bingo
12 March	Gentle Exercise	Senior's Festival Celebration activity	Dice Games
19 March	Gentle Stretches	Best from Waste Penholder craft	Board Games
26 March	Chair Yoga	Easter Bunny craft	Bingo

Our Wednesday Social Activities Group meets every week on Wednesday 10am - 3pm for social activities and friendship. WSAG is open to people who are over 65 from all backgrounds (over 50 for Aboriginal and Torres Strait Islanders) and who are registered, or willing to register, with My Aged Care: 1800 200 422 or www.myagedcare.gov.au. For more information about how to join this program, please call 9777 7526, or email gauri.borkar@willoughby.nsw.gov.au

SOCIAL CIRCLE



Social Circle is a weekly get-together on Thursday afternoons from 1.00 pm to 3.00 pm. A movie will be screened with light refreshments served, free of charge. Once a month there will be a high tea event at a cost of \$17.00 per person.

HIGH TEA events : Enjoy delicious Devonshire tea, cakes, finger sandwiches, fresh fruit juice, tea/coffee, prepared by our chef Jason. A short movie will be screened.

Bookings are essential for High Tea events – please call 9777 7824 to book.

Bookings are not required for movie events, just come along.

Mar 6 HIGH TEA \$15 paid on the day, card only, call 9777 7824 to book. Seniors Festival special price

Mar 13 Movie - My Brilliant Career (1979 Australian classic) – starring Judy Davis & Sam Neill.

Mar 20 Movie - Fisherman's Friends (2019) A heartfelt true story about a group of singing fishermen in a small English village who unwittingly become incredibly famous.

Mar 27 Movie – Mother of the Bride (2024) A delightful comedy – starring Brooke Shields.

Apr 3 HIGH TEA \$17 paid on the day, card only, call 9777 7824 to book.

Apr 10 Movie - The Royal Treatment (2022) A light hearted romantic movie set in 2022, in New York City – starring Lara Marano and Mena Massoud.

Apr 17 Movie – Paddington 2 (2017) Follow the adventures of a little bear in a blue coat - starring Hugh Grant and Hugh Bonneville.

Apr 24 Movie – Made In Italy (2020) A heartwarming story of a widower artist and his estranged son as they embark on an adventure in Italy together - starring Liam Neeson.

May 1 HIGH TEA \$17 paid on the day, card only, call 9777 7824 to book.

May 8 Movie – The Intern (2015) An inspiring story of a retired widower who is taken on as a work experience assistant, at an online fashion retailer run by an ambitious young woman – starring Robert De Niro and Anne Hathaway.

May 15 Documentary – Finding Happiness in Troubled Times (2021) An inside look at the remarkable friendship between two great men of our times – starring The Dalai Lama and the late Archbishop Desmond Tutu.

May 22 Movie - A Family Affair (2024) A light hearted comedy - starring Nichole Kidman

May 29 Movie - The Leisure Seeker (2017) An older couple hits the road in an old Leisure Seeker campervan on the trip of a lifetime - starring Helen Mirren and Donald Sutherland.

SOCIAL LUNCH CLUB



Social Lunch Club

Staying socially active and regularly connected with friends is important for keeping healthy and happy, so why not come along to our Social Lunches?

Social Lunches are held on the second and fourth Wednesdays of the month at the Dougherty Community Centre. The lunch on the second Wednesday has a more traditional menu, and is often themed to celebrate cultural events. The Social Lunch on the fourth Wednesday of the month has a multicultural focus, with an Asian themed menu.

Lunches are \$18.50 payable by card on the day, and include two courses, tea / coffee & small glass of wine. Cash is not accepted for payment.

There is limited transport available for residents in the Willoughby local government area to the traditional social lunch on the second Wednesday of the month if required.

Bookings are essential. Please call Sheila Cameron on 9777 7830 to book the traditional themed social lunch, and call Rufina Lee 9777 7847 to book your place at the Multicultural Social Lunch.

Upcoming Social Lunch Dates

12 March 2025 – Seniors Festival Lunch

26 March 2025 – Seniors Festival Lunch

9 April 2025 – Easter Themed Social Lunch

23 April 2025 – Multicultural Social Lunch

Wednesday 12 March Menu

Salmon on Olive Crushed Potato, Salsa Verde, Confit Tomatoes and Burnt Lemon Quarters

Key-Lime Tart with Lemon Zest Meringue

Please call 9777 7830 to book

Wednesday 26 March Menu

Roasted Chicken Supreme, with Lemon Thyme Infused Jus, Sweet Potato Mash and Baby Spinach Balls

Milk Jelly with Strawberry Infused Salad

Please call 9777 7830 to book



MEALS ON WHEELS



Meals on Wheels

We offer a range of hot, frozen or chilled main meals, desserts and sandwiches all delivered to your door by our team of friendly volunteers.

All main meals are made locally using fresh ingredients without preservatives, and provide excellent value for money. Main meals are \$8.65 for CHSP clients.

We are also offering summer salads, which are a lovely lighter alternative for hot days. These are priced at \$10.75, and are freshly made by the Blend Café team at the Dougherty Centre.

Our Meals on Wheels menu changes regularly – please call 9777 7830 if you would like to try one of our meals or if you would like further information.

Benefits of Meals on Wheels

Recent studies of Meals on Wheels participants in America found the following benefits of using Meals on Wheels:

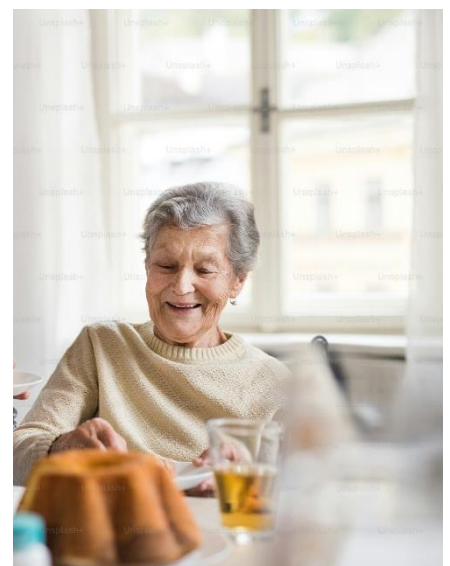
- 79% participants reported that the meals help them eat healthier foods
- After 3 months of Meals on Wheels programs in Texas, the percentage of participants who were malnourished dropped from 42% to 8%.
- 87% of participants say that knowing that they will receive regular visits by a Meals on Wheels volunteer makes them feel safer at home.

Did You Know?

There are 14,000 Meals on Wheels volunteers in NSW

4.5 million meals are delivered by Meals on Wheels in NSW each year

The first Meals on Wheels service in Australia started in 1953, in Melbourne. Meals cost the equivalent of 20 cents each and were delivered by a lady on a tricycle. When demand got too high, the Red Cross took over the service. Meals on Wheels spread across Australia, and has been delivered ever since.



DEMENTIA AWARENESS & SUPPORT



2025 Seniors Festival – Healthy Ageing

This March, we are hosting a number of events relating to dementia and healthy ageing. Why not come along to an event to find out more, connect with others and have some fun?

Make Friends

Staying socially active and engaged is important in warding off dementia and cognitive decline.

Wednesday Social Group Open Day 5 March, 10:30am – 2:30pm at the Dougherty Centre. Try out our weekly social group – enjoy crafts, games and music with new friends. Bookings required – 9777 7526 Gauri.Borkar@wiloughby.nsw.gov.au

Social Circle High Tea 6 March, 1 – 3pm at the Dougherty Centre. \$15. Enjoy a high tea & short movie, and find out more about our weekly Social Circle and other activities at the Dougherty Centre. Bookings required 9777 7824 Ita.Flynn@willoughby.nsw.gov.au

Learn New Skills

Keeping the brain active is important in maintain a healthy brain as it is thought to build reserves of healthy brain cells and build connections between them.

Cryptic Crossword Workshop 1 & 8 March 10:am – 12pm, Chatswood Library. Learn strategies for completing cryptic crosswords and decode clues. Open to all levels. Booking required 9777 7900 library@willoughby.nsw.gov.au

Retro Games Morning 22 March, 10am – 12pm Chatswood Library. Stimulate your mind, have fun and meet new people whilst enjoying retro games. All games provided. Bookings required 9777 7900 library@willoughby.nsw.gov.au

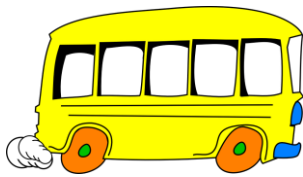
Information Talks

Heathy Brain = Healthy You 14 March, 10:30am – 12:30pm, Dougherty Centre. Qualified nutritionist Gayle Nelson will discuss the most effective and manageable ways to improve brain health. Bookings required – Janet Douglas 0423 947 411 Janet_away@yahoo.com

SHOPPING SERVICES



All Aboard! The Tuesday Shopping Bus



The SHOPPING BUS will pick you up from your home and drop you off at the Spring Street entrance of Westfield Shopping Centre at 12 noon. You will have approximately 2 hours for shopping before the bus returns at 2pm to take you home. Cost \$8.70 for the return trip or \$5.95 one-way.

If you require additional assistance with shopping, please contact the At Home With Willoughby Team on 9777 7824.

Companion Shopping

Individually assisted Companion Shopping services can be arranged for residents living in the Willoughby area who have low vision or a mobility issue that prevents them from using public transport or the shopping bus. This service can be utilised fortnightly, monthly or on an ad-hoc basis. Cost is \$22.00 for a 2 hour service.

Home Delivered Groceries

At Home with Willoughby can organise a home delivery of groceries through Coles or Woolworths Online Shopping. You will need to have a debit or credit card.

Our friendly volunteers will contact you by phone on Mondays and take your order. It will be processed through the internet and Coles or Woolworths will deliver your groceries to your door later in the week, generally on a Thursday. There is no cost from At Home with Willoughby for this service but Coles and Woolworths do charge a delivery fee dependant on the timeframe you choose for delivery.

For further information on any of the above shopping services, please phone the office on 9777 7824.

COMPANION SERVICES



Out and About

The **At Home with Willoughby Out and About** is a service to help you get out and about!

Do you need a lift to the hospital, doctor, health professional or to visit the shops?

Bookings available Tuesday to Friday 10.00am - 2.30pm within the Willoughby area

Cost: \$7.60 each way

My Aged Care eligibility required.

For help with My Aged Care call **Debi on 9777 7824**

For bookings call **Karyn on 9777 7802** Monday - Friday.

Companion in the Community

At Home with Willoughby arranges a home visiting service for residents living in the Willoughby local government area. The service introduces you to a friendly volunteer who will visit you once a fortnight. Our volunteers are outgoing, friendly people who enjoy a chat over a cup of tea, play a game of cards or perhaps read articles from magazines. Visits take place between Monday and Friday for approximately one hour. There is no cost for this service. For further enquiries please call **9777 7824**.

Volunteering with At Home with Willoughby

Volunteers are the life blood of the At Home with Willoughby services. Without volunteers, we would not be able to reach as many residents. Volunteering is beneficial for you and for the community. By giving back to your community, you can develop and experience:

- Feelings of fulfilment
- New friendships
- New memories
- New skills
- Mental stimulation
- Feelings of happiness

If you, or someone you know, are interested in volunteering, please call 9777 7826 for further information.

LINEN SERVICE



At Home with Willoughby Linen Service

The Linen Service provides freshly laundered sheets, pillowcases and towels to eligible clients living in the Willoughby local government area.

A team of caring volunteers visits your home each fortnight on a Tuesday morning to deliver the fresh linen and towels and to remake your bed. Used linen is collected and sent out to a commercial laundry for cleaning.

The cost of the service is \$15 per bed. Clients receive an invoice at the end of each month and direct debit can be set up for ease of payment.

For further information please contact Min Min on 9777 7828.



At Home with Willoughby services and programs require a My Aged Care Referral Code. If you have not been assessed by My Aged Care you should call and ask for an assessment for service. Phone **1800 200 422**. If you are unsure or need assistance when calling My Aged Care, you can call our office on 9777 7824 and we are happy to support you with this process.

My Aged Care is the central hub for accessing all aged services. It is important that you call and get your Aged Care number early and before you are in need of help at home.

You may be able to access services that will support you to be able to remain living at home independently and with confidence for as long as you wish.

LOCAL NEWS AND EVENTS



Seniors Festival Highlights

Lower North Shore Volunteer Expo

Thursday 27 March, 11:30am – 1:30pm Dougherty Community Centre

Come along to find out how to get involved with a range of organisations, from delivering Meals on Wheels to assisting with community lunches and supporting vulnerable people.

Enjoy the many benefits of volunteering – make friends, learn new skills, and get a sense of satisfaction from making a real difference in your community. No bookings required – just turn up.

Staying Independent at Home Information Talk

Tuesday 18 March, 10 – 11am, Dougherty Community Centre

Do you want to stay independent at home for as long as possible, but need some support to do so? Our experienced At Home with Willoughby Aged Care team will take you through:

- How to access My Aged Care
- The structure of the aged care system
- Upcoming changes to the aged care system, and what they mean for you
- How to access local services

Bookings required 9777 7831 or
Kate.Valente@willoughby.nsw.gov.au



Let Your Voice Shine: Advocating for Yourself in Later Life

Wednesday 19 March, 10am – 11am, Dougherty Community Centre

Have you ever felt you are not being listened to? COTA NSW (Council on the Ageing) community advocate volunteer will workshop how to get your issues heard and how to regain your voice. Bookings required – 9286 3860 info@cotansw.com.au

CLIENT FEEDBACK



YOUR SUGGESTIONS AND FEEDBACK ARE IMPORTANT TO US.

You are important to us; we would like to tailor our services to meet your needs. Please take this opportunity to provide us with suggestions and feedback and return it to the At Home with Willoughby Coordinator. Feedback forms may also be posted to: Dougherty Community Centre, 7 Victor Street Chatswood, 2067

Name (optional):

Date:

Feedback:

How would you rate your overall satisfaction with the services you receive?

Lowest

1 2 3 4 5 6 7 8 9 10

Highest

(Please circle)

The information in this newsletter is for the clients of "At Home with Willoughby" as part of The Commonwealth Home Support Program in conjunction with Willoughby City Council. If you are not currently a client and would like to join any of our activities or programs, please phone: At Home with Willoughby on 9777 7824 or 9777 7830.