



What's On @
[July 2019]

Engadine
Community Services

A NOTE FROM THE EDITOR ECS Manager, Melinda Paterson

Last month sped past in a blur of end of financial year paperwork and we're in July already, as I write this! A few changes have occurred at ECS, starting with a new staff member. Ashley Bermingham has joined us on Mondays and Fridays, as Aged Services Assistant Coordinator [and is helping me with this newsletter]. Also, due to lack of demand, we are no longer having a Saturday playgroup or Thursday games group.

In this newsletter, you'll read about some exciting new activities in the centre, including yoga for adults [Saturdays] and for kids [twice on Wednesdays] and our upcoming Open Day on Sunday 11th August, to coincide with Engadine Street Festival. We will have competitions for kids on the day, and you can check out the Toy Library and our other services. Some of our community partners will be on hand with information and advice: Vision Australia, Hearing Australia and the NDIS, as well as Karen Buckley from Home Instead Senior Care who is our resident Aged Care expert.

Finally, I want to tell you about a new initiative that we started on Thursday 27th June, called the Seniors Smartphone Helpdesk. The idea came from our 50+ Club, which aims to create social connections between people age fifty and over who are not yet eligible for our Aged Services. Our band of volunteers from ECS, Sutherland Shire Council and other community organisations assisted 21 people, spending about 45 minutes each on issues on both iPhones and androids, such as texting, sending photos, downloading apps and setting up email. Look out for the next one soon...

NEW IN OUR SERVICES Monday 4.30 pm & Tuesday 9 am, 10 am

✓ **50+ Social Exercise [low impact pilates]; \$10 per class, flexible attendance allowed**

GET INFORMATION ABOUT OUR
SOCIAL SERVICES

AGED CARE EXPERTS COMING
TO ANSWER YOUR QUESTIONS



OPEN DAY

Sunday, 11 August 2019, 9am - 2pm
1034-1036 Old Princes Highway Engadine



*Happy, Healthy and Enjoying Life
- That's what everyone wants*



FIND OUT WHAT YOUR LOCAL COMMUNITY CENTRE OFFERS & HOW IT CAN HELP YOU

Upcoming School Holiday Events with Sutherland Shire Council

Bookings are essential via <http://www.sutherlandshire.nsw.gov.au/Outdoors/Leisure-Centres/What39s-on>

- NIDA Drama Classes – Sutherland Entertainment Centre for K-2 [9-11 July 2019]
- School holidays Scamper through the Jungle Manooka Place, Kareela [17 July 2019]
- Fun & fitness Holiday Camp Sutherland Pool Monday, Wednesday & Friday [8 -19 July 2019]
- Learn to Swim Holiday Intensives Sutherland Pool, Monday to Friday [8-19 July 2019]
 - Bubble soccer Menai Sports Centre [8-19 July 2019, except public holidays]
 - Learn to skate Menai Sports Centre [10-19 July 2019]

Also at the libraries and Hazelhurst:

<http://www.sutherlandshire.nsw.gov.au/Community/Library/Services/Kids-amp-Parents/School-Holiday-Activities>

<http://www.sutherlandshire.nsw.gov.au/Community/Hazelhurst/Art-Classes/School-Holiday-Classes>



People of all ages can enjoy the benefits of Yoga

ECS recognises that Yoga has many potential benefits for both kids and adults:

- Increased flexibility.
- Increased muscle strength and tone.
- Improved respiration, energy and vitality.
- Maintaining a balanced metabolism.
- Weight reduction.
- Cardio and circulatory health.
- Improved athletic performance.
- Protection from injury.



ECS will be running Yoga classes from July:

- > Kids Yoga starts 10 July: Wednesdays 11am-12 for 3-8 yr olds [\$5 per child]
- > Adult yoga starts 13 July: Saturdays 9-10am for 18 yrs+ [\$15 per person]
- > Kids Yoga starts 7 August: Wednesdays 4-5pm for 6-12 yr olds [\$5 per child]

Additional classes will be determined by demand.



This publication is possible through the support of Australian Government Department of Social Service [Commonwealth Home Support Programme], NSW Department of Family & Community Services [Community Builders] & Sutherland Shire Council [Community Centre Funding]; however, the material contained herein does not necessarily represent their views.