

# COMING UP AT JNC

## *Happy Easter!*

Over the Easter long weekend we hope you can find some time to relax and spend some time focusing on yourself. JNC will be closed Friday April 7 and & Monday April 10 for the long weekend. If you have any services scheduled for either of these days we will be in touch.



## *Neighbourhood Centre Week & National Volunteer Week*



Coming up next month we will be celebrating Neighbourhood Centre Week from May 8th-12th and Volunteer Week from May 15th-19th. We are planning some celebrations and small activities at our centres so be sure to keep an ear out for any updates and information.



# JOIN JNC ACTIVITIES



## Knitting Group:

**Glebe** | Mondays 10am-12pm

**Maroubra** | Mondays 9:30am - 12pm

Our Knitting Groups meet once a week at Glebe and Maroubra to knit with others, have a chat and enjoy some tea and coffee.

## Gentle Exercise:

**Glebe** | *Wednesdays 10:30am-11:30am*

Join our friendly group for gentle exercise, followed by a social morning tea.



## Wellbeing Group

**Glebe** | *Mondays 1pm-3pm*

JNC's new wellbeing group is a great opportunity to make some friends, relax and take some time for you. Please contact Esme on 0419 490 126 to register.

**This group starts Monday April 17th.**



## Arts & Crafts:

**Glebe** | *Tuesdays 10am-12pm*

Want to learn some new skills, share your creations and enjoy the company of some peers? Please contact Esme on 0419 490 126 to register.

**This group starts Tuesday April 18th.**



## Social Bingo:

**Glebe** | *Thursdays 12pm-3pm*

We're excited to announce that JNC's Social Bingo will begin on **Thursday April 20th.**

Please contact Esme on 0419 490 126 to register.

## Home Visits

Sometimes heading out of the house can be daunting, or you may find it difficult to get around on your own. If this is the case, we have a team of friendly Social Support Volunteers who can regularly visit you at home. We can assist you with technology, have a friendly chat, take you out for a local walk, or help you run some errands. If you are interested, please give us a ring.





0419 490 126



# WHAT'S ON?

## April

MON	TUES	WED	THURS	FRI
<p><b>03</b> Bus Outing to Canada Bay RSL <b>Knitting Group</b> Glebe 10am-12pm Maroubra 9:30am-12pm</p>	<p><b>04</b> Bus Outing to Gymea Bowls Club</p>	<p><b>05</b> <b>Gentle Exercise</b> Glebe 10:30am-11:30am</p>	<p><b>06</b> Bus Outing to Yarra Bay Sailing Club</p>	<p><b>07</b> <b>Good Friday</b></p>
<p><b>10</b> <b>Easter Monday</b></p>	<p><b>11</b> Bus Outing to Yarra Bay Sailing Club</p>	<p><b>12</b> <b>Gentle Exercise</b> Glebe 10:30am-11:30am</p>	<p><b>13</b> Bus Outing to Sydney Rowing Club, Abbotsford</p>	<p><b>14</b> Bus Outing to Manly Leagues Club</p>
<p><b>17</b> Bus Outing to Taren Point Bowling Club <b>Knitting Group</b> Glebe 10am-12pm Maroubra 9:30am-12pm <b>Wellbeing Group</b> Glebe 1pm-3pm</p>	<p><b>18</b> Bus Outing to Tarren Point Bowls Club <b>Arts &amp; Crafts Group</b> Glebe 10am-12pm</p>	<p><b>19</b> <b>Gentle Exercise</b> Glebe 10:30am-11:30am</p>	<p><b>20</b> Bus Outing Harbord Diggers, Freshwater <b>Social Bingo</b> Glebe 12pm-3pm</p>	<p><b>21</b> Bus Outing to Merrylands RSL</p>
<p><b>24</b> Bus Outing to Flying Bear Café, Kirribilli <b>Knitting Group</b> Glebe 10am-12pm Maroubra 9:30am-12pm <b>Wellbeing Group</b> Glebe 1pm-3pm</p>	<p><b>25</b> <b>Anzac Day</b></p>	<p><b>26</b> <b>Gentle Exercise</b> Glebe 10:30am-11:30am</p>	<p><b>27</b> Bus Outing to Merrylands RSL <b>Social Bingo</b> Glebe 12pm-3pm</p>	<p><b>28</b> Bus Outing to Yarra Bay Sailing Club</p>

## KINDNESS CORNER

Esme has shared a kindness quote that inspires her:

***"Kindness is an act you commit to make people feel good about themselves and the world they live in. An act performed not to change anything, but to inspire everything."***

She has also shared some random acts of kindness that you could do in your day to day life such as; giving an unexpected compliment, donating used books to a library, or helping out a neighbour with some errands.



## TIPS TO IMPROVE YOUR SLEEP

Getting to sleep and staying well rested can become harder as you grow older. It's important to do what you can to improve your sleeping habits.

Some tips to get a better rest:

- Maintain a consistent sleeping schedule by trying to go to bed at the same time each night
- Slow your mind and body down towards bedtime by listening to quiet music or reading
- Use your energy throughout the day to fall asleep easily, this can be done through exercise and socialising.

## MEET OUR TEAM

*Hi, it's Fasina and Heather here!*



We're the Case Managers for JNC's Aged Services team. We've probably spoken to you over the phone and look forward to meeting each of you in person. You can call us if you have any questions or want to make any changes to your services with us. Also, if you're looking for a different type of support service, we can point you in the right direction. Fasina (on the right) loves spending time with her family, reading books that have turned into movies and everything chocolate! Heather (on the left) arrived in Oz as a 'Ten Pound Pom' in the late 60s and loves to travel, which is just as well as she has family across Budapest, Canada and Queensland. Until next time, stay safe, have fun and call us anytime!