JNC AGED SERVICES NEWSLETTER

DECEMBER 2023

Wrapping Up 2023!

This past year at JNC has felt like a more "normal" one here at JNC as our services all returned to pre-pandemic arrangements. I am sure you will join me in thanking our wonderful staff and volunteer team for their hard work this year. Before the year ends we have our Christmas celebration on 1 December and I look forward to seeing many of you there at Yarra Bay Sailing Club.

Next year is an exciting one for JNC as it will be our 50th anniversary. We are planning some special events to celebrate 50 years of working in our local communities and we look forward to you joining us to celebrate this important milestone.

We hope you have a safe and happy holiday season. We know that the holiday season can be a difficult and lonely time for some people, especially if you live alone or are separated from family. We hope you are able to find an opportunity to celebrate in ways that are important to you. And as you will see in this combined December/January newsletter, our outings, programs and services will all start right after New Year so we hope they will provide an opportunity to for you to get out into the community with others and do things you enjoy in 2024.

Our best wishes for the holiday season and for a peaceful, healthy and happy year in 2024.

Janet Green CEO



Our last operating day for the year will be Friday 22 December 2023. JNC will be closed from Monday 25 December 2023 to Monday 1 January 2024. No services will run during this closure period and all services will resume from Tuesday 2 January 2024. For all those who have an Individual Social Support or Respite service, you will soon receive a letter stating the dates of your last service for the year and your first service for the new year. If you would like any additional Individual Social Support services at any time, please inform your case manager. Also, for anyone going away during the festive season, please inform your case manager to either cancel, place on hold or reschedule any of your services.



JNC's Holiday Crisis Directory will be available in December before we break up for the holiday season. JNC's directories compile local services that support people with emergency assistance and crisis situations. Our holiday directory includes the closure periods for local eastern suburbs services and details about their holiday hours.



0419 490 126 WHAT'S ON? DECEMBER

Closed for the Holiday Season	Closed for the Holiday Season	Closed for the Holiday Season	Closed for the Holiday Season	Closed for the Holiday Season
22 No Bus Outing - Holiday Season	21 Bus Outing to Bay Breeze Café St George Motorboat Club	20	8us Outing to The Palace Bistro Bexley	Bus Outing to Gymea Bowling Club Knitting Group *Maroubra Knitters relocated to Vonnie Young auditorium level 1 in Maroubra Library.
15 Bus Outing to Club Rose Bay	14 Bus Outing to Mikes Grill & Bar Brighton Le Sands	13 Final Gentle Exercise Group of 2023	12 Bus Outing to Bay Breeze Cafe St George Motorboat Club	11 Bus Outing to Hazelhurst Café and Gallery Knitting Group *Maroubra Knitters relocated to Vonnie Young auditorium level 1 in Maroubra Library.
08 Bus Outing to The Little Café Project and browse at Flower Power Mascot.	07 Bus Outing to Souths Juniors	06 Gentle Exercise Group	05 Bus Outing to Jubilee Brasserie St George Leagues	04 Bus Outing to Find a bargain at SalvosTempe, Lunch at 'Mint' Rowers on CookKnitting Group
01 No Outing - JNC Aged Christmas Party	30	29	200	27
FRI	THURS	WED	TUES	NON

0419 490 126 WHAT'S ON? January

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MON NON	TUES	WED	THURS	FR
Closed for the Holiday Season	02 No Bus Outing - Holiday Season	<i>03</i> Gentle Exercise Group	04 Bus Outing to Signatures Buffet Merrylands RSL	05 Bus Outing to Jubilee Brasserie St George Leagues
08 Bus Outing to Jubilee Brasserie St George Leagues Knitting Group	09 Bus Outing to Hazelhurst Café and Gallery	10 Gentle Exercise Group	11 Bus Outing to Maroubra Seals	Bus Outing to Find a bargain at Salvos Tempe, Lunch at 'Mint' Rowers on Cook
Riverview's North Ryde RSL (browse at gift shop) Knitting Group	16 Bus Outing to Buffet 88 Ashfield RSL	17 Gentle Exercise Group	18 Bus Outing to Club Rose Bay	19 Bus Outing to Hazelhurst Café and Gallery
Bus Outing to Taren Point Bowls Knitting Group	23 Bus Outing to Mint Rower's on Cooks River	24 Gentle Exercise Group	25 Bus Outing to Jubilee Brasserie St George Leagues	Closed for the Public Holiday
Bus Outing to Sailors Grill Drummoyne Sailing Club Knitting Group	30 Bus Outing to Watergrill Sydney Rowing Club	31 Gentle Exercise Group	07	02

Join JNC Activities

Wondering what time our groups and classes run? Find all the details below.

Knitting Group

Mondays at Glebe 10am-12pm Mondays at Maroubra 9:15am-11:15am

Gentle Exercise Group

Wednesdays 10:30am-12:30pm





MEET THE TEAM Anna Hartree

Hi Everyone, In December I will have been working at the JNC for 12 years. During that time I have worked in several roles including coordinating our neighbourhood hubs at Bondi Junction and Randwick (now closed), managing the community engagement team and now managing the Aged Services team.

When I am not working I love doing embroidery, visiting art galleries and travelling to places with good food. I also love having a chat with our clients and hearing all about you: what you have done in the past, what you enjoy doing now and what your hopes and aspirations are for the future. As I am now in a management position I don't often get this opportunity. However, I will be at the Aged Services Christmas party and so hope to catch up with those of you who I have already met and introduce myself and have a chat with those of you who don't know me. I do hope 2024 brings you good health, good friends and lots of laughter.



WAYS TO RELAX OVER THE HOLIDAY SEASON

The holiday season is fast approaching and we know this can occasionally get a bit overwhelming. Ways to relax over the break:

- Test out a new hobby like gardening
- Pick up a book you've been meaning to read
- Walk to a new area in your neighbourhood that you haven't been to before
- Make a new connection with a neighbour you haven't met before
- Write down your thoughts in a journal