

NORTH WEST COMMUNITY SERVICES AGING AND WELLNESS NEWSLETTER



SUMMER EDITION (February-May 2026)

**IN THIS
NEWSLETTER**

**WELCOME
BACK!**

SELF CARE

CHINESE NEW YEAR

WHAT'S HAPPENING FLYERS

EID FESTIVAL

NDIS GARDENING CLUB

FEBRUARY CALENDAR

MARCH CALENDAR

APRIL CALENDAR

MAY CALENDAR

PUZZLE ACTIVITIES

VOLUNTEER CALL OUT





WELCOME BACK

Happy New Year

We're thrilled to be back from our break and are ready to dive into an amazing 2026

We've got an exciting year ahead, filled with fantastic activities, programs, and opportunities to connect. Whether you're looking to try something new, meet others, or stay engaged with community, there's something for everyone. So, why not join the fun?

Stay tuned for our seasonal newsletters—they'll be packed with all the details on events, programs, and services to keep you informed and inspired throughout the year.

Have any questions? We'd love to hear from you! Give us a call at (02) 9627 3622, and our friendly Ageing & Wellness team will be happy to assist.



The warmer months are a great time to enjoy the outdoors, but seniors should take extra care to stay safe, healthy, and comfortable in summer. Here are some helpful tips:

Stay Cool and Hydrated

Drink plenty of water throughout the day, even if you don't feel thirsty.

Wear light, loose-fitting clothing in breathable fabrics.

Avoid going out during the hottest part of the day (10 am – 4 pm).

Protect Your Skin

Use sunscreen

Wear a wide-brimmed hat and sunglasses to protect your skin and eyes.

Seek shade when spending time outside.

Eat Light and Fresh

Enjoy seasonal fruits and vegetables like watermelon, berries, cucumbers, and leafy greens.

Choose lighter meals to avoid feeling sluggish in the heat.

Stay Active, Safely

Go for morning or evening walks when it's cooler.

Try indoor activities such as yoga, stretching, or gentle exercise classes.

Look After Your Health

Keep up with medications and medical appointments.

Be alert for signs of heat exhaustion (dizziness, weakness, nausea) and seek help if needed.

Enjoy Summer Activities

Spend time on hobbies you enjoy—gardening, reading, painting, or music.

Stay socially connected with family and friends, whether indoors or outdoors in safe, shaded areas.

With simple precautions, summer can be a season of energy, fun, and wellness.





HAPPY

CHINESE NEW YEAR

\$5

**PLEASE JOIN US ON FEBRUARY
11TH, 2026 @11am -2pm FOR
LUNCH. RSVP BY 6TH FEBRUARY.
HGALE@NWCS.ORG.AU OR CALL
9627 3622**

(Must be registered with both NWCS and CHSP to attend)

WHATS HAPPENING IN THE SUMMER SEASON ?

NORTH WEST COMMUNITY SERVICES
AGEING, DISABILITY & WELLNESS
9 Park Street, Riverstone

CRAFT GROUP



EVERY 4TH WEDNESDAY OF THE MONTH
1:00PM-3:00 PM

\$5
Client contribution per class

This craft group is for beginners or advanced, bring your own project. Light refreshments and afternoon tea supplied. For further information please speak to Rizwana on 9627 3622 or rkhan@nwcs.org.au

This initiative a commonwealth home support care funded program (CHSP)
(Must be registered with both NWCS and CHSP to attend)

NORTH WEST COMMUNITY SERVICES
9 Park Street, Riverstone

AGEING, DISABILITY & WELLNESS CARD MAKING AND SCRAPBOOKING



2ND WEDNESDAY OF THE MONTH: 1:00PM TO 3:00 PM

- Spaces are limited as social distancing restrictions apply.
- Afternoon tea provided
- BYO basic craft kit. For further information on kit and/or actual classes please speak to Rizwana on 9627 3622.

\$5
Client contribution per class

(Must be registered with both NWCS and CHSP to attend)

CHSP FUNDED
This is a commonwealth home support care funded program (CHSP)

NORTH WEST COMMUNITY SERVICES INC.
Building a stronger community together

NORTH WEST COMMUNITY SERVICES

MEN'S SHED

WHEN: Every Tuesday & Wednesday- 10AM-2PM

WHERE: Riverstone Neighbourhood Centre: 9 Park Street, Riverstone- Men's shed

Contribution: \$5

CHSP (Must be registered with both NWCS and CHSP to attend)

To register: contact Dom at 9627 3622 or email dorlando@nwcs.org.au

This is a commonwealth home support care funded program (CHSP)




NORTH WEST COMMUNITY SERVICES INC.
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WORKING BEE GARDEN GROUP

North West Community Services & The Royal Botanical Gardens are hosting a community garden group and everyone is welcome

Come on down and meet Brenden Moore- Aboriginal Education Officer from the Royal Botanical Gardens & join in on some gardening fun!!

Dates for 2026
TBA

Time: 11AM-1PM
Location: Riverstone Community Garden
Market St, Riverstone
Register: dorlando@nwcs.org.au

The Royal Botanical Gardens & Domain Trust | **NSW GOVERNMENT** | **Communities & Justice** | **NORTH WEST COMMUNITY SERVICES INC.** | **Community Greening**
Building a stronger community together | *People, Plants, Places*

Program times may be subject to change, please contact reception on: 96273622 to confirm

WHATS HAPPENING IN THE SUMMER SEASON ?



Senior fitness class

Exercise your mind and body!

65+

Please bring your own towel and water bottle

\$5 Client contribution per class

Limited spots!!

TO REGISTER PLEASE CONTACT:

Every Tuesday
In our Senior's Hall
11:30am - 12:30pm
& Friday 10:30 am - 11:30 am

hgale@nwcs.org.au

9627 3622 9 Park

St, Riverstone

CHSP FUNDED PROGRAM

This is a commonwealth home support care

(Must be registered with both NWCS and CHSP to attend)

NORTH WEST COMMUNITY SERVICES INC.



TEA PARTY IN THE GARDEN

Join us for a hoppy Easter Tea Party in the Garden!

\$5

WEDNESDAY 1ST OF APRIL 2026

10:30AM TO 12:00PM

Light refreshments provided

(Must be registered with both NWCS and CHSP to attend)
REGISTER AT: 02 9627 3622 OR HGALE@NWCS.ORG.AU

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ARE YOU IN NEED OF ADDITIONAL SUPPORT ?

WHAT NWCS CAN HELP WITH:

- Bill assistance
- Community Pantry
- My Aged Care Navigation & support
- Centrelink support
- Case Management
- Transport
- FREE Counselling

Plus referrals to other services:
Domestic & family violence, legal aid, energy & water ombudsmen

TO FIND OUT IF YOU ARE ELIGIBLE CONTACT ZOYA ON 9627 3622 OR ASK AN A&W TEAM MEMBER.

NORTH WEST COMMUNITY SERVICES INC.
Building a stronger community together



Happy Mother's Day

Mother's Day Brunch

WEDNESDAY 13TH MAY FROM 11:30 AM - 12:30 PM IN THE COMMUNITY HALL

limited spaces: bookings required
For more information please contact Riz on 9627 3622 or rkhan@nwcs.org.au

(Must be registered with both NWCS and CHSP to attend)



Eid
Mubarak



EID FESTIVAL

LUNCH AND
ENTERTAINMENT

15TH OF APRIL 2026 AT 11:30 AM
AT 9 PARK STREET RIVERSTONE 2765
FOR REGISTRATION CONTACT ZOYA
96273622



\$5

(Must be registered with
both NWCS and CHSP to attend)



Program times may be subject to change, please contact reception on: 96273622 to confirm

Join our community garden!

BE PART OF OUR COMMUNITY GARDEN TO LEARN MORE
ABOUT AGRICULTURE AND HOW PLANTS GROW. IF YOU
ARE INTERESTED IN PARTICIPATING IN OUR GARDENING
PROGRAMS, PLEASE CALL RECEPTION ON 96273622
OR EMAIL HARRY AT [HARRY AT HGAIE@NWCS.ORG.AU](mailto:hgaie@nwcs.org.au)



SOCIAL GARDENING & LIFE SKILLS CLUB

Connect to
community

Have fun!



REGISTERED
NDIS
PROVIDER



Improve your
physical
wellbeing

increase your
life skills!



NDIS SERVICE TYPES INCLUDE:

- ✓ Group and center-based activities
- ✓ Development of daily living and life skills
- ✓ Participation in community, social and civic activities

CONTACT US



9627 3622



dorlando@nwcs.org.au



February



SUN	MON	TUE	WED	THU	FRI	SAT
1st	2nd	3rd Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	4th Men's Shed 10:00 am - 1:00 pm	5th	6th Senior Fitness 10:30 am - 11:30 am	7th
8th	9th	10th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	11th Men's Shed 10:00 am - 1:00 pm Chinese New Year 11:00am - 2:00 pm	12 th Bingo 10:00 am - 12:00 pm	13th Senior Fitness 10:30 am - 11:30 am	14th
15th	16th	17th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	18th Men's Shed 10:00 am - 1:00 pm Card&Craft Group 12:30 pm - 3:00 pm	19th	20th Senior Fitness 10:30 am - 11:30 am	21st
22nd	23rd	24th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	25th Men's Shed 10:00 am - 1:00 pm Bingo 10:00 am - 12:00 pm Card&Craft Group 12:30 pm - 3:00 pm	26th	27th Senior Fitness 10:30 am - 11:30 am	28th

Program times may be subject to change, please contact reception on: 96273622 to confirm



March

2026



SUN	MON	TUE	WED	THU	FRI	SAT
1st	2nd	3rd Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	4th Men's Shed 10:00 am - 1:00 pm	5th	6th Senior Fitness 10:30 am - 11:30 am	7th
8th	9th	10th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	11th Men's Shed 10:00 am - 1:00 pm Bingo 10:00 am - 12:00 pm Card&Craft Group 12:30 pm - 3:00 pm	12th	13th Senior Fitness 10:30 am - 11:30 am	14th
15th	16th	17th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	18th Men's Shed 10:00 am - 1:00 pm Morning tea Senior's rights info session 11:00 - am 12:00 - pm	19th	20th Senior Fitness 10:30 am - 11:30 am	21st
22nd	23rd	24th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	25th Men's Shed 10:00 am - 1:00 pm Bingo 10:00 am - 12:00 pm Card&Craft Group 12:30 pm - 3:00 pm	26th	27th Senior Fitness 10:30 am - 11:30 am	28th
29th	30th	31st Men's Shed 10:00 am - 1:00 pm				

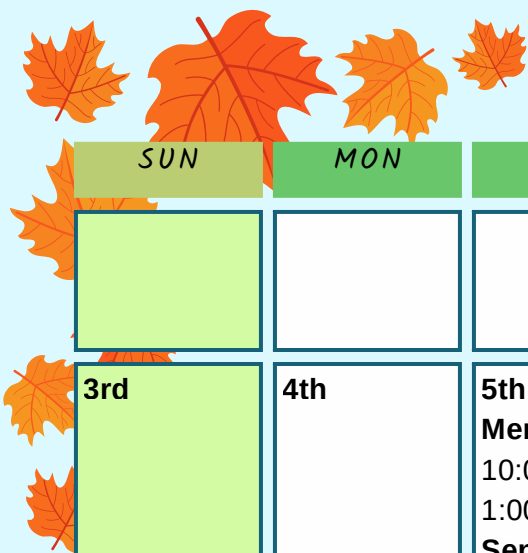
Program times may be subject to change, please contact reception on: 96273622 to confirm

April



SUN	MON	TUE	WED	THU	FRI	SAT
			1st Men's Shed 10:00 am - 1:00 pm Tea in the Garden 10:30 - 12pm	2nd	3rd NWCS CLOSED FOR GOOD FRIDAY	4th
5th	6th NWCS CLOSED FOR EASTER MONDAY	7th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	8th Men's Shed 10:00 am - 1:00 pm Bingo 10:00 am - 12:00 pm Card&Craft Group 12:30 pm - 3:00 pm	9th	10th Senior Fitness 10:30 am - 11:30 am	11th
12th	13th	14th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	15th Men's Shed 10:00 am - 1:00 pm Eid Festival 11:30 Am - 1:30 Pm	16th	17th Senior Fitness 10:30 am - 11:30 am	18th
19th	20th	21st Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	22nd Men's Shed 10:00 am - 1:00 pm Bingo 10:00 am - 12:00 pm Card&Craft Group 12:30 pm - 3:00 pm	23rd	24th Senior Fitness 10:30 am - 11:30 am	25th
26th	27th	28th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	29th Men's Shed 10:00 am - 1:00 pm	30th		

Program times may be subject to change, please contact reception on: 96273622 to confirm



May



2026



SUN	MON	TUES	WED	THURS	FRI	SAT
					1st Senior Fitness 10:30 am - 11:30 am	2nd
3rd	4th	5th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	6th Men's Shed 10:00 am - 1:00 pm	7th	8th Senior Fitness 10:30 am - 11:30 am	9th
10th	11th	12th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	13th Men's Shed 10:00 am - 1:00 pm Mother's Day lunch 11:30 am 12:30 pm Bingo 10:00 am - 12:00 pm Card&Craft Group 12:30 pm - 3:00 pm	14th	15th Senior Fitness 10:30 am - 11:30 am	16th
17th	18th	19th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	20th Men's Shed 10:00 am - 1:00 pm	21st	22nd Senior Fitness 10:30 am - 11:30 am	23rd
24th	25th	26th Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30 am - 12:30 pm	27th Men's Shed 10:00 am - 1:00 pm Bingo 10:00 am - 12:00 pm Card&Craft Group 12:30 pm - 3:00 pm	28th	29th Senior Fitness 10:30 am - 11:30 am	30th
31st						



Slip and Trip Prevention for Seniors

Wear Safe Footwear

Wear shoes with non-slip soles

Avoid loose slippers or socks on smooth floors

Keep Floors Clear

Remove clutter, cords, and loose rugs

Clean spills immediately

Improve Lighting

Turn on lights at night

Use night-lights in hallways and bathrooms

Use Support

Hold handrails on stairs

Use a walking stick or walker if needed

Make Bathrooms Safer

Install grab bars near toilet and shower

Use non-slip mats in the shower

Be Careful on Stairs

Take one step at a time

Do not rush, Move Slowly

Stand up slowly to avoid dizziness

Pause before walking

Regular Health Checks

Check eyesight and hearing

Review medications with a doctor

Stay Active

Do gentle exercises to improve balance and strength



Australian theme word search

N	L	V	K	Y	W	C	Y	P	E	A	Y	P	P	B
M	O	Y	R	W	Q	X	F	U	O	N	D	Q	U	E
K	A	B	N	S	E	B	O	X	O	X	L	N	S	E
I	S	W	M	U	S	P	A	A	P	M	P	X	U	S
W	S	D	W	N	Z	H	J	R	A	U	F	S	R	K
H	A	O	A	N	Y	U	A	E	B	R	U	L	F	Y
O	N	U	V	Y	E	B	R	D	D	E	T	Y	G	T
L	D	T	E	X	O	C	T	M	E	D	C	Z	E	Z
I	C	D	S	R	E	B	N	H	Y	V	D	U	O	P
D	A	O	M	C	E	E	C	H	O	V	U	U	E	I
A	S	O	I	F	S	A	W	F	R	N	L	T	O	C
Y	T	R	Q	T	W	C	W	H	Z	B	G	N	T	N
S	L	S	Y	K	X	H	B	I	E	M	Y	S	H	I
B	E	F	M	S	U	N	S	C	R	E	E	N	V	C
N	X	P	C	O	O	L	D	R	I	N	K	F	V	Y

Find these words:

BEACH, SUNSCREEN, SURF, BARBECUE, ESKY, SUNNY, SANDCASTLE, ICECREAM, THONGS, HOLIDAY, WAVES, COOLDRINK, PICNIC, OUTDOORS, SHADE

Brain Teasers

Riddle Me This:

I'm yellow on the outside, white inside, and make your mouth pucker — what am I?

Fruit Anagrams:

Unscramble these fruit names

- PAPLE → _____
- GOMAN → _____
- NAPAAB → _____
- RPEA → _____

- NRCGAE (6)
- NBNAAB (6)
- RTEASBWEYR (10)
- OLMNE (5)
- IWKI (4)
- HPECA (5)
- RYCRHE (6)
- OTRAPCI (7)

Call for Volunteers



looking to give back to your
local community?

Volunteering opportunities at NWCS!

Contact reception

9627 3622

