NORTH WEST COMMUNITY SERVICES AGEING AND WELLNESS NEWSLETTER

NORTH WEST COMMUNITY SERVICES INC.
Building a stronger community together

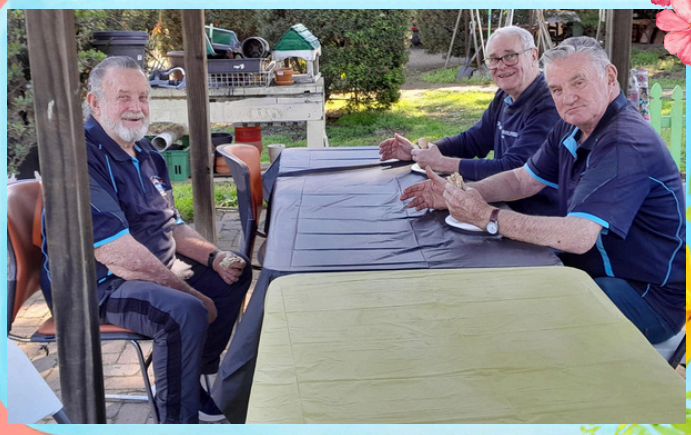
SPRING EDITION 2026
(OCTOBER - DECEMBER)

IN THIS NEWSLETTER

- SELF CARE AND SAFETY
- STAFF FAVOURITE DRINK
- WHAT'S HAPPENING FLYERS
- CHRISTMAS PARTY
- NDIS GARDENING CLUB
- OCTOBER CALENDAR
- NOVEMBER CALENDAR
- DECEMBER CALENDAR
- ACTIVITIES











Self Care

Self-Care & Safety

💧 Stay hydrated: Start building the habit of drinking water regularly as the weather gets warmer.

☀️ Sun protection: Wear a hat, sunglasses and sunscreen when going outside. Try to avoid the hottest part of the day.

🌡️ Stay cool: Keep the home cool by using fans or air conditioning and closing blinds or curtains during hot periods.

🌿 Enjoy spring outdoors: Take a gentle walk, sit in the garden, or enjoy some fresh air during the cooler parts of the day.

🥗 Eat fresh: Enjoy seasonal fruits, vegetables and light, healthy meals.

🚶 Keep moving: Gentle stretching, walking, gardening, or other activities can help maintain strength and wellbeing.

😴 Rest when needed: Take breaks and avoid doing too much, especially as temperatures rise.

❤️ Look after your mental wellbeing: Spend time with family and friends, enjoy hobbies, listen to music or simply take time to relax.

🦟 Protect against insects: Use insect repellent when needed and check for mosquito bites after spending time outdoors.

🔥 Prepare for fire season: Check smoke alarms, keep exits clear, remove dry leaves and rubbish around the home, and stay aware of local fire warnings.

📱 Stay connected: Keep your phone charged and make sure family, friends or carers know how to contact you during hot weather or emergencies.

🎄 Enjoy the festive season: December can be a busy time. Take time to rest, enjoy social activities, and celebrate in a way that feels comfortable for you.

👨‍👩‍👧 Ask for support: If shopping, cooking, cleaning, or preparing for Christmas becomes difficult, don't be afraid to ask family, friends or your support team for help.









Staff favourite drink



Dom's Coconut drink

Ingredients: 1 cup coconut water, 1/2 cup coconut milk, ice.

Method: Stir or blend with ice and serve cold.





RIZ's Mango Smoothie

Ingredients: 1 ripe mango, 1 cup milk, 1/2 cup yoghurt, ice.

Method: Blend everything until smooth and serve cold.





Zoya's Fruit Punch

Ingredients: 1 cup orange juice, 1/2 cup pineapple juice, 1/2 cup lemonade, ice.

Method: Mix together and serve cold.





Renee's Peach Fizz 🍑

½ cup peach nectar or peach juice or peach ice tea
¾ cup chilled sparkling water
Lots of ice
Squeeze of lime or lemon
Optional: fresh peach slices, mint and raspberries





WHATS HAPPENING IN THE SPRING 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)

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

$5 Client contribution per class

- 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.

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

NORTH WEST COMMUNITY SERVICES INC.

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

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

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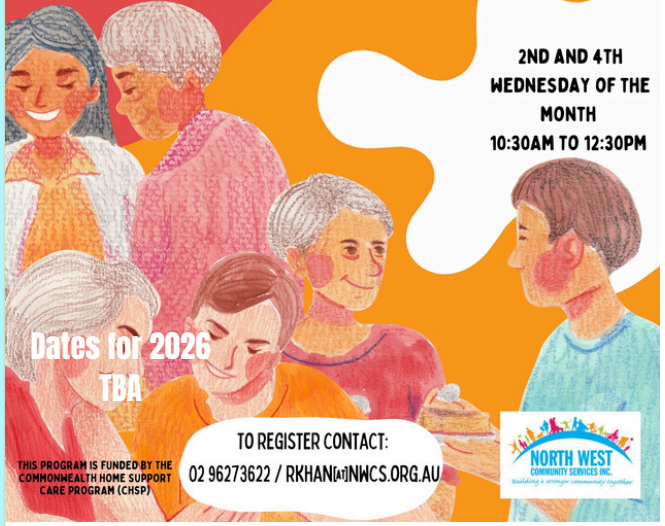
This is a commonwealth home support care funded program (CHSP)



FRIENDLY FRIENDSHIP BINGO

$5 CONTRIUTION FOR ANYONE OVER 65 YRS

2ND AND 4TH WEDNESDAY OF THE MONTH
10:30AM TO 12:30PM



Dates for 2026 TBA

TO REGISTER CONTACT:
02 96273622 / RKHAN[AT]NWCS.ORG.AU

THIS PROGRAM IS FUNDED BY THE COMMONWEALTH HOME SUPPORT CARE PROGRAM (CHSP)

NORTH WEST COMMUNITY SERVICES INC.

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

WHATS HAPPENING IN THE SPRING SEASON ?

Senior fitness class

Exercise your mind and body!



65+

Please bring your own towel and water bottle

$5 Client contribution per class

Must be registered with both NWCS & CHSP to attend

Limited spots!!

TO REGISTER PLEASE CONTACT:

Zsyed@nwcs.org.au

9627 3622

9 Park St, Riverstone

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

CHSP FUNDED PROGRAM

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

NORTH WEST COMMUNITY SERVICES INC.
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MELBOURNE CUP BBQ



Tuesday 3rd November 2026

11:00 AM

9 Park Street Riverstone

MUST BE REGISTERED WITH BOTH NWCS AND CHSP TO ATTEND

AGES 65+
COST $5



LIMITED SPOTS AVAILABLE
PLEASE CALL ZOYA 9627 3622

FRIENDLY FRIENDSHIP BINGO

$5

9TH DECEMBER

FUN

Grand Finale Brunch



PLEASE JOIN US FOR THE FINAL BINGO SESSION FOR 2026
10:00AM - 12:00PM

MUST BE REGUSTERED WITH BOTH NWCS AND CHSP TO ATTEND



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ARE YOU IN NEED OF ADDITIONAL SUPPORT ?

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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.



End of the Year Christmas party

WEDNESDAY 2nd OF DECEMBER 2026 AT 11:00AM

IN SENIORS HALL

$5



Lunch, and entertainment Provided

LIMITED SPACES: BOOKINGS REQUIRED

FOR MORE INFORMATION PLEASE CONTACT RIZ ON 9627 3622 OR RKHAN@NWCS.ORG.AU

NORTH WEST COMMUNITY SERVICES INC.
Building a stronger community together

Must be registered with both CHSP and NWCS to attend event

NORTH WEST
COMMUNITY SERVICES INC.
Building a stronger community together



As an NDIS provider, NWCS offers:

- Participation in Community
- Social and Civic Activities
- Maintaining Employment or Higher Education
- Development of Daily Living and Life Skills

CONTACT US 9627 3622 dorlando@nwcs.org.au

ABN: 56 840 049 683
Organisation NDIS: 405 001 5523

October 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Senior Fitness 10:30 am - 11:30 am	3
4	5	6 Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	7 Men's Shed 10:00 am - 1:00 pm	8	9 Senior Fitness 10:30 am - 11:30 am	10
11	12	13 No Men's Shed Senior Fitness 11:30am - 12:30pm	14 No Men's Shed Bingo 10:00-12:00 pm Card&Craft Group 12:30 pm-3:30 pm	15	16 Senior Fitness 10:30 am - 11:30 am	17
18	19	20 Men's Shed 10:00 am - 1:00 pm Senior Fitness Lunch 11:30am - 12:30pm	21 Men's Shed 10:00 am - 1:00 pm	22	23 Senior Fitness 10:30 am - 11:30 am	24
25	26	27 Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	28 Men's Shed 10:00 am–1:00 pm Bingo 10-12 pm Card and craft Group 12:30-3:30 Pm	29	30 Senior Fitness 10:30 am - 11:30 am	31

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

November 2026







sun	mon	tue	wed	thu	fri	sat
1	2	3 Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm BBQ 11-am	4 Men's Shed 10:00 am - 1:00 pm	5	6 Senior Fitness 10:30 am - 11:30 am	7
8	9	10 Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	11 Men's Shed 10:00 am - Bingo 10:00 AM- 12:00 Pm Card&Craft Group 12:30 Pm - 3:30 Pm	12	13 Senior Fitness 10:30 am - 11:30 am	14
15	16	17 Men's Shed 10:00 am - 1:00 pm Senior Fitness 11:30am - 12:30pm	18 Men's Shed 10:00 am - 1:00 pm	19	20 Senior Fitness 10:30 am - 11:30 am	21
22	23	24 **AGM**	25 Men's Shed 10:00 AM- 1:00 PM Bingo 10:00 -12:00 Card&Craft group 12:30pm - 3:30pm	26	27 Senior Fitness 10:30 am - 11:30 am	28
29	30					

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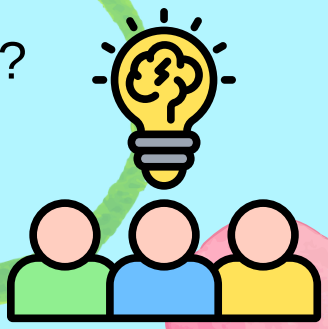
December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Men's Shed 10:00 am– 1:00 pm Senior Fitness 11:30 Am– 12:30PM	2 Men's Shed 10:00 am– 1:00 pm S12:30 pm Christmas /End of the year Party 11:00 am –1:00 pm	3	4 Senior Fitness 10:30 am– 11:30 am	5
6	7	8 Men's Shed 10:00 am– 1:00 pm Senior Fitness 11:30 Am– 12:30PM	9 Men's Shed 10:00 am– 1:00 pm Bingo 10:00 am– 12:00 pm Card & Craft Group 12:30 pm– 3:30 pm	10	11 Senior Fitness 10:30 am– 11:30 am	12
13	14	15	16	17	18	19
	21	22	23	24	25	26
27	28	29	30	31		

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

Finish the Saying” 💭

How Many Can You Complete?



Better late than _____

Home sweet _____

Practice makes _____

A picture is worth a thousand _____

Every cloud has a silver _____

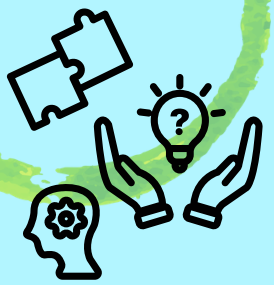
The early bird catches the _____

Two heads are better than ____

Laughter is the best _____

You can't judge a book by its _____.

Can you think of one saying from your childhood?





😊 “Finish the Sentence” complete these in your own words:

My favourite morning drink is _____.

A perfect Sunday is _____.

My favourite food is _____.

I always enjoy _____.

One place I'd love to visit again is _____.

Something that makes me smile is _____.

AGED CARE REFORMS – WHAT YOU NEED TO KNOW

Step-by-Step Guide to Getting Help Through My Aged Care

The Australian Government is improving aged care services to help older Australians live independently at home and stay connected in the community.
From 1 July 2025, a new Support at Home Program will replace the current system. You don't need to wait – you can register for help now!

✅ STEP 1: Call or Go Online

📞 1800 200 422

💻

www.myagedcare.gov.au

Have your Medicare card ready. Tell them you're interested in home support or personal services.

✅ STEP 2: Register Your Details

The My Aged Care team will:

- Create a client record
- Ask about your health and support needs

✅ STEP 3: Get Assessed

You'll be booked in for a free assessment with a local Regional Assessment Service (RAS).
This may be over the phone or at home.

✅ STEP 4: Receive a Referral Code

If you're eligible, you'll be given a referral code for social support, individual.
📝 Keep this code safe – you'll give it to your service provider to start support.

✅ STEP 5: Choose Your Provider

Bring your referral code to us at North West Community Services

We can help refer
Domestic help
Personal care
Transport
Meals
Social support and more

💬 Need Help? We're Here for You!
Come see us at reception or call us on 9627 3622
We can guide you through the process step-by-step.
Let's make sure you get the support you deserve. 💙