

Greek Orthodox Archdiocese of Australia

# GWC Community Services



## October 2016



# Community Awareness Month



*Information*



*Education*



*Recreation*



*Culture*

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## We Welcome You All to 'October 2016'

### SERVICES

Since its inception in March 1975, the Centre has provided a range of services to the community that include Information and Referral, Counselling and Casework, Community Development and Education Projects.

- Casework (*over 12,000 a year*)
- Telephone inquiries (*over 13,000 a year*)
- 25 Seniors' Groups
- 10 Greek Social Support groups
- CALD Social Support group
- 4 CALD Dementia Groups
- Greek Dementia Social Support Group
- Dementia Education Project
- 80 Community Visitors for Aged Care Facilities
- Home Visiting Scheme
- 193 Community Aged Care Packages
- 4 Cluster Programs
- Greek Seniors' Choir
- Community Transport Program
- Carers Program
- 1 Before & 2 After School Care Centres
- 14 Playtime Groups (*for children 0-6 yrs.*)
- 2 Vacation Care Centres
- Placement of Students Supervision
- Family Support Project
- Marriage Preparation Courses
- Marriage Guidance Service
- Services for Drugs/Alcohol Addiction
- Environment Project
- 3 Women's Groups
- A Grow Group (*mutual support/self-help*)
- Palliative Care Education Project
- Community Order Scheme (*light offenders*)
- People with Special Needs
- Cancer Support Group
- Multiple Sclerosis Group
- Volunteer Training Courses
- Free Legal Referral Centre
- Free Accounting and Tax Help
- 4 Annual Community Appeals
- Community Awareness & Education

The month of **October** is significant, as it has always been designated to highlight the Centre's activities, which includes the 'Annual Walkathon' and Greek 'Glendi'.

### REGIONAL OFFICES

#### Illawarra

224 Corrimal Street  
Wollongong NSW 2500  
Tel: (02) 4228 1609, 0419 617 403  
Fax: (02) 4225 8993  
Email: [illawarra@gwccs.org.au](mailto:illawarra@gwccs.org.au)

#### Western Sydney

7 Station Street West  
Harris Park (PO Box 9092) NSW 2150  
Tel: (02) 9687 8955  
Fax: (02) 9687 8122  
Email: [west@gwccs.org.au](mailto:west@gwccs.org.au)

#### South West Sydney

29 Forbes Street  
Liverpool NSW 2170  
Tel: (02) 9602 2779  
Fax: (02) 9602 2779  
Email: [southwest@gwccs.org.au](mailto:southwest@gwccs.org.au)

#### Northern Sydney

49 Holtermann Street  
Crows Nest NSW 2065  
Tel: (02) 9516 2188  
Fax: (02) 9516 2188

#### Brighton-Le-Sands

Le Sands Pavillion  
71 The Grand Parade  
Brighton NSW 2216  
Tel: (02) 9567 2021  
Fax: (02) 9599 6248

#### Newcastle

11 Steel Street  
Hamilton NSW 2303  
Tel: (02) 4961 2333  
Fax: (02) 4961 0654

## Official Opening "October 2016"

**Date: Tuesday 27<sup>th</sup> September**  
**Time: 6:30pm**

His Eminence Archbishop Stylianos,  
Primate of the Greek Orthodox Church in  
Australia will officially launch "October 2016  
- Community Awareness Month".

**Venue: G.O. Archdiocese Reception Hall,  
242 Cleveland St, Redfern**

## Vacation Care Centres



**Date: Monday 26<sup>th</sup> September - Friday 7<sup>th</sup>  
October**  
**Time: 6:45am - 6:00pm**

Organised activities for primary school  
students during their school holidays.

**Venues:**  
**Parramatta Public School,  
177 Macquarie St, Parramatta**

**St. Spyridon Junior School,  
80-88 Gardeners Rd, Kingsford**

## Awards for Volunteers

**Date: Tuesday 27<sup>th</sup> September**  
**Time: 7:30pm - 8:30pm**

Awards Ceremony and an organised  
reception to honour our volunteers for their  
generous support to the Centre's programs.

## Hearing Awareness Program

**Date: Tuesday 27<sup>th</sup> September**  
**Time: 10:00am - 12:00pm**



A Hearing Awareness Program comprising  
of a talk in Greek and free hearing tests for  
all.

**Venue: St Stylianos G.O. Church Hall,  
806 - 808 The Kingsway, Gymea**

## Elder Abuse Training

**Date: Tuesday 27<sup>th</sup> September**  
**Time: 10:00am - 5:00pm**

Improving skills in recognising and  
responding to the abuse of older people.

## Rose Bay Seniors

**Date: Tuesday 27<sup>th</sup> September**

A day trip with lunch for the members of our  
Rose Bay Seniors group.

## Playgroups Graduation

**Date: Tuesday 27<sup>th</sup> September**  
**Time: 6:45pm - 7:30pm**

"Graduation Diplomas" will be presented by  
His Eminence Archbishop Stylianos to  
pre-schoolers attending the Centre's  
Playgroups.

## Planning and Care in Dementia



**Date: Wednesday 28<sup>th</sup> September**  
**Time: 9:00am - 5:00pm**

A forum for carers of dementia sufferers.

### Neilson Park

**Date: Wednesday 28<sup>th</sup> September**

An excursion to Neilson Park for our South-East Social Support groups.

### Aged Hearing Test

**Date: Thursday 29<sup>th</sup> September**  
**Time: 10:00am - 12:00pm**

Introduction and free hearing tests for all seniors in the area.

**Venue: St Spyridon G.O. Church Hall,**  
**72 - 76 Gardeners Rd, Kingsford**

## Medicine Management



**Date: Thursday 29<sup>th</sup> September**  
**Time: 10:00am - 12:00pm**

Seminar on medication management for the Greek frail aged.

**Venue: 71 Chapel Street, Rockdale**

## National Safe Work Month

**Date: Saturday 1<sup>st</sup> October**

National Safe Work Month aims to improve awareness of work health and safety.

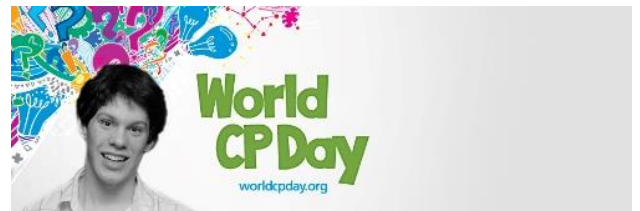
### International Day for the Elderly

**Date: Saturday 1<sup>st</sup> October**

This day is celebrated whilst raising awareness on issues affecting the elderly.



### World Cerebral Palsy Day



**Date: Saturday 1<sup>st</sup> October**

A day for awareness of people living with cerebral palsy and their families.

### Celebrating Being Well

**Saturday 1<sup>st</sup> – Monday 31<sup>st</sup> October**

Campaign will be widely celebrated highlighting the importance of mental health and well-being.

### Harris Park Frail Aged Group

**Date: Tuesday 4<sup>th</sup> October**  
**Time: 10:00am – 11:30am**

Seminar for the members of the group presented by the Continence Foundation.

**Venue: GWC Western Sydney**  
**7 Station St West, Harris Park**

## Seniors Excursion

**Date: Tuesday 4<sup>th</sup> October**

An outing to Carss Park for the members of our Bankstown Seniors group.

## Dementia

**Date: Tuesday 4<sup>th</sup> October**

**Time: 9:30am – 11:30am**

Talk on dementia for the Centre's seniors group.

**Venue: St Catherine's Old Church Hall  
13 – 15 Tunbridge St, Mascot**

## Building Resilience

**Date: Wednesday 5<sup>th</sup> October**

**Time: 6:30pm - 7:30pm**

Seminar on strategies for building resilience.

## Art Engage

**Date: Wednesday 5<sup>th</sup> October**

**Time: 10:00am - 11:30am**

People with dementia will be involved in looking and making art.



## Avon Dam - Campbelltown Seniors

**Date: Wednesday 5<sup>th</sup> October**

An excursion for the Centre's Campbelltown Seniors Group to Avon Dam.

## Greek Frail Day Care

**Date: Thursday 6<sup>th</sup> October**

An outing for our Bankstown Greek Frail Aged group.

## Falls Prevention

**Date: Thursday 6<sup>th</sup> October**

**Time: 10:30am - 11:30am**

A talk on 'Falls Prevention' for the elderly.

**Venue: GWC Community Services,  
224 Corrimal St, Wollongong**

## Honouring our Fathers

**Date: Thursday 6<sup>th</sup> October**

**Time: 11:30am - 2:30pm**

A special event with lunch and music to honour our fathers and grandfathers.

**Venue: 58 Stanmore Road, Stanmore**

## "Learn and Grow"

**Date: Thursday 6<sup>th</sup> October**

**Time: 11:30am - 2:30pm**



An information day for families on diabetes and on mental health issues, services and activities.

**Venue: 829 Anzac Pde, Maroubra**

## Greek Seniors Choir

**Date: Thursday 6<sup>th</sup> October**



Performance at a special function by the Centre's Seniors Choir.

## Community Appeal

**Date: Friday 7<sup>th</sup> October**

**Time: 9:00am - 4:00pm**

The Centre is hosting an Appeal to encourage the community to donate clothes, gifts and household items for those in need.

**Venue: Marrickville Town Hall,  
303 Marrickville Rd, Marrickville**

## Mental Health Week

**Sunday 9<sup>th</sup> – Saturday 15<sup>th</sup> October**

Mental Health Week aims to activate, educate and engage people about mental health.



## Before and After School Care

**Date: Monday 10<sup>th</sup> October**

Resumption of our Before and After School Care Centres.

**Venues:**

**Parramatta Public School  
177 Macquarie St, Parramatta  
7:00am-9:00am  
3:00pm-6:00pm**

**St Spyridon Junior School  
80 - 88 Gardeners Rd, Kingsford  
3:30pm-6:30pm**

## Seminar on Ageing

**Date: Monday 10<sup>th</sup> October**

**Time: 10:30am - 11:30am**

A Seminar on various issues affecting the elderly.

**Venue: GWC Community Services,  
224 Corrimal St, Wollongong**

## Playgroups



**Resumption: Monday 10<sup>th</sup> October**

**Time: 10:00am-12:00pm**

Resumption of activities for pre-schoolers and their parents who attend our Centre's Playgroups.

Monday:

"Little Rabbits"

St. John's G.O. Church Hall  
163 - 165 George St, Parramatta

"Little Sparrows"

St Spyridon G.O. Church Hall,  
72 Gardeners Rd, Kingsford

"Little Lion Cubs"

St Nectarios G.O Church Hall,  
3 Burleigh St, Burwood

Tuesday:

"Little Fish"

St. Paraskeve G.O Church Hall  
47 - 49 Balmoral St Blacktown

"Little Stars"

Youth & Resource Centre  
Bldg 3, 38 Redman Pde, Belmore

Wednesday:

"Little Butterflies"

St. Euphemia's Scouts Room,  
6 - 12 East Terrace, Bankstown

“Little Ducks”

St. George G.O. Church Hall  
90 - 92 Newcastle St, Rose Bay

“Little Pigeons”

St. Michael’s G.O Church Hall,  
49 Holterman St, Crows Nest

Thursday:

“Little Dolphins”

Room behind Uniting Church,  
14 William St, Earlwood

“Little Lambs”

St. Stylianos G.O. Church Hall,  
806 - 808 Kingsway, Gymea

“Little Bears”

St. Raphael G.O. Church Hall  
29 Forbes St, Liverpool

“Little Angels”

71 Millennium Centre, Le Sands Pavilion,  
The Grand Pde, Brighton-Le-Sands

“Little Koalas”

St. Catherine Old Church Hall,  
13 - 15 Tunbridge St, Mascot

Friday:

“Little Swallows”

GWC Illawarra Office  
224 Corrimal St, Wollongong

## World Mental Health Day

**Date: Monday 10<sup>th</sup> October**

The aim of this day is to promote the social and emotional well-being in the community.



## Safe Use of Medication

**Date: Monday 10<sup>th</sup> October**

**Time: 10:30am - 12:00pm**

A seminar on the safe use of medication.

**Venue: Hustville Senior Citizens Centre,  
91 Queens Rd Hurstville**

## Women and Self-Care

**Date: Monday 10<sup>th</sup> October**

**Time: 10:30am - 12:30pm**

Workshop for women on how to build on strengths and resources and create healthy relationships.

## GWC Home Care Packages Program

**Date: Monday 10<sup>th</sup> October**

**Time: 11:30am – 2:00pm**

Home Care Packages event with lunch for consumers and their carers.

## Newcastle Sessional Services

**Date: Tuesday 11<sup>th</sup> October**

**Time: 10:30am – 12:30pm**

Seminar on the services provided in the Newcastle region.

**Venue: Hellenic Cultural Centre  
11 Steel St, Hamilton**

## Mental Health Seminar

**Date: Tuesday 11<sup>th</sup> October**

**Time: 7:00pm - 9:00pm**

Seminar on issues of mental health.



**Venue: St Euphemia G.O. Church Hall,  
10 East Terrace, Bankstown**

## Wills

**Date: Tuesday 11<sup>th</sup> October**

**Time: 9:30am – 11:30am**

A talk to our seniors on Wills and 'Power of Attorney'.

**Venue: The Transfiguration of our Lord  
G.O. Church Hall  
175 Bayview Ave, Earlwood**

## Social Support and Dementia Day Care

**Date: Tuesday 11<sup>th</sup> October**

**Time: 10:00am - 2:30pm**

The Centre's East Social Support group and Dementia Day Care are combining for a day of information, lunch and activities.

**Venue: 1 Norfolk Pde, Matraville**

## "Golden Thread" GWC Knitting Group

**Date: Wednesday 12<sup>th</sup> October**

**Time: 10:00am – 12:30pm**



The group aims to provide individuals in their 'golden' years with items made by volunteer knitters.

**Venue: St Michael's G.O. Church Hall,  
49-59 Holterman St, Crows Nest**

## Community Services Expo

**Date: Wednesday 12<sup>th</sup> October**

Organising a stall and connecting with people and other services in the Blacktown local community.

## Audiology

**Date: Wednesday 12<sup>th</sup> October**

**Time: 11:00am - 2:30pm**

Hearing Awareness Program for the members of the East Social Support Group.

**Venue: 1 Norfolk Pde, Matraville**



## Seniors Annual Luncheon

**Date: Thursday 13<sup>th</sup> October**

**Time: 11:30am - 3:00pm**



An annual event organised for our Centre's seniors due to the generosity of the Lazaris Family, the owners of the Twin Reception Lounge (by invitation only).

## Wollongong Botanical Gardens

**Date: Thursday 13<sup>th</sup> October**

**Time: 10:00am – 3:00pm**

Exploring local flora and BBQ lunch for the members of our local Social Support Groups.

## Healthy Eating



**Date: Thursday 13<sup>th</sup> October**

**Time: 10:30am - 12:00pm**

A seminar on healthy eating and the Mediterranean diet.

**Venue: St Spyridon G.O. Church Hall,  
72 - 76 Gardeners Rd, Kingsford**

## Parramatta Seniors

**Date: Thursday 13<sup>th</sup> October**

An outing for the members of our Parramatta Seniors group.

## Performance of Traditional Songs

**Date: Thursday 13<sup>th</sup> October**

Performance with a range of traditional songs by our Seniors Choir.

## CALD Dementia

**Date: Friday 14<sup>th</sup> October**

**Time: 9:30am – 2:30pm**

Weekly CALD Day Care Centre for the frail aged living with dementia.

**Venue: St Raphael G.O. Church Hall  
29 Forbes St, Liverpool**

## Australian National Maritime Museum

**Date: Friday 14<sup>th</sup> October**

A visit to the 'Welcome Wall' in the Australian Maritime Museum for the members of our 'Migration Heritage' Project.

## Health and Women

**Date: Friday 14<sup>th</sup> October**

**Time: 10:00am – 11:30am**

Essential health tips for the members of our Eastlakes Women's Group.

**Venue: Eastlakes Shopping Centre  
Shop 68, Evans Ave, Eastlakes**

## Carer's Week



**Sunday 16<sup>th</sup> – Saturday 22<sup>nd</sup> October**

Dissemination of information to create awareness of the importance of the role of carers in the community.

## National Nutrition Week

**Sunday 16<sup>th</sup> – Saturday 22<sup>nd</sup> October**

Information and support of the community on how food and lifestyle choices affect our health.

## Watsons Bay

**Date: Monday 17<sup>th</sup> October**

An excursion to Watsons Bay for our Hurstville seniors group.

## Blacktown Seniors and Frail Aged Group

**Date: Monday 17<sup>th</sup> October**

Excursion to Bonnyrigg Garden Centre for the elderly members in the Blacktown area.

## Film Day

**Date: Monday 17<sup>th</sup> October**

**Time: 11:00am - 2:30pm**



Screening of a Greek film and lunch for the frail aged group.

**Venue: 71 Chapel St, Rockdale**

## Effective Communication

**Date: Monday 17<sup>th</sup> October**

**Time: 6:00pm - 8:30pm**

A course for family carers and friends of dementia sufferers.

## Navigating "My Aged Care"



**Date: Monday 17<sup>th</sup> October**

**Time: 10:30am - 11:30am**

An informative talk on understanding and accessing aged care services through "My Aged Care".

**Venue: GWC Community Services,  
224 Corrimal St, Wollongong**

## Legal Rights of Seniors

**Date: Monday 17<sup>th</sup> October**

**Time: 9:30am – 11:30am**

Seminar on legal issues for the senior members of our community.

**Venue: All Saints G.O. Church Hall  
Cnr Isabel and Cecilia Sts, Belmore**

## CHSP Dementia Day Care

**Date: Monday 17<sup>th</sup> October**

**Time: 10:00am - 2:30pm**

Activities and lunch for people with dementia.

**Venue: Prairievale and Belfield Rds,  
Bossley Park**

## Nepean River

**Date: Monday 17<sup>th</sup> October**

An excursion for our Liverpool Seniors and Greek Frail Aged groups to the Nepean River at Penrith.

## Launch of GWC Promotional Material

**Date: Monday 17<sup>th</sup> October**

**Time: 10:00am – 11:30am**

A morning tea for staff, volunteers and special guests to launch GWC Community Services Promotional Material including our new Website and Facebook page.

**Venue: Millennium Centre  
71 The Grand Pde,  
Brighton-Le-Sands**

## Seminar on Falls Prevention

**Date: Tuesday 18<sup>th</sup> October**

**Time: 10:30am - 11:30am**

A Seminar on 'Falls Prevention' for the elderly in the Illawarra region.

**Venue: Greek Cultural Centre,  
18 Stewart St, Wollongong**

## Excursion - Balmoral

**Date: Tuesday 18<sup>th</sup> October**

An outing to Balmoral for our Gynea Seniors group.

## Centrelink

**Date: Wednesday 19<sup>th</sup> October**

**Time: 10:00am – 11:30am**

Seminar from Centrelink on financial information service. 2017 Pensions assets is changing.

**Venue: Millennium Centre,  
71 The Grand Pde, Brighton Le  
Sands**

## Aged Services - Manly

**Date: Wednesday 19<sup>th</sup> October**

**Time: 11:00am – 12:00pm**

Aged services information seminar to the members of our Centre's Manly Seniors group.

**Venue: St Matthew's Church Hall  
Cnr The Corso and Darley Rd,  
Manly**

## Communication and Listening

**Date: Wednesday 19<sup>th</sup> October**

**Time: 10:30am – 1:30pm**

A workshop to train new volunteers on communication and listening skills.

**Venue: Hellenic Cultural Centre  
11 Steel St, Hamilton**

## Matrville – CALD Social Support Group

**Date: Wednesday 19<sup>th</sup> October**

An organised excursion for the members of our Matrville CALD Social Support Group.

## Carer's Information

**Date: Wednesday 19<sup>th</sup> October**

**Time: 10:00am - 12:00pm**

Information for supporting carers of consumers from Home Care Packages and Social Support Groups.

**Venue: GWC Community Services,  
224 Corrimal St, Wollongong**

## Greek Women's Group – Earlwood

**Date: Thursday 20<sup>th</sup> October**

An organised outing for the members of our Earlwood Women's Group.

## Safe Home Visiting



**Date: Thursday 20<sup>th</sup> October**

Workshop to learn key strategies to ensure physical and emotional safety when entering user's homes.

## Illawarra Social Support Group

**Date: Thursday 20<sup>th</sup> October**

**Time: 10:30am - 11:30am**

Workshop on "My Aged Care" to the members of the Illawarra Social Support Group.

**Venue: GWC Community Services,  
224 Corrimal St, Wollongong**

## Kingsford Seniors

**Date: Thursday 20<sup>th</sup> October**

An organised outing for the Centre's Kingsford seniors group.

## Frail Aged Group - Harris Park

**Date: Thursday 20<sup>th</sup> October**

Excursion to Blaxland Riverside Park and the Sydney Olympic Park.

## World Osteoporosis Day

**Date: Thursday 20<sup>th</sup> October**

This day is dedicated to increasing awareness of the prognosis, diagnosis and treatment of osteoporosis and bone disease.

## Greek Cheese Festival

**Date: Thursday 20<sup>th</sup> October**

**Time: 10:00am – 2:00pm**

Celebration with food and music whilst exhibiting and tasting a variety of cheeses from Greece.

**Venue: St Nicholas G.O. Church Hall  
203 – 207 Livingstone Rd,  
Marrickville**

## Excursion – Birkenhead Point

**Date: Friday 21<sup>st</sup> October**

Excursion for our Burwood Seniors group to Birkenhead Point.

## Rethinking Mental Health

**Date: Friday 21<sup>st</sup> October**

**Time: 8:30am – 5:00pm**

Participation at the forum which will explore best practice in the mental health forum.

## Children's National Week

**Saturday 22<sup>nd</sup> –**

**Sunday 30<sup>th</sup>**

**October**

The Children's Week celebrates the right of children to enjoy their childhood.



## “Our Stories” Photoshoot

**Date: Friday 21<sup>st</sup> October**

**Time: 10:00am – 12:30pm**

The members of the ‘Migration Heritage Project – Journey with a Pencil in Hand’ will showcase some of their writing.

**Venue: GWC Western Sydney  
7 Station St West, Harris Park**

## Pedestrians and Road Safety

**Date: Monday 24<sup>th</sup> October**

**Time: 10:30am - 12:00pm**

In this seminar you will learn the importance of being diligent on the roads whilst walking.



**Venue: Hurstville Senior Citizens Centre  
91 Queens Rd, Hurstville**

## Blacktown Seniors and Frail Aged Group

**Date: Monday 24<sup>th</sup> October**

**Time: 9:30am –  
3:00pm**

BBQ Lunch  
followed by  
showing of  
Greek film.



**Venue: St Paraskeve G.O. Church Hall  
47-49 Balmoral St, Blacktown**

## St George Social Support Group

**Date: Monday 24<sup>th</sup> October**

**Time: 9:30am – 3:00pm**

Activities with lunch for the members of the  
group.

**Venue: 71 Chapel St, Rockdale**

## Introduction to Computers

**Date: Monday 24<sup>th</sup> October**

**Time: 10:00am – 12:00pm**



An introduction to  
computers for  
Greek speaking  
seniors.

**Venue: Millenium Centre,  
71 The Grand Pde, Brighton Le  
Sands**

## Illawarra Home Care Packages



**Date: Monday 24<sup>th</sup> October**

An outing for the consumers and their  
carers of our Illawarra Home Care  
Packages.

## Understanding and Responding to Behaviours

**Date: Monday 24<sup>th</sup> October**

**Time: 6:00pm - 8:30pm**

A course for family carers and friends of  
dementia sufferers.

**Venue: 29 Sylvania Rd, Sylvania**

## Excursion – East Social Support Group

**Date: Tuesday 25<sup>th</sup> October**

A day excursion for the frail members of  
our Eastern Sydney Social Support group.

## Breaking the Ice

**Date: Tuesday 25<sup>th</sup> October**

**Time: 6:00pm – 8:30pm**

Participation at the forum which aims to  
address facts about 'ice' or  
methamphetamine use.

**Venue: 8 Greenfield Pde, Bankstown**

## Introduction to the Hearing Test for Seniors

**Date: Wednesday 26<sup>th</sup> October**  
**Time: 10:00am - 12:00pm**

Seminar on aspects of hearing for the senior members of our community.

**Venue: St Andrew G.O. Church Hall**  
**20 Wharf Rd, Gladesville**

## Manual Training

**Date: Wednesday 26<sup>th</sup> October**

Manual Training for support workers.

## Workshop on Volunteering

**Date: 27<sup>th</sup> October and**  
**3<sup>rd</sup> November**  
**Time: 9:30am - 1:00pm**



A two part training course for new volunteers in the Inner West region.

**Venue: St Nectarios G.O. Church Hall,**  
**3 Burleigh St, Burwood**

## Diabetes

**Date: Thursday 27<sup>th</sup> October**  
**Time: 10:30am - 12:00pm**

Information on how to improve our knowledge and management of diabetes.

**Venue: The Resurrection of Christ G.O.**  
**Church Hall**  
**16-18 Belgrave St, Kogarah**

## Benefits of Exercise

**Date: Thursday 27<sup>th</sup> October**  
**Time: 10:30am – 12:00pm**

A Seminar on the importance of exercise for seniors and how to improve many aspects of their health.

**Venue: St Spyridon G.O. Church Hall,**  
**72-76 Gardeners Rd, Kingsford**

## 2016 Volunteer Expo

**Date: Thursday 27<sup>th</sup> October**  
**Time: 9:00am - 6:30pm**

The volunteer Expo will provide volunteer-involving organisations with the opportunity to showcase their programs and activities.

**Venue: Hurstville Entertainment Centre.**

## Respite Day Care

**Date: Thursday 27<sup>th</sup> October**  
**Time: 9:30am – 2:30pm**

Respite Day Care with activities and lunch for the participants living with dementia.

**Venue: Bossley Park Community Centre**  
**Prairievale and Belfield Rds,**  
**Bossley Park.**

## Screening of a Greek Film

**Date: Thursday 27<sup>th</sup> October**  
**Time: 10:00am - 2:30pm**

Lunch and a screening of an old Greek movie for the members of our St George Social Support group.

**Venue: 71 Chapel St, Rockdale**

## Nursing Home Residents

**Date: Friday 28<sup>th</sup> October**

**Time: 11:30am – 2:00pm**

Nursing Home staff and their Greek speaking residents have been invited to a special function with lunch and musical performances.

**Venue: Sts Constantine and Helen G.O.  
Church Hall,  
278 Kings St, Newtown**

## EAPA Training

**Date: Friday 28<sup>th</sup> October**

**Time: 10:00am – 12:00pm**

Staff participation at the EAPA training session.

**Venue: 2c West St, Lewisham**

## Community Visitors Scheme

**Date: Friday 28<sup>th</sup> October**

The Centre's Community Visitors will be formally recognised for their contribution at a special function.

## Greek National Celebration "OXI Day"

**Date: Friday 28<sup>th</sup> October**

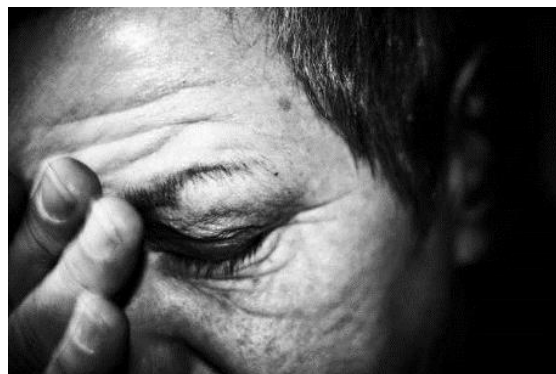
**Time: 10:30am - 1:30pm**

Talk and a concert in order to celebrate the importance of this historical day.



**Venue: Sts. Constantine and Helen G.O.  
Church Hall, 378 King St, Newtown**

## Emotional Impact and Stress Management



**Date: Monday 31<sup>st</sup> October**

**Time: 6:00pm - 8:30pm**

A course for family carers and friends of dementia sufferers.

**Venue: 29 Sylvania Rd, Sylvania**

## Sudden Confusion and Planning

**Date: Monday 31<sup>st</sup> October**

**Time: 10:30am - 1:00pm**

This workshop is for carers, relatives, volunteers and paid workers who care for a person with dementia or those interested to learn more about dementia.

## Volunteer Training Course

**Date: Monday 31<sup>st</sup> October**

**Time: 9:30am - 1:00pm**

A three part training course for people who wish to become volunteers.

**Venue: GWC Community Services  
378A King St, Newtown**



## Thornleigh Seniors Social Support

**Date: Monday 31<sup>st</sup> October**

**Time: 10:00am – 12:00pm**

Presentation on aged care costs and how this impacts pensioners.

**Venue: St Therapon G.O. Church Hall  
323 – 325 Pennant Hills, Thornleigh**

## Social Fun Day Activity

**Date: Monday 31<sup>st</sup> October**

**Time: 10:00am – 2:00pm**

An activity day for Liverpool Social Support and St George Social Support Groups.

**Venue: St Raphael G.O. Church Hall  
29 Forbes St, Liverpool**

## 40<sup>th</sup> Annual Walkathon

**Date: Sunday 13<sup>th</sup> November**

**Time: 11:00am - 5:00pm**

The events of the month “October 2016” will end with the Annual Walkathon at the Greek Orthodox Parish and Community of St. Nectarios, Burwood.

**Registration: 11:00am - 1:00pm**

**Start and Festivities: 1:00pm - 5:00pm**

**Venue: St Nectarios G.O. Parish and  
Community  
26 Railway Pde, Burwood**

For further information about any events in “October 2016” please call (02) 9516 2188.