



Newsletter October 2021

Our annual AGM was held on Tuesday 7th September and due to Covid-19 restrictions, only a limited number of community members could attend. The newly appointed 2021/22 Board of Management was announced, discussions took place reflecting on what was the year 2020/21, and morning tea was enjoyed by those who stayed after the meeting.

Our 2020/21 Annual Report was given out at the AGM, if you are interested in having a read, this is available on our website <https://www.tbcc.org.au/about/annual-reports/> or you can visit TBCC, to collect a hard copy.

A big thank you to retiring board members Linda McDougall, Kareena Harwood and Tash Loveday and a big welcome to our newly appointed board members for 2021/22.

65yrs only). If you require transport to your medical appointments, we can arrange transport with a voluntary driven passenger network car for eligible consumers. Bookings can be made by call Sam on 08 8527 3513.

WE NEED YOU!

We also would love for volunteer drivers to help provide this vital service in Murray Bridge. If you think that this could be the volunteering role for you, please call Sam on 08 8572 3513

Green Sheep Project Celebrating Six Years— Initiated by a 12 year old girl, a project fundraised by the local community and inspired by the book 'Where is The Green Sheep' written by Mem Fox. On the 29th of September 2015, seven sheep uniquely painted by students from the Taillem Bend Primary School, were installed by Coorong District Council around the railway playground in Taillem Bend. However, in 2016 one sheep was stolen and has never been replaced. It would cost \$450 to do so, would anyone in the community like to contribute to make this happen?



Top L-R: Jack Hunt– Chairperson, Graham Nancarrow– Vice Chairperson, Judy Bagg–Secretary.

Middle L-R: Jeanette Gower-Treasurer, Lorraine Coleman, Alan Coleman,

Bottom L-R: Peta Dermody, Janelle Merritt and Trudy Stanley.

Murray Mallee Community Passenger Network—We are very happy to share the news that Murray Mallee Community Passenger Network, can now provide CPN service delivery to the Murray Bridge Region (over



Our Goldies Christmas Lunch

Friday 3rd December 2021

Riverside Hotel

Time: TBA

Price: TBA



Programs are Supported by:

- Department of Health
- Department of Human Services
- ac.care's Communities for Children Murraylands programme funded by the Australian Government Department of Social Services
- Department for Infrastructure and Transport (DIT)
- The Coorong District Council (CDC)

141 Railway Terrace, Taillem Bend SA 5260

Phone: 8572 3513

Web: www.tbcc.org.au

www.murraymalleeCPN.org.au

Email: info@tbcc.org.au

mmcpnco@tbcc.org.au



Please help us share what's happening at TBCC

FREE COMMUNITY EXPO ENGAGING IN AGEING RURAL RESILIENCE

Tailem Bend
Oct 15th 10am - 2pm
Willow Street Precinct
& Town Hall



Out to Lunch

Oasis Gardens Restaurant
Vineyard Road + Chocolates

Friday 19 November 2021

Bus departs 10am
Arrive back TBCC 2.45pm

Menu

Main
Beef and red wine pile, rustic fries, steamed vegetables

Lemon and dill crumb Barramundi
rustic fries, garden salad

Buttered Chicken, basmati rice, raita

Dessert
Homemade Pavlova, chantilly cream and berry coulis

Warm Apple Tea Cake, chantilly cream

Coffee/Tea included
Cold drinks available for purchase

Booking Essential
CHSP \$50.00
Non CHSP \$58.00

141 Railway Terrace, Tailem Bend SA 5260
W: tbcc.org.au E: info@tbcc.org.au P: 8572 3513



2021 TERM 4
Communities for Children Murraylands

Parent Child Mother Goose

What is Parent Child Mother Goose? Parent Child Mother Goose is an evidence based program using songs, rhymes and stories to encourage and support connection between the child and parent. PCMG uses repetition and no props to help in the development of your child's speech, language, communication, motor skills, listening skills and attachment. PCMG is a 45 minute session suitable for families with children aged newborn to 5 years.

FREE SESSION
Thursday mornings
Starting Thursday 14th Oct.
21st Oct 28th Oct 4th Nov.
11th Nov 18th Nov 25th Nov.
2nd Dec 9th Dec

BOOKINGS ARE ESSENTIAL
Bookings can be made through TBCC by PHONE: 8572 3513 or Email: c4c@tbcc.org.au

Tailem Bend Community Centre

9:30-10:30am

ATTENDEES MUST BOOK

- Please to social distancing (1.5m) and infection control measures.
- Bookings with level personal hygiene, handwashing routines and cough/sneeze etiquette.
- All participants (adults and/or children) that are feeling unwell should not attend.
- All adults to wear a mask whilst indoors.
- All participants to use the QR code check in on arrival.

COMMUNITIES FOR CHILDREN MURRAYLANDS
Tailem Bend Community Centre: 141 Railway Terrace Tailem Bend
P: 08 8572 3513 E: c4c@tbcc.org.au W: www.tbcc.org.au



Computer Lesson
New Volunteer Tutor

FRIDAYS
10 am - 12 noon
DURING SCHOOL TERMS

CHSP \$1.10
Non CHSP \$2.20

Starting Term 3
Friday 15 October

Booking Essential

141 Railway Terrace, Tailem Bend SA 5260
W: tbcc.org.au E: info@tbcc.org.au P: 8572 3513



Resin Art Intermediate Class

Saturday 30th October 2021
10am-12 noon

Create a beach themed tray, in either a:
44cm round tray or
38cm square tray

Cost: \$60 (\$50 65 years or 50 years ATSI)

*Must have attended our beginners resin art workshop, for the above prices. Otherwise cost will be \$80 to attend.

To register your interest or for more information
Call: 08 8572 3513 or email: info@tbcc.org.au

Boat Licence Course—We have been advised that Marine Safety Officers are no longer available to conduct boat licence presentations, unless the presentation is part of a school curriculum for boating safety. For more information and instructions on how to apply for a boat licence, please visit :

<https://www.sa.gov.au/.../boat-operators.../boat-licences>

First Aid Refresher—We are taking expressions of interest to organise a refresher course for those who have already obtained *HLTAID001—Provide Cardiopulmonary Resuscitation*, as this is to be reviewed every 12 months. Give us a call on: 08 8572 3513 to register your interest.

TBCC Performance Survey- We are calling for your feedback, in 2022 we are updating our strategic plan and require your input. Surveys will be sent out soon.

Adelaide Symphony Orchestra-A free concert could be happening near you soon! Watch this space, Wednesday 20th October. Keep an eye on our social media and your emails, or give us a call, 08 8572 3513 for more information.

CHRISTMAS CLOSURE DATES

TBCC will be CLOSED from Friday 10th December and REOPENING on Monday 17th January. TBCC Mini Bus will be unavailable for bookings from Monday 20th December—Monday 3rd January.

2021 Term 4 Timetable: 11th October - 10th December

 <p>Monday —Friday 9am — 4:30pm 141 Railway Terrace, Taillem Bend SA 5260 Tel: 8572 3513 W: tbcc.org.au E: info@tbcc.org.au</p>	<p>Computer/Phone</p> <p>Need help with accessing the internet, PC, tablet, phone or iPad? Call TBCC to make a free one-on-one appointment</p>	 <p>Communities for Children (C4C) is facilitated by AC-Care and funded by the Australian Government</p>	<p>MMCPN</p> <p>Need medical transport? or social outings, call us to discuss options</p> 	<p>CHSP Trips</p> <p>Out to Lunch Oasis Gardens Restaurant Friday 19th November 10am—2.45pm Please call Denise 8572 3513 to book your spot</p>
	<p>Want to help us?</p> <p>Would you like to help at TBCC? We need help with various items. Please call us or drop in 8572 3513</p>	<p>C4C Activities</p> <p>*For details about C4C activities offered for Children 0-12 years please call Chelsea or Gayle 8572 3513</p>	<p>MMCPN</p> <p>WE NEED YOU!</p> <p>Would you like to become a volunteer driver? Please call Sam 8572 3513</p>	
	<p>Bus Hire</p> <p>For details about the community bus hire visit our website https://www.tbcc.org.au/for-hire/tbcc-bus/</p>	<p>Tutors Wanted</p> <p>We're looking for more tutors to run classes. If you know someone willing to share their skills please email info@tbcc.org.au</p>	<p>Got a class in mind?</p> <p>Give us a call and we will register an expression of interest. Once 5 people register we can arrange the class EASY!!</p>	<p>Community Garden</p> <p>Help yourself to the produce in our wonderful community garden, or register to establish the garden club</p>
<p>MONDAY</p> <p>YOGA</p> <p>Improve your flexibility and tranquillity Please bring a blanket, water and your own mat Call Blue Wren Yoga 0408 837 117 Monday 6.00pm - 7.00pm Wednesday 6.00pm - 7.00pm Thursday 8.00am - 9.00am</p>	<p>TUESDAY</p> <p>Wood Turning</p> <p>Choose and create your own project with support from Jack 10.00am - 3.00pm Half day \$5.50/\$11 Full day \$11/\$22</p>	<p>WEDNESDAY</p> <p>Woodwork</p> <p>Learn with Graham A qualified builder and Cabinet Maker 9.00am - 3.00pm Half day \$5.50/\$11 Full day \$11/\$22</p>	<p>THURSDAY</p> <p>PCMG</p> <p>Parent-Child Mother Goose Program 0-5 years Connect through songs, rhyme and stories. 9.30am -10.30am At TBCC BOOKINGS REQUIRED</p>	<p>FRIDAY</p> <p>Pilates</p> <p>Strengthen and Stretching with Ursula 10.30am—11.00am At TBCC 7.45am - 8.45am Or 8.50am - 9.50am At Meningie Waterfront Motel Cost: \$5.50/\$11/\$16 BOOKINGS REQUIRED</p>
<p>Neighbourhood Watch</p> <p>Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support Contact: 0417 840 473 7.30pm start</p>	<p>Pilates</p> <p>Strengthen and Stretching with Ursula 5.30pm - 6.20pm 6.30pm - 7.20pm Cost: \$5.50/\$11 BOOKINGS REQUIRED</p>	<p>Sewing Class</p> <p>Join this group to work on individual sewing projects 9.00am to 12 noon Cost: \$5.50</p>	<p><small>Commonwealth Home Support (CHSP)</small></p> <p>Commonwealth Home Support Program (CHSP) is funded by the Australian Government Dept of Health</p>	<p>Computer Class</p> <p>Need assistance with all things computing ? Bring your own laptop or use a Centre PC Includes internet New Tutor 10.00am - 12 noon Cost: \$5.50</p>
<p>Scrap Booking / Card Making</p> <p>Make your Memories into Art. Stock available for purchase in class or bring your own. 10.00am - 2.00pm Cost: \$1.10 / \$2.20</p>	<p>Social Craft Circle</p> <p>Join this friendly group. Work on your own craft and share ideas. 1.00pm - 3.00pm \$1.10/class</p>	<p>Golden Go Getters</p> <p>Help me strengthen your muscles in a safe/ supported environment Town Hall Function Room 10.30am - 11.30am Cost: \$5.50</p>	<p>Pilates</p> <p>Strengthen and Stretching with Ursula 5.30pm - 6.20pm Cost: \$5.50/\$11 BOOKINGS REQUIRED</p>	<p>Our Goldies</p> <p>Stay tuned for details on the following dates 29th October Christmas Lunch 3rd December</p>
<p>Frozen Meals</p> <p>Frozen meals available for CHSP clients who are: over 65yrs or 50yrs AT Sl. 3 for \$12 Or \$4 each</p>	<p>Line Dancing</p> <p>Beginner to Advance welcome 10.00am – 11.30am At Taillem Bend Town Hall Cost: \$5.50/ \$11.00 BOOKINGS REQUIRED</p>	<p>Decorative Art</p> <p>Social Art Group Join this group to share skills and learn from like-minded people 1.00pm - 4.00pm Cost: \$1.10</p>	<p>Please note Classes run during school terms only, No classes during school holidays</p>	