

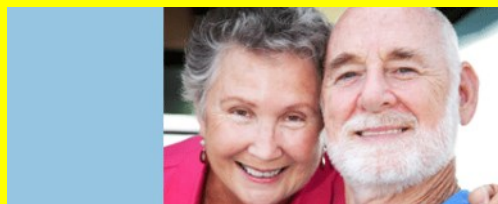


Christian
Community
Aid

Services Handbook

January - June 2021

02 9858 3222



Aged Care
Services

Activities



Outings

Food
Services



Enquiries

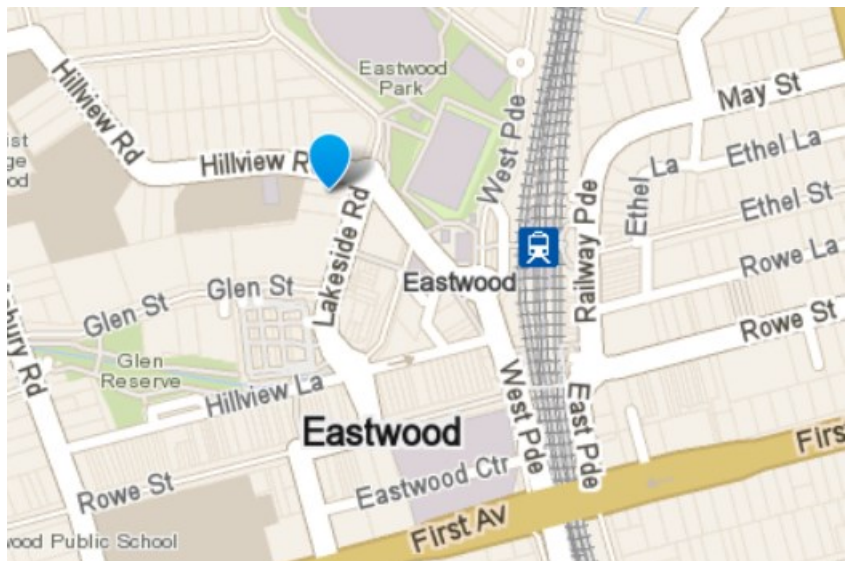


Address: 12 Lakeside Road Eastwood 2122

Telephone: (02) 9858 3222

Email: administration@ccas.org.au

Website: www.ccas.org.au



Monday Shopping

Pick up between 9 - 10 am

Return by 12 - 1 pm

CARLINGFORD COURT

Transport Cost : \$ 9

4th JANUARY

18th JANUARY

1st FEBRUARY

15th FEBRUARY

1st MARCH

15th MARCH

29th MARCH

12th APRIL

26th APRIL

10th MAY

24th MAY

7th JUNE

21st JUNE

**The Bus Shopping Service
runs on a Monday
each fortnight.**

**Clients are collected
from their homes and
taken to Carlingford Court
for two hours, and then
returned home at the
end of the trip.**



*Please
Note*

Depending on the availability of a volunteer we can also provide assistance with shopping - this service needs to be arranged prior to the day.

Monday Lunch Outing

Pick up between **9.30 - 10.30 am** Return by **3 pm**



8th FEBRUARY

CLUB BURWOOD

96 Shaftsbury Road Burwood

Bus \$ 16



22nd FEBRUARY

BRIARS SPORTS

14 Ian Parade Concord

Bus \$ 15



8th MARCH

STRATHFIELD GOLF CLUB

52 Weeroona Road Strathfield

Bus \$ 16



22nd MARCH

THE ACRES CLUB

1 Moondo Street Greenacre

Bus \$ 16



19th APRIL

NORTH RYDE RSL

Cnr Pittwater & Magdala Roads North Ryde

Bus \$ 16



3rd MAY

CASTLE HILL RSL

77 Castle Street Castle Hill

Bus \$ 16



17th MAY

THE RANCH HOTEL

Cnr Epping & Herring Roads Marsfield

Bus \$ 13



31st MAY

CLUB FIVE DOCK RSL

66 Great North Road Five Dock

Bus \$ 17



28th JUNE

GOLFVIEW HOTEL

150 Rawson Road Guildford

Bus \$ 14



**Come and join us, make new friends,
enjoy good food and interesting
conversation at restaurants all
around Sydney.**

Tuesday Outing

Pick up between **9.30 - 10.30 am**

Return by **3 pm**

16th FEBRUARY

BLAXLAND RIVERSIDE PARK

Bring your own lunch or buy at Armory Wharf Café.

Jamieson Street, Sydney Olympic Park

Bus \$ 14 + lunch at own cost



2nd MARCH

ROSEHILL BOWLING CLUB

Cuisines that will satisfy all tastes.

Cnr James Ruse Drive & Hassell Street Rosehill

Bus \$ 14 + lunch at own cost



13th APRIL

WARRAH BIODYNAMIC FARM SHOP (DURAL)

Offers full range of certified organic & biodynamic fruit & vegetables, meat & dairy. Lunch at McDonald's in Dural.

Bus \$ 17 + lunch at own cost



11th MAY

BANJO PATERSON PARK

Enjoy beautiful views of the river and natural areas.

Punt Road Gladesville

Bus \$ 14 + bring your own lunch



8th JUNE

BAYVIEW HOTEL (WOY WOY)

CCA Bus to Epping Station then train trip to Woy Woy and a short walk to the hotel. The Bistro offers from traditional pub classics, succulent steaks and fresh seafood.

Bus \$ 12 + train ticket & lunch at own cost



Special Outings

Please
Note

Transportation available dependent on location.

Pick up and drop off times will vary depending on the activity.

Please contact the office for full details.



PLEASE NOTE : These outings require good mobility and are NOT suitable for people with mobility issues.

DISTANCE WALKING IS REQUIRED WITHOUT ASSISTANCE.



TUESDAY 2nd FEBRUARY

FLOWER POWER

609 Old Northern Road, Glenhaven

Transport \$ 15

Lunch at Frankie's Food Factory at your own cost.



Flower Power is the destination for a beautiful home and garden, offering Australia's best range of quality homegrown plants. Relax and unwind in the picturesque Frankie's Food Factory café with their gourmet twist on lunch favorites with only the freshest ingredients from their local farmers.



TUESDAY 25th MAY

BIRKENHEAD POINT

OUTLET CENTRE

19 Roseby Street, Drummoyne

Transport \$ 15



Birkenhead Point is one of Sydney's most loved shopping destinations with over 130 premium outlet stores. Restore your energy after all the shopping with lunch at the food court or Café on site or bring your own lunch.

Chinese Bus Outing

華人長者旅行活動



23rd FEBRUARY 二月二十三日

遊玩 **VENUE: MEMORIAL PARK** 公園

午餐 **LUNCH: MAMA'S WOK** 妈妈小厨

車費 Transport \$ 14

+ 午餐自付 Lunch at your own cost (大約 \$ 15)



16th MARCH 三月十六日

遊玩 **VENUE: BICENTENNIAL PARK** 公園

午餐 **LUNCH: TIGERS SYDNEY MARKET** 喜滿庭酒樓

車費 Transport \$ 16

+ 午餐自付 Lunch at your own cost (大約 \$ 17)



27th APRIL 四月二十七日

遊玩 **VENUE: HOLROYD GARDENS** 花园

午餐 **LUNCH: MERRYLANDS RSL CLUB** 自助餐

車費 Transport \$ 16

+ 午餐自付 Lunch at your own cost (大約 \$ 15)



18th MAY 五月十八日

CCA巴士至Epping火車站，乘火車前往Woy Woy，
然后步行片刻到达饭店. 火车票自付.

午餐 **LUNCH: BAYVIEW HOTEL** 旅馆饭店

車費 Transport \$ 12 + 午餐自付 (大約 \$ 17)



22nd JUNE 六月二十二日

遊玩 **VENUE: LAKE PARRAMATTA** 公園

午餐 **LUNCH: CRYSTAL SEAFOOD** 大三元海鮮酒樓

車費 Transport \$ 15

+ 午餐自付 Lunch at your own cost (大約 \$ 17)

Carers Information Group

華人照顧者資訊講座

Day 日期 Wednesday 星期三

Time 時間 早上十時半 至 中午一時半

Venue 地點 To Be Advised 場所待定

Cost 費用 (每位) Attendance Fee 參加費 (includes morning tea 包括早茶): \$ 3, Lunch 午餐: \$ 8, Transport 車費: \$ 9

Interpreters in Mandarin and Cantonese 有普通話及廣東話翻譯

Program Coordinator 負責職員 Carmen Miu 繆女士



17th FEBRUARY 二月十七日

DIABETES
糖尿病需知



12th MAY 五月十二日

LEGAL AID
法律援助資訊

The program coordinator retains the right to change the program when necessary.

負責職員保留更改節目權利。

Contact us early to book as seats are limited. Bookings are on a "first come, first serve" basis.

因名額有限，欲免向隅，請預早聯絡我們報名。

Chinese Lunch Group 华人长者午餐组

CCA has a safe and interesting program for Chinese speaking seniors in Eastwood and surrounding areas. The Chinese Lunch Group is held every Wednesday from 10:30 am to 1:30 pm. Morning tea and lunch are provided. **Door to Door Transport is available.**

CCA社区服务中心的华人午餐组为Eastwood和周边地区65岁以上的华人长者提供安全和有趣的活动。
本组活动在每个星期三举行。

Day 日期 : Wednesday 星期三

Time 时间 : 早上十时半 至 下午一时半

Venue 地点 : To Be Advised 场所待定

Cost (per person) 费用 (每位) : Attendance Fee 参加费
(includes morning tea 包括早茶): \$ 3, Lunch 午餐: \$ 8,
Transport 车费: \$ 9.

Some of the activities may require \$ 1 or \$ 2 extra contribution.
某些活动可能需要\$1或\$2的额外费用。

Contact Person 联络职员 : Maggie Du 杜女士

Phone 电话 : 9858 3222 **Email 电邮:** maggie.du@ccas.org.au



3rd FEBRUARY 二月三日
CHINESE NEW YEAR CELEBRATION
庆祝春节+猜谜



10th FEBRUARY 二月十日

BOWEL SCREENING

结肠镜检查资讯



17th FEBRUARY 二月十七日

DIABETES

糖尿病需知



24th FEBRUARY 二月二十四日

ARTHRITIS

关节炎讲座



3rd MARCH 三月三日

MY AGED CARE

政府资助的老年人护理服务



10th MARCH 三月十日

MENTAL WELLBEING

心理卫生讲座



17th MARCH 三月十七日

EVERYDAY ENGLISH CONVERSATION

实用英语会话



24th MARCH 三月二十四日

JEWELLERY MAKING DEMONSTRATION

首饰制作示范



31st MARCH 三月三十一日

NEUROBICS

活脑筋运动



7th APRIL 四月七日

EASTER EGG HUNT

庆祝复活节 - 寻找复活蛋



14th APRIL 四月十四日

BIRTHDAY CELEBRATION + SUDOKU

生日庆祝会 + 数独



21st APRIL 四月二十一日

BUDDY BAND SINGING PERFORMANCE

乐队表演 + 唱歌



28th APRIL 四月二十八日

HEARING HEALTH

听力知识



5th MAY 五月五日

SCOTTISH DANCE PERFORMANCE

苏格兰土风舞表演



12th MAY 五月十二日

LEGAL AID

法律援助资讯



19th MAY 五月十九日

BUDDY BAND SINGING PERFORMANCE

乐队表演 + 唱歌



26th MAY 五月二十六日

EVERYDAY ENGLISH CONVERSATION

实用英语会话



2nd JUNE 六月二日

TAXATION

個人稅務需知



9th JUNE 六月九日

CENTRELINK AND MEDICARE

长者的福利和医疗保健



16th JUNE 六月十六日

FIRE SAFETY

防火安全



23rd JUNE 六月二十三日

SINGING PERFORMANCE

唱歌表演



30th JUNE 六月三十日

EVERYDAY ENGLISH CONVERSATION

实用英语会话



Thursday CUPPA Club

***Do you enjoy a cuppa at local cafes?
Would you like to make new friends?***

Join us for a cuppa and good old chinwag in the beautiful surroundings of coffee shops.

Where Strangers Become Friends!

Day: every Thursday

Time: 10:30am to 11:30am

Pick Up: between 9:30am and 10:00am

Group Size: Small

Access to Venues: Easy

Transport: car to and from your home

Transport Cost: \$10

Food and drink at own cost.

Alternate venue without notice if heavy rain.





4th FEBRUARY
COPPER AND COCOA

North Rocks



11th FEBRUARY
DAISYS BY THE PARK

Dundas Valley



18th FEBRUARY
CHORLEY'S CAFÉ

Cheltenham



25th FEBRUARY
TERMINAL8 CAFÉ

Silverwater



4th MARCH
GATEHOUSE TEA ROOMS

Parramatta



11th MARCH
THE DINING & CO

North Ryde



18th MARCH
THE NEWINGTON CAFÉ

Silverwater



25th MARCH
DANNY'S CAFÉ

Silverwater



1st APRIL
CUCINA DE LUCA

Carlingford



8th APRIL
BOSTON REPUBLIC

Eastwood



15th APRIL
QUEENS CUP CAFÉ

Oatlands



22nd APRIL
COURTYARD CAFÉ

Telopea



29th APRIL
KOKODA CAFÉ

Concord West



6th MAY
MANNELLI'S CAFÉ

Oatlands



13th MAY
DAISYS BY THE PARK

Dundas Valley



20th MAY
CHORLEY'S CAFÉ

Cheltenham



27th MAY
PAGES BOOKSHOP CAFÉ

West Ryde



3rd JUNE
QUEENS CUP CAFÉ

Oatlands



10th JUNE
THE DINING & CO

North Ryde



17th JUNE
ZIG ZAG CAFÉ

Marsfield



24th JUNE
GATEHOUSE TEA ROOMS

Parramatta

Friday Lunch Group

Pick up between **9.30 - 10.30 am** Return by **3 pm**



5th FEBRUARY

Come and join us for all things Australian.
Enjoy meat pies, Lamingtons & talk about early Oz.
Cost: \$20 (includes food, activity & transport)



19th FEBRUARY

Introduction on New Seniors App & celebrate the great things of February: Valentine's Day, National Chocolate Mint Day and Pay-a-Compliment Day.
Cost: \$20 (includes food, activity & transport)



5th MARCH

The place to be is with us at CCA for a fun game of bingo with prizes and laughter.
Cost: \$20 (includes food, activity & transport)



19th MARCH

CCA is Craft Central.
Come and join us in making Christmas decorations.
Cost: \$20 (includes food, activity & transport)



16th APRIL

CCA Movie Time.
Enjoy a classic movie with chips & drinks.
Cost: \$20 (includes food, activity & transport)



30th APRIL

CCA Music Revival.

Enjoy and sing along your favourite songs.

Cost: \$20 (includes food, activity & transport)



14th MAY

CCA is Craft Central. Crafters unite and join us in making Christmas decorations.

Cost: \$20 (includes food, activity & transport)



28th MAY

CCA Guest Speaker from Ryde Library.

Cost: \$20 (includes food, activity & transport)



11th JUNE

Bingo Blast.

You never know what can happen!

Cost: \$20 (includes food, activity & transport)



25th JUNE

CCA Movie Time.

Join us for a silver screen legend movie.

Cost: \$20 (includes food, activity & transport)

Come and enjoy morning tea & lunch in the company of others.

Activities include craft, movies, music, bingo, quizzes, guest speakers, performances, as well as lots of fun and laughter.

Cost: \$20 (includes food, activity & transport).

Some of the activities may require \$1 or \$2 extra contribution.

Friday Shopping

Pick up between 9 - 10 am

Return by 12 - 1 pm

CARLINGFORD COURT

Transport Cost : \$ 9

15th JANUARY

29th JANUARY

12th FEBRUARY

26th FEBRUARY

12th MARCH

26th MARCH

9th APRIL

23rd APRIL

7th MAY

21st MAY

4th JUNE

18th JUNE

**The Bus Shopping Service
runs on a Friday
each fortnight.**

**Clients are collected
from their homes and
taken to Carlingford Court
for two hours, and then
returned home at the end
of the trip.**



*Please
Note*

**Depending on the availability of a volunteer we can also
provide assistance with shopping - this service needs to
be arranged prior to the day.**

Medical Transport



Bookings are required to be made at least 3 working days prior to the appointment*. Please allow enough time for your appointment as drivers may not be able to wait if you go over the designated time**. Please pay the driver at arrival of the destination, even if return transport is booked.

The kilometres (rounded to the nearest KM) below are calculated from the pick up address to the destination address (based on Google Maps).

- ◆ Under 5km - \$10 one way or \$20 return
- ◆ 5-9km - \$15 one way or \$30 return
- ◆ 10-14km - \$20 one way or \$40 return
- ◆ 15+ km - \$25 one way or \$50 return
- ◆ All prices do not include tolls

For example, the pick up address is 12 Lakeside Road Eastwood and the destination address is Concord Hospital (Hospital Road Concord). The distance is 8.6km. The price is \$15 one way and \$30 for return.

** While all attempts are made to service each booking, no guarantee can be given until we have confirmed with you that we have a driver for you. If we are unable to accommodate your booking you will be informed in advance so that you can make alternate arrangements.*

*** A late fee of \$10 will be added to the transport fee for anyone who is late for their transport booking and/or goes over their waiting time with a grace period of 15 minutes. We advise that you consider allowing extra waiting time for appointments.*

MEALS

**FREE
DELIVERY**

*Hot, Chilled or Frozen
To Your Door - 7 days a week*

Meals are available in many cuisines including Asian, Australian, Indian and Italian. We cater for special diets.

Contact us for the full menu.

MyChef Menu

Main Meals: (\$8.00-\$9.00)



- ♦ Corned Silverside with Onion White Sauce & Mashed Potato
- ♦ Roast Pork with Homemade Gravy & Baked Potato
- ♦ Braised Lamb with Fruit Chutney & Steamed Potato
- ♦ Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice Pilaf
- ♦ Grilled Atlantic Salmon Fillet, Lemon & Dill Cream Sauce & Steamed Potato



Petite Meals: (\$5.50)



- ♦ Tuna Mornay with Mash Potato
- ♦ Beef and Red Wine Casserole with Mash Potato
- ♦ Chicken Mornay with Spiral Pasta
- ♦ Savoury Beef Mince with Mash Potato



Contact us on 9858 3222 for the full menu.

Rice King Menu (\$8.00)



Chinese Fried Rice with BBQ Pork



Lemon Honey Chicken with Rice



Sweet and Sour Pork with Rice



Curried Prawn with Rice



Honey Soy Chicken with Rice

Contact us on 9858 3222 for the full menu.

Meal Master Menu (\$8.00)



♦ **Country Beef Sausages with Onion Gravy served with Diced Roast Potatoes, Green Beans & Roast Diced Pumpkin**



♦ **Roast Chicken Maryland with Gravy served with Roast Potatoes, Peas & Carrot Rings**

♦ **Roast Lamb with Mint Gravy served with Roast Potatoes, Broccoli & Roast Pumpkin**

♦ **Pork Steak with Honey Soy Sauce served with Sauté Potato, Broccoli & Sliced Carrots**

♦ **Salmon Fish Cakes with Lemon Sauce served with Roast Potato, Beans & Orange Vegetable Mix**



Contact us on 9858 3222 for the full menu.

Flagstaff Menu (\$8.00)



Chicken Strips with Lemon Sauce



Beef Pie with Gravy



Mongolian Lamb & Rice



Pork, Apple & Cranberry Casserole



Ham Steak & Pineapple

Contact us on 9858 3222 for the full menu.

Good Meal Menu (\$8.00)

Traditional Roast Beef with all the Trimmings



Lamb Casserole with Sweet Potato Mash and Vegetables



Hearty Roast Chicken with Vegetables and Gravy



Traditional Bangers & Mash with Onion Gravy



White Fish with Mustard Sauce, Mash and Vegetables



Contact us on 9858 3222 for the full menu.

Individual Shopping



One-on-one assistance for grocery shopping
\$ 15 per service

Telephone Linkage

CCA offers Telephone Linkage for isolated people who prefer a telephone call rather than a face-to-face visit by a volunteer.



**How
are
you?**

This service provides regular social contact - daily or weekly phone calls to have a chat and check on your wellbeing.

Linen Service

2 bed sheets

2 pillow cases

2 bath towels

1 doona cover
(\$3 extra)



**For \$15 per service, your bed
will be made up for you.**

**The used linen and towels will be
taken away and laundered.**



**Please contact Maggie on
9858 3222**

Individual Social Support

**We offer individual assistance and company for your activities.
(transport included)**

Service includes:

- ♦ **Attend recreational/social activities (e.g. non-grocery shopping, go to a movie in the cinemas, going out for a haircut, exercise, companionship etc.)**
- ♦ **Accompanying you to attend medical appointments**
- ♦ **Respite service to provide a break for the carer**
- ♦ **Meal preparation**
- ♦ **and more...**

Cost: \$25 per hour

+ \$1 per km travelled

+ activities fees (e.g. movie ticket)



**If you are interested to book this service or to find out more,
contact us on 9858 3222 and speak to one of our Aged and Disability
Services workers.**

Phone Shopping

Call CCA to place your order and your shopping will be delivered to your door.



Coles and Woolworths charge a delivery fee for each order.

Volunteering with CCA

Do you or someone you know have some time to spare and would like to give something back to your community?

Join CCA as a volunteer.

Contact us on 9858 3222 for more information.



National Disability Insurance Scheme (NDIS)

***We are a Registered Provider of services for
Participants of the National Disability
Insurance Scheme (NDIS)***



Contact us on 9858 3222 and speak to one of our Aged and Disability Services workers for more information.

Handbook Information

- All prices, activities and venues within this booklet are subject to change.
- The availability of pick up and drop off transport service is dependent on location.
- Photos may be taken at CCA programs, and published in CCA promotional material. Please inform your group coordinator if you do not wish to have your photo taken.
- If you are in receipt of a Home Care Package, an administration fee will apply and be charged to your package through your package provider.

CCA 社區教育中心

在悠閒和樂趣的環境中互學的日間成人社區教育課程

宗旨: 充實自我, 培養興趣, 擴展技能, 強健身心, 健立友誼, 拓寬人脈.

羽毛球場 (Silverwater): 星期一及星期四 10:00am to 12:00pm

NBC (National Badminton Centre), 2B/172 Silverwater Rd, Silverwater

西華特 (West Ryde): 星期一 9:00am to 3:00pm

Ryde Uniting Church, 7 Maxim Street, West Ryde

依士活 (Eastwood): 星期二, 星期三及星期四 9:00am to 3:00pm

Eastwood Uniting Church, 16 Lakeside Road, Eastwood

每年活動: 音樂會, 開放日, 師生工藝, 繪畫及攝影展覽, 羽毛球及乒乓球比賽, 專題講座.

每星期課程:

健身科: 羽毛球, 乒乓球, 保健操, 瑜伽運動, 太極拳, 各類舞蹈等.

文藝科: 中西式繪畫, 書法, 中西樂器, 合唱團, 歌唱技巧, 音樂組合等.

學術科: 中外語文, 電腦及手機操作, 活腦班, 橋牌, 棋藝及遊戲等.

興趣科: 攝影, 園藝, 中西烹飪, 糕點及各式手工藝.

報名: 一月及七月, 有空位也可隨時報名, 詳情請參考課程表.



華人婦女會

逢星期三: 11:00am to 12:45pm

Eastwood Uniting Church

16 Lakeside Road, Eastwood

每星期節目不同: 社區資源講座: 家庭教育, 環保課程, 身心保健, 文化歷史, 多元民族和諧共處, 家居安全, 公民權利及責任等

查詢: 電: 9858 3222 / 0426 706 304 (瑩Ying)

郵: community.learning@ccas.org.au

中文網頁: [社區教育中心](#)



CCA Community Learning

Fun and Relaxed Daytime Education Programs for Adults of all Ages

**Learn something new. Maintain a healthy mind, body and spirit.
Meet people who share your interests. Challenge yourself to learn
something new. And most of all, have fun!**

Silverwater: Monday & Thursday 10:00am to 12:00pm

NBC (National Badminton Centre), 2B/172 Silverwater Rd, Silverwater

West Ryde: Monday 9:00am to 3:00pm

Ryde Uniting Church, 7 Maxim Street, West Ryde

**Eastwood: Tuesday, Wednesday and Thursday
9:00am to 3:00pm**

Eastwood Uniting Church, 16 Lakeside Road, Eastwood



A range of weekly classes on offer to suit all levels and interests:

Health & Wellbeing: healthy exercise, walking groups, tai chi, yoga, badminton, table tennis, various kinds of dancing etc.

Creative & Cultural: Chinese/oil/watercolour paintings, pencil sketch, calligraphy, Chinese calligraphy, singing groups, musical instruments, musical ensembles, various craft groups etc.

Academic: foreign languages, mind games (neurobics), computer/mobile technology, bridge, chess and games etc.

Special Interest: photography, gardening, cooking etc.



Enrolment is by semester (6 months) in January and July.

New students can join at any time if there is space available.

Please refer to the class timetable for further details of the program.

Enquiries: 9858 3222 / 0426 706 304 (Ying)

Email: community.learning@ccas.org.au

Website: www.ccas.org.au/community-learning





Our Vision

Every Australian community, the families, children, young people and the elderly, thrives.

Our Mission

- 1. Engage vulnerable and disadvantaged Australians to enable better lives.***
- 2. Engage with the community to enable better lives.***

CCA Bequests

The gift that lives on



Back in 1965, a single act of generosity started the CCA story.

A bequest of £1,300 was given to Eastwood Methodist Church by a local community member in their Will. This was organised by Ian Hunt from Hunt & Hunt Lawyers. Their legacy has served the community well for over 50 years.

CCA has reached a crossroads and reaches out to the community once more. Please consider the difference you could make with a bequest to CCA.

If you don't have a trusted solicitor, please consider Hunt & Hunt North Ryde, custodians of tens of thousands of local Wills and proud supporters of CCA from the very beginning.

Contact Hunt & Hunt Lawyers on 02 9804 5700 or talk to CCA directly on 02 9858 3222.



Christian
Community
Aid

Hunt & Hunt Lawyers North Ryde
Level 2, 1 Innovation Drive (cnr Herring Rd)
Email: info@huntns.com.au

hunt & hunt
lawyers