

Services Handbook

January - June 2025

02 9858 3222



Aged Care
Services

Activities



Outings

Food
Services



Enquiries

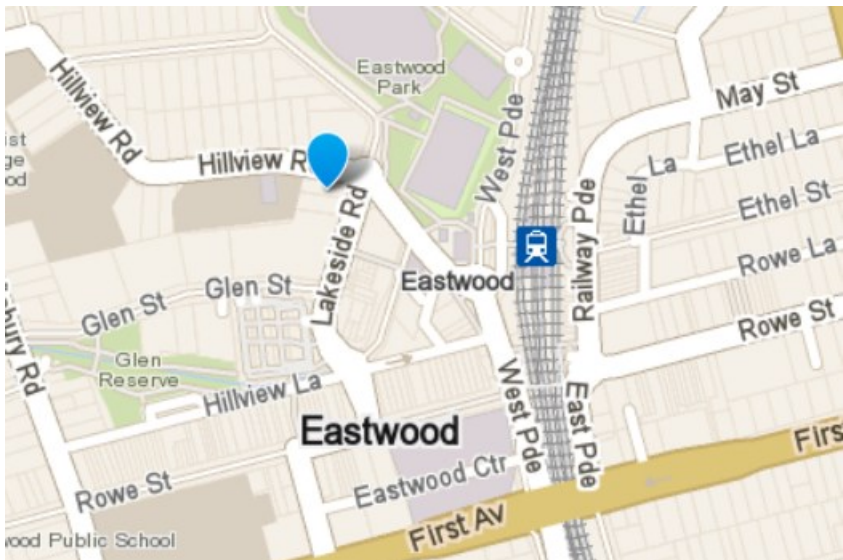


Address: 12 Lakeside Road Eastwood 2122

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 : \$ 15

13th JANUARY

28th JANUARY (*Tuesday*)

10th FEBRUARY

24th FEBRUARY

10th MARCH

24th MARCH

7th APRIL

22nd APRIL (*Tuesday*)

5th MAY

19th MAY

2nd JUNE

16th JUNE

30th 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



20th JANUARY

DRUMMOYNE SAILING CLUB

2 St Georges Crescent Drummoyne

Bus \$ 23 + lunch at own cost



3rd FEBRUARY

THE WINSTON

170 Caroline Chisholm Drive Winston Hills

Bus \$ 24 + lunch at own cost



17th FEBRUARY

BULL & BUSH

378 Windsor Road Baulkham Hills

Bus \$ 23 + lunch at own cost



3rd MARCH

ROSEHILL BOWLING CLUB

Cnr James Ruse Drive & Hassall Street Rosehill

Bus \$ 22 + lunch at own cost



17th MARCH

STRATHFIELD GOLF CLUB

52 Weeroona Road Strathfield

Bus \$ 24 + lunch at own cost



31st MARCH

GUILDFORD LEAGUES CLUB

25-55 Tamplin Road Guildford

Bus \$ 25 + lunch at own cost



14th APRIL

GREAT NORTHERN HOTEL

522 Pacific Highway Chatswood

Bus \$ 23 + lunch at own cost



28th APRIL

CASTLE HILL RSL

77 Castle Street Castle Hill

Bus \$ 24 + lunch at own cost



12th MAY

WEST PENNANT HILLS SPORTS CLUB

103 New Line Road West Pennant Hills

Bus \$ 22 + lunch at own cost



26th MAY

CLUB PARRAMATTA

2 Macquarie Street Parramatta

Bus \$ 23 + lunch at own cost



23rd JUNE

CLUB FIVE DOCK RSL

66 Great N Road Five Dock

Bus \$ 25 + lunch at own cost



**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

14th JANUARY

RHODES FORESHORE PARK

30 Shoreline Drive Rhodes

Bus \$ 22 + lunch at own cost (Bare Witness)



11th FEBRUARY

CLONTARF RESERVE

Sandy Bay Road Clontarf

Bus \$ 28 + lunch at own cost (Clonny's On The Beach or BYO)



11th MARCH

BICENTENIAL PARK GLEBE

13 Chapman Road Annandale

Bus \$ 25 + lunch at own cost (Butcher and The Farmer)



8th APRIL

MORRISON BAY PARK

Frances Road Putney

Bus \$ 21 + lunch at own cost (Patio @ Putney)



6th MAY

AUBURN PARK

Hutchinson Street Auburn

Bus \$ 22 + lunch at own cost (Granville Diggers)



3rd JUNE

MOTHER EARTH NUSERY

1A Annangrove Road Kenthurst

Bus \$ 26 + lunch at own cost (The Grove Kenthurst)



Chinese Bus Outing

华人长者旅行活动



21st JANUARY 一月二十一日

遊玩 **VENUE: CLONTARF RESERVE** 海湾

午餐 **LUNCH: CLONNY'S ON THE BEACH OR BYO** 西餐或自带午餐

车费 Transport \$28 + 午餐自付 Lunch at own cost



25th FEBRUARY 二月二十五日

遊玩 **VENUE: BICENTENIAL PARK** 公园

午餐 **LUNCH: OSAKA RESTAURANT** 日式午餐

车费 Transport \$25 + 午餐自付 Lunch at own cost



25th MARCH 三月二十五日

遊玩 **VENUE: MORRISON BAY PARK** 公园

午餐 **LUNCH: HONG SING RESTAURANT** 中餐

车费 Transport \$21 + 午餐自付 Lunch at own cost



29th APRIL 四月二十九日

遊玩 **VENUE: AUBURN PARK** 公园

午餐 **LUNCH: POPPIES AT GRANVILLE DIGGERS** 中餐

车费 Transport \$22 + 午餐自付 Lunch at own cost



20th MAY 五月二十日

遊玩 **VENUE: ASHFIELD PARK** 公园

午餐 **LUNCH: BUFFET 88 @ ASHFIELD RSL** 自助餐

车费 Transport \$25 + 午餐自付 Lunch at own cost



17th JUNE 六月十七日

遊玩 **VENUE: BIRKENHEAD POINT** 直销商场

午餐 **LUNCH: FOOD COURT** 商场美食广场

车费 Transport \$24 + 午餐自付 Lunch at own cost

Wednesday Cantonese Group

星期三广东话长者活动组

CCA partners with Eastwood Chinese Senior Citizens Club to provide Cantonese speaking Chinese seniors with a range of social activities. This Group supports seniors to stay connected, keep healthy and active and to simply enjoy life.

CCA社区中心与依士活华人友谊会合作，为说广东话的华人长者提供一系列社交活动。本组提供康乐活动，支持长者保持联系，保持健康和活跃，并享受生活。

This Group is held every Wednesday, except first Wednesday of each month the group celebrates members' birthday in a restaurant.

本组每星期三举行活动，每月第一个星期三在酒楼庆祝生日。

Time 时间: 10:15am to 12:15pm 早上10时15分至中午12时15分

Venue 地点: St Phillip's Church, 29 Clonalpine St, Eastwood

Attendance Fee 参加费: \$2 (includes tea & biscuits 包括早茶及饼干)



Wednesday Mandarin Group

周三普通话长者午餐組

CCA partners with CASS to provide Mandarin speaking Chinese seniors with a social lunch program in West Ryde. This Group supports seniors to stay connected, keep healthy and active and to simply enjoy life.

CCA社区中心与CASS华人服务社合作，为说普通话的华人长者提供社交活动。本组提供康乐活动，支持长者保持联系，保持健康和活跃，并享受生活。

This Group is held every Wednesday

本組每星期三举行活动

Time 时间: 10:45am to 2:00pm 早上10时45分至下午2时

Venue 地点: West Ryde Community Centre

3-5 Anthony Rd, West Ryde

Attendance Fee 参加费: \$6 (includes lunch 包括午餐)





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 & 10am

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.)





16th JANUARY

CAFÉ SALIGNA

95 Castle Hill Road West Pennant Hills



23rd JANUARY

BARE WITNESS

30A Shoreline Drive Rhodes



30th JANUARY

LEAF CAFÉ

Shop 6, 5 Halifax Street Macquarie Park



6th FEBRUARY

COURTYARD CAFÉ

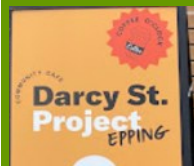
3A Telopea Street Telopea



13th FEBRUARY

DAISYS BY THE PARK

Shop 3, 28-36 Yates Avenue Dundas Valley



20th FEBRUARY

DARCY ST. PROJECT

40 Victoria Street Epping



27th FEBRUARY

ZIG ZAG CAFÉ

1 Trafalgar Place Marsfield



6th MARCH

CEDARWOOD CAFÉ

1 / 1-7 Blackwood Place Oatlands



13th MARCH
THE DINING & CO
11 Avon Road North Ryde



20th MARCH
SEVEN VALLEYS CAFE
13 Watts Road Ryde



27th MARCH
PATIO @ PUTNEY
83 Charles Street Putney



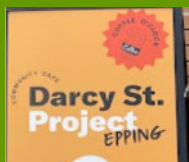
3rd APRIL
COURTYARD CAFÉ
3A Telopea Street Telopea



10th APRIL
ZIG ZAG CAFÉ
1 Trafalgar Place Marsfield



17th APRIL
LEAF CAFÉ
Shop 6, 5 Halifax Street Macquarie Park



24th APRIL
DARCY ST. PROJECT
40 Victoria Street Epping



1st MAY
DAISYS BY THE PARK
Shop 3, 28-36 Yates Avenue Dundas Valley



8th MAY

153 EASTWOOD CAFÉ

58B Balaclava Road Eastwood



15th MAY

SEVEN VALLEYS CAFÉ

13 Watts Road Ryde



22nd MAY

CEDARWOOD CAFÉ

1 / 1-7 Blackwood Place Oatlands



29th MAY

CAFÉ SALIGNA

95 Castle Hill Road West Pennant Hills



5th JUNE

COURTYARD CAFÉ

3A Telopea Street Telopea



12th JUNE

THE DINING & CO

11 Avon Road North Ryde



19th JUNE

PATIO @ PUTNEY

83 Charles Street Putney



26th JUNE

ZIG ZAG CAFÉ

1 Trafalgar Place Marsfield

Friday Lunch Group

Pick up between 9.30 - 10.30 am Return by 2 pm

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

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

Venue: Marsden Road Uniting Church, 203 Marsden Road Carlingford.

Cost: \$25 (includes food, activity & transport)



17th JANUARY

Music Performance

Rediscover Harmony with Chinese Melodies!



31st JANUARY

Balloon Darts

Hit the Target, Feel the Thrill!



14th FEBRUARY

Music Performance

Melodies in Motion: Celebrating Moments with Guitar!



28th FEBRUARY

Ageing Well

Thriving in Later Life with The Council on the Ageing NSW.



14th MARCH

Noodle Ball

Light as a Feather, Fun for Everyone!



28th MARCH

Singing Performance from the Buddies Group
A Day of Music and Joy



11th APRIL

Happy Easter!
*Autumntime Smiles:
Sharing Love and Laughter This Easter!*



9th MAY

What is in the box?
Mystery Awaits: Take a Peek and Uncover the Fun!



23rd MAY

Craft Central
Bean Mosaic Frames: Art in Every Seed!



6th JUNE

Casino Fun
Experience the Excitement!



20th JUNE

Happy Singers
Join Us for a Melodic Journey!

Social Walking Groups

长者步行組 / 시니어 야외활동 모임

Do you enjoy keeping fit and meeting new people?

你喜欢保持健康和结识新朋友吗?

*새로운 사람들과 만나 건강을 위해 함께 걷고 즐거운
시간을 보내고 싶으신가요?*

CCA Chinese and Korean Walking Groups connect seniors with people, improve fitness and maintain wellbeing. Regular physical activity such as walking supports healthy ageing. The Groups meet weekly and have coffee or lunch afterwards.

CCA华人长者步行组提供社交联谊, 改善体能和保持精神及身心安康. 本组每周举行并随后聚餐.

CCA의 한인 시니어 야외활동 모임에서는 어르신들의 건강과 웰빙을 위해 매주 수요일 정기적으로 모여 걷기운동후 간단한 티타임 이나 점심식사를 함께하고 있습니다.



Contact us on 9858 3222 for more information.

如有興趣, 請致電 9858 3222 聯繫我們.

자세한 정보를 원하시는 분은 9858 3222로
연락주십시오.



Friday Shopping

Pick up between 9 - 10 am

Return by 12 - 1 pm

CARLINGFORD COURT

Transport Cost : \$ 15

10th JANUARY

24th JANUARY

7th FEBRUARY

21st FEBRUARY

7th MARCH

21st MARCH

4th APRIL

17th APRIL (*Thursday*)

2nd MAY

16th MAY

30th MAY

13th JUNE

27th 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.

MEALS FOR HEALTHY AGEING

**FREE
DELIVERY**



***AFFORDABLE, DELICIOUS, HEALTHY,
AND NUTRITIOUS MEALS
DELIVERED TO YOUR HOME!***

- ✓ **FREE DELIVERY 7 days a week**
- ✓ **Nutritionally balanced meals**
- ✓ **Daily social connection**
- ✓ **Tailored meals for DIETARY and CULTURAL NEEDS**
- ✓ **Type: main, salad, sandwich/wrap, snack, soup & dessert**
- ✓ **Cuisines: Asian, Australian, Indian, Italian etc.**
- ✓ **Diet requirements: diabetic friendly, gluten free,
low saturated fat, low sodium, dairy free, easy to chew,
minced and pureed.**



More
than just
a meal

WHAT MAKES US DIFFERENT



- **Meals can be delivered hot, chilled or frozen**
- **Daily social connection**
- **Prevent premature or admission to long term residential care**
- **Support you through the My Aged Care and/or NDIS process**

Main Meal Choices (\$8.80-\$9.80)

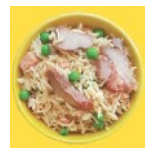


Meal Sample Choices:

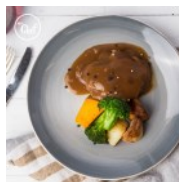
- ◆ Roast Beef
- ◆ Grilled Barramundi Fillet
- ◆ Chicken Strips with Lemon Sauce
- ◆ Penne Bolognese



- ◆ Slow Cooked Lamb Shanks
- ◆ Chicken Laksa
- ◆ Beef Pie with Gravy
- ◆ Mexican Beef Quesadillas



- ◆ Stir Fried Hokkein Noodles
- ◆ Mongolian Lamb & Rice
- ◆ King Prawns with Garlic Cream Sauce
- ◆ Chicken Asparagus Mornay
- ◆ Hainanese Chicken with Rice



Don't feel like a main meal?

Choose from our menu of sandwiches & wraps (\$6.00 each)



- ◆ Chicken Caesar Wrap
- ◆ Sweet Chilli Chicken Wrap
- ◆ Egg Chive on Rye Sandwich
- ◆ Roast Beef, Cheese & Relish Sandwich
- ◆ Ham, Cheese & Pickle Sandwich
- ◆ Roast Chicken & Bacon Rye Sandwich



Full Menu: www.ccas.org.au/home-delivered-meals/

Contact us on 9858 3222 for the full menu or discuss your dietary requirements.

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 - \$15 one way or \$20 return ***
- ◆ 5-9km - \$20 one way or \$30 return ***
- ◆ 10-14km - \$30 one way or \$40 return ***
- ◆ 15+ km - \$40 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 \$20 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.*

**** For return trip, the Return fee is charged if we have one driver available for both ways. When we require to have 2 drivers for your booking, 2 times One Way fee will be charged.*

Individual Shopping



**One-on-one assistance for grocery shopping
\$ 25 per service**

Telephone Linkage

**CCA offers free Telephone Linkage service
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



For \$15 per service, your bed will be made up for you. The used linen and towels will be taken away and laundered.



Individual Social Support

We care like family

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

One-on-One assistance:

- ✓ Outings (Coffee / Shopping)
- ✓ In home domestic duties
- ✓ Meal preparation
- ✓ Medical appointments
- ✓ In home respite service

Cost: \$48 per hour

(minimum 2 hours)

+ \$1 per KM travelled

+ activities fees (e.g. movie ticket)



Contact us on 9858 3222 if you're interested to book this service or to find out more.

Phone Shopping

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

Cost: \$5 per order



Please
Note

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 within this booklet is for recipients under Commonwealth Home Support Program.
- All prices, activities and venues are subject to change.
- You must notify us at least 1 business day (24 hours) in advance to cancel any scheduled service in order to avoid a cancellation fee.
- 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, contact us on 9858 3222 for fee structure.

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, 太極運動 (拳, 扇, 桿, 健身操), 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, 中西烹飪, 糕點及各式手工藝.

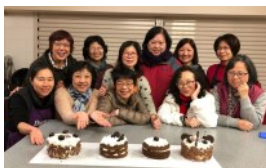
報名: 一月及七月, 有空位也可隨時報名, 詳情請參考課程表.

華人婦女會

逢星期二: 11:15am-12:30pm

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

索取科目資料:

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: 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, badminton, tai chi, walking groups, 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, cooking etc.



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

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

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

Enquiries: 9858 3222

Email: community.learning@ccas.org.au

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

Course Information:





Thank You to Our Supporters



Australian Government
Department of Health



Rotary
Club of Epping



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.***