



# Services Handbook

January - June 2025

02 9858 3222



Activities



Outings

Food  
Services



# Enquiries

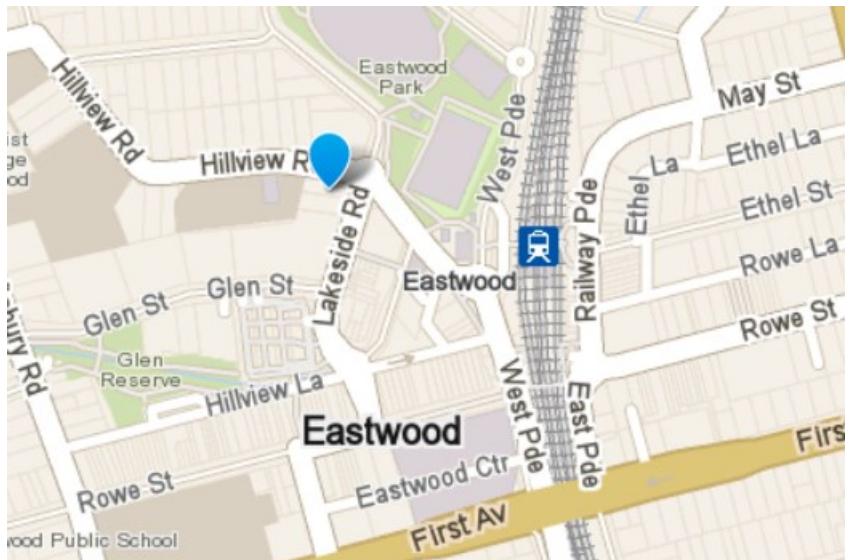


**Address:** 12 Lakeside Road Eastwood 2122

**Telephone:** (02) 9858 3222

**Email:** [administration@ccas.org.au](mailto:administration@ccas.org.au)

**Website:** [www.ccas.org.au](http://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.

本組每星期三举行活动，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.)*

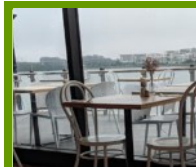




**16th JANUARY**

**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**

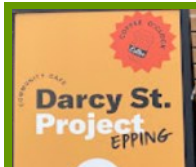
3A Telopea Street Telopea



**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**

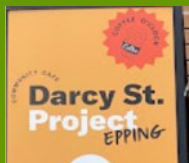
1 Trafalgar Place Marsfield



**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.

CCA 의 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)

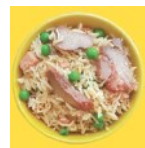


## ***Meal Sample Choices:***

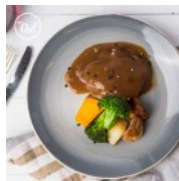
- ◆ Roast Beef
- ◆ Grilled Barramundi Fillet
- ◆ Chicken Strips with Lemon Sauce
- ◆ Penne Bolognese



- ◆ 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: [ccas.org.au/aged-care/home-delivered-meals/](http://ccas.org.au/aged-care/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.



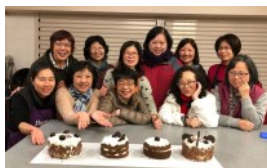
## **華人婦女會**

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

**郵:** [community.learning@ccas.org.au](mailto:community.learning@ccas.org.au)

**中文網頁:** [社區教育中心](#)

**索取科目資料:**





# 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](mailto:community.learning@ccas.org.au)

Website: [www.ccas.org.au/community-learning](http://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.***