

# WHAT'S NEW



**78 ST. VINCENT STREET  
ULLADULLA NSW 2539**

**WEB PAGE:** [www.ulladullacrc.org.au](http://www.ulladullacrc.org.au)

**PHONE:** 4455 0477 **FAX:** 4455 6084

**EMAIL:** [receptioin@ulladullacrc.org.au](mailto:receptioin@ulladullacrc.org.au)

**AUG/SEPT. 2017**

## **RSPCA CUPCAKE DAY**

**MONDAY 21st AUGUST, 2017 10.00AM @ THE CRC**

In order to raise funds to give to the very worthwhile organisation, the RSPCA, we need to request **DONATIONS** of **CUPCAKES** to eat and sell on the day, with all monies raised to go to the RSPCA.

Please call the Community Resources Centre on 4454 0477 if you can help and let us know how many cupcakes you will donate so that we have an idea of numbers. As always:

**EVERYONE WELCOME!!**



## **NEIGHBOURHOOD CENTRE WEEK 2017**

**Pictured Left: Ros Richardson presented with her Award.**

**Ros was Awarded due to her continued service to the  
Ulladulla & Districts Resources Centre.**



**Find us on:  
facebook®**

## CRC Visiting Services and Groups

<b>Mondays:</b>	Ability Links 0447 273 360	9am-4pm
	Caresouth 4423 6833	9am-4pm
	MBC Employment 4220 4213	9am-4pm
	NA 44542990	12-2pm
<b>Tuesdays:</b>	Ability Links 0447 273 360	9am-4pm
	AlAnon 4454 3823	10-11.30am
	Legal Aid 4422 4351 by appointment	9.30-4 month
	MBC Employment 4220 4213	9am-4pm
	Shoalcoast Legal Service 4422 9529 by appoint.	9.30-2 monthly
	Southcoast Drug & Alcohol 4454 2805 fortnightly	1030-11.30
	Southern Shoalhaven Interagency Monthly	9.30-11.30
	Smart Recovery 9373 6100	9.30-11.30
<b>Wednesdays:</b>	Ability Links 0447 273 360	9am-4pm
	Caresouth 4423 6833      fortnightly	9am-4pm
	Correctional Services—P&P 4424 6700	9am-1pm
	Food Store	9.30-11.30
	MBC Employment 4220 4213	9am-4pm
<b>Thursdays:</b>	Ability Links 0447 273 360	9am-4 pm
	Admin Support Worker	9am-2pm
	Aftercare 4422 1547	1-3 monthly
	Al-Anon 4454 3823	1-2.30pm
	Workskills 0466 900 290	Fortnightly
	U3A	10 - 12.30
<b>Fridays:</b>	Ability Links 0447 273 360	9am-4pm
	Admin Support Worker	9am-2pm
	Adult Literacy Tutoring	9am-4pm
	Caresouth    4423 6833	9am-4pm
	Foodstore	9.30-11.30
<b>Other Visiting Services:</b>		
	Illawarra Forum	4456 4333
	John Purcell Houses - St, Vinnies	4423 3558
	Lifeline (Financial Counselling)	4421 5365
	Life without Barriers	4455 7674
	Psychologist - Ross Wade	4455 6314

**ALCOHOLICS ANONYMOUS (AA)**

**FAR SOUTH COAST COMMITTEE**

**PH: 4454 3823**

**MEETINGS:**

**Thurs 2pm Ulladulla Catholic Church Hall**

**Thurs 7-8 Milton Catholic Church Hall**

**Saturday Batemans Bay Museum 1pm**

**IS AL-ALON FOR YOU?**

Hope and support for the families and friends of problem drinkers.

**TUESDAYS 10AM & 1PM**

**MEETINGS ARE CONFIDENTIAL**

**ULLADULLA COMMUNITY**

**INTELLECTUAL DISABILITY  
RIGHTS SERVICE**

CISN provides



Volunteer support persons for people with Intellectual disabilities who are in contact with the Criminal Justice System.

**FREE LEGAL ADVICE  
PHONE: 02 4228 4040**

**MILTON ULLADULLA**

**PARKINSON'S SUPPORT  
GROUP**

Meet every 3rd Wednesday of the month at 10 - 12 Noon

**UNITING CHURCH HALL**

**OPPOSITE POLICE STATION**

**NORTH STREET.**

**&**



**FREE BROADBAND & COMPUTER LESSONS  
FOR OVE 55'S.  
APPOINTMENTS AVAILABLE MOST MORNINGS  
AFTERNOONS.  
DON'T BE LEFT BEHIND WITH TODAY'S  
TECHNOLOGY!**

**WHAT TO BRING:** Your own laptop or tablet or we can teach you on one of the centre's personal computers - WINDOWS 7,8 AND 10 AVAILABLE.

**SEE THE RECEPTION DESK**

**For further information about activities at the Community Resources Centre or to book a room for your next Meeting or Group Ph: 4454 0477**

**Or email: [crcroomhire@hotmail.com](mailto:crcroomhire@hotmail.com)**



## CULINARY CORNER

This Month's Recipes  
submitted by: Jean



### BEEF MINCE SAUSAGE

#### INGREDIENTS :

500 grams mince  
1 grated carrot  
1/2 cup grated tasty cheese  
1 cup bread crumbs  
1 egg  
1 teaspoon grated garlic  
1/2 cup tomato sauce  
2 tablespoons Dijon mustard  
Pinch salt & pepper

#### METHOD:

Mix into sausage shape  
and brown on stove top  
Bake in oven for 20 minutes.

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### SWEET POTATO SOUP

#### INGREDIENTS:

1 kilo sweet potato  
1 large onion  
1 tin cream corn  
2 litres chicken stock  
1 teaspoon cumin  
2 potatoes  
1 teaspoon grated garlic  
1 teaspoon honey (optional)

#### METHOD:

Cook on stove top till ingredients  
are tender and then blend.  
Serve with crusty bread



shutterstock - 76317430

ULLADULLA FOOD STORE AT THE CRC  
78 ST. VINCENT ST. ULLADULLA

**FREE** FRUIT, VEGETABLES & BREAD  
**PLUS** LOW COST GROCERIES & TOILETRIES

OPEN 9.30AM TILL 11.30AM

**WEDNESDAYS & FRIDAYS**

## LAUGH OUT LOUD

How does Moses make tea? Hebrews it.

Venison for dinner again? Oh deer!



## UNDERSTANDING DEMENTIA

A WORKSHOP FOR: Relatives, friends and carers of people with dementia. Presented by: Steve Swan

**Monday 14 August 2017**

**10am–1pm**

**Ulladulla Community Health Centre** Cnr: Princes Hwy & South Street, Ulladulla

For enquires please ring: Yvonne Young : 4455 5366



### HAPPY BIRTHDAY TO:

**AUGUST**                      **7 Lana Ivashanko**  
                                      **8 Sandra Hodges**  
                                      **11 Dianne Cleghorn**

**SEPTEMBER:**        **17 Bob Burke**



### NILS LOAN SCHEME

### INTEREST FREE LOANS TO INDIVIDUALS &

FAMILIES ON LOW I  
INCOME.

CONTACT: ST VINNIES  
GREEN STREET  
ULLADULLA

PHONE: 4455 5666



139 Warden St, Ulladulla  
Phone: 4444 8811  
[info@shoalhavenswimandfitness.com.au](mailto:info@shoalhavenswimandfitness.com.au)





Vincentia  
6 St George Ave  
Ph: 4441 8886

Ulladulla  
268 Green St  
Ph: 4455 6000

Sussex Inlet  
By Appointment  
Ph: 4441 8886

Email: [support@jervisbayhearingcentre.com.au](mailto:support@jervisbayhearingcentre.com.au)





# MAD HATTERS LUNCHEON

*by the sea*

A fundraising event for

**Livvi's Place, Mollymook**

**MOLLYMOOK SURF LIFESAVING CLUB**

**Sunday 20 August • 12 noon**

Enjoy a delicious buffet luncheon and listen to the tunes of local jazz ensemble Corner Pocket. Wear your most outrageous hat to be in the running for our awesome door prizes. There are fabulous items on auction and a full list is on the website.

[getinvolved.shoalhaven.nsw.gov.au/mollymook-beach-reserve-inclusive-playspace](http://getinvolved.shoalhaven.nsw.gov.au/mollymook-beach-reserve-inclusive-playspace)

**TICKETS \$65. Purchased at [shoalhavenentertainment.com.au](http://shoalhavenentertainment.com.au)**

**Shoalhaven**  
City Council

This event is organised by Inclusive Play Committee and  
proudly supported by Shoalhaven City Council and Touched By Olivia Foundation





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>2017 AUGUST PROGRAM</b>			
	<b>01</b> <b>10:00 Wake Up and Walk</b> 10:30 Craft Morning- start a project 12:30 Lunch 1:30 Eddies music Jam	<b>02</b> 10:00 Morning Catch Up 10:30 <b>HOUSE MEETING</b> & <b>AUGUST B'DAY CAKE</b> 12:30 Lunch 1:30 Beach Walk	<b>03</b> <b>10:00 Wake up and Walk</b> 10:30 ART THERAPY 12:30 Lunch 1:30 Swimming at Leisure centre \$3	<b>04</b> <b>Breakfast and walking group</b> <b>\$2.00</b> <b>9.30-11.00</b>
	<b>08</b> <b>10:00 Wake Up and Walk</b> 9:30 Art in the park 12:30 Lunch 1:30 NDIS Diary Writing	<b>09</b> <b>11.00 Women's Day Out</b> Gentle Does it Gym, Op shopping and lunch <b>11.00 Men's Day In</b> Lunch and meeting at Sunflower House.	<b>10</b> <b>10:00 Walk up and Walk</b> 10:30 Ten Pin Bowling \$3.50 & Make Lunch Wood Fired Pizza at Dunn Lewis Centre \$3	<b>11</b>
	<b>15</b> <b>10:00 Wake Up and Walk</b> 11:00 Mindfulness with Ben 12:30 Lunch 1:30 Eddies music Jam 2:30 Afternoon Tea in the Garden	<b>16</b> <b>10:00 Wake Up and Walk</b> 11:00 Pets in the Park (Lions park) 12:30 Lunch in the park 1:30 Swimming at Leisure Centre \$3	<b>17</b> <b>10:00 Wake up and Walk</b> 10:30 ART THERAPY 12:30 Lunch 1:30 Tai Chi in the park at Colliers Beach.	<b>18</b> <b>Carers Morning Drop in</b> <b>10 – 12 pm</b>
	<b>22</b> <b>10:00 Wake Up and Walk</b> 10:30 Brain Gym 1:30 Yoga with Chantal at Om Sweet Om Milton.	<b>23</b> <b>10:00 Wake Up and Walk</b> 10:30 <b>Food Cents</b> discussion group: Healthy Habits can be cheaper then you think <b>followed</b> by a super market tour	<b>24</b> <b>10:00 Wake up and Walk</b> 10:30 Outing to Sussex Shopping & Lunch at Sussex RSL Club	<b>25</b>
	<b>29</b> <b>10:00 Wake Up and Walk</b> 11:00 Day Out to Killarney Bon fire and yarn	<b>30</b> <b>10:00 Wake Up and Walk</b> 10:30 Lawn Bowls and Lunch at Mollymook Bowlo <b>1.30 -5 Youth Group</b>	<b>31</b> <b>10:00 Wake up and walk</b> 10.30 ART THERAPY 1.30 Acceptance Commitment Therapy discussion group	<b>26</b>



One Door. Many Opportunities.

- Active August**
- **New to the program Wake up and Walk- leaving 10am sharp**
  - **Monthly program planning and birthday celebration first Wednesday of the month**
  - **Learn how to make Pizza dough and cook in a wood fire oven**
  - **Stay warm around a bon fire at Killarney and enjoy a yarn. Bring chair or picnic rug and warm clothes.**
  - **Gentle YOGA- Moving to Chantal's Yoga studio in Milton**
  - **Lunch is \$3.00 Tuesday, Wednesday and some Thursdays. Pay for your own lunch on outings**
  - **Pets in the Park -Lions Park Burrill Lake Enjoy a morning out with like minded pet owners.**
  - **Wake Up & Walk breakfast**
  - **1<sup>st</sup> Friday of the Month 9:30 – 11:00 at Sunflower House**
  - **FOOD CENTS: Does eating healthy food seem to be expensive? Come along to this workshop to find out how to eat well on a budget**



- ✓Vitamins
- ✓Dried Fruit & Nuts
- ✓Fresh Peanut Butter
- ✓Water Filters
- ✓Sports Proteins
- ✓Local Raw Honey
- ✓Gluten & Dairy Free Products
- ✓Natural Skin Care and Make Up
- ✓Safe cleaning products
- ✓Functional Foods

### **Go Vita Health Foods**

Your health nutrition centre  
Phone 4455 3565

Shop 13 The Plaza 107 Princes  
Ulladulla 2539  
Ph: 4455 4590

# **Mr. G's**

## **DELI**

**CLOSED SUNDAYS**

**TOP OF THE TOWN CAFÉ**  
**MON-FRI 7.30-3PM SAT 9-1PM**



**5/133 Princes Highway**  
**Ulladulla**

**Phone: 0423 703 927**

**BLAKE BOZICICH (OWNER)**

**Facebook.com/topofthetowncafe**

**0423 703 927**

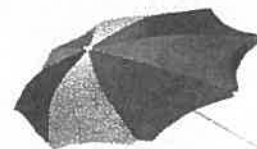
**Beachcomber HAIR SALON**

**SHOP 4**

**ROWEN'S ARCADE**

**ULLADULLA 2539**

**PHONE: 4455 1199**



**ULLADULLA  
VETERINARY HOSPITAL**

249 Princes Highway, Ulladulla NSW  
2539

**Phone: (02) 4455 5339**

Our friendly, helpful Staff are available for  
all your pet care & large animal needs.

From advice about flea or tick control  
through to an emergency in the middle of  
the night.

**Sachi boutique & gifts**

**Green street, Ulladulla**

**4455 2544**

✪ladies clothing

✪fashion accessories

✪gifts