

# WHAT'S NEW

78 St. Vincent Street,

ULLADULLA NSW 2539

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

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

DEC/JAN 2019



PHONE: 4454 0477

FAX: 4455 6084

The text 'Merry Christmas' is written in a large, green, cursive font. A red Santa hat with a white pom-pom is positioned above the 'M'.

And **Happy New Year** from the Management, Staff and Volunteers at the CRC.

Looking for somewhere **Welcoming** for Christmas Day?

Be Yurana House's Guest

At the Mollymook Surf Life Saving Club.

Just place your name on the list compiled

At the CRC or phone: 4454 0477

Transport can be organised.

The Centre will be Closed from: 21 December, 2018

Reopening on: 7 January, 2019



## CRC VISITING SERVICES AND GROUPS

Mondays:	Benevolent Society	1800 236 762	
	MBC Employment	4472 3467	9am-4pm
	Crochet Group		9.30am-12pm
	NA	4454 2990	12-2pm
	Ability Links	0447 273 360	9am-4pm
Tuesdays:	Benevolent Society	1800 236 762	
	AlAnon	4454 3832	10-11.30am
	Legal Aid (by appointment)	4422 4351	9.30-4 (monthly)
	MBC Employment	4472 3467	9am-4pm
	Shoalcoast Legal (by app)	4422 9529	9.30-2 (monthly)
	South Shoalhaven Interagency (Monthly)		9.30-11.30am
	Yoga	0400 408 490	2-3pm (weekly)
	Ability Links	0447 273 360	9am-4pm
Wednesdays:	Benevolent Society	1800 236 762	
	Correctional Services (P&P)	4424 6700	9am-4pm
	Food Store		9.30am-11.00am
	MBC Employment	4472 3467	9am-4pm
	Ability Links	0447 273 360	9am-4pm
	Uniting	0434 601 377	By Appointment
Thursdays:	Benevolent Society	1800 236 762	
	Admin Support Worker	4454 0477	9am-2pm
	Aftercare	4422 1547	1-3pm (Monthly)
	AlAnon	4454 3832	1-2.30pm
	Workskills	0466 900 290	Fortnightly
	U3A		10am-12.30pm
	Ability Links	0447 273 360	9am-4pm
	Campbell Page	0490 119 877	9.30-12.30pm
Fridays:	Benevolent Society	1800 236 762	
	Admin Support Worker	4454 0477	9am-2.00pm
	Food Store		9.30-11.30am
	Ability Links	044 273 360	9am-4pm
Other Visiting Services:			
	Lifeline (Financial Counselling)	4421 5365	By Appointment
	Psychologist – Ross Wade	4455 6314	By Appointment
	Social Worker – Andrew Humphries	4455 2162	By Appointment
Other Activities:			
	Computer & Literacy	4454 0477	By Appointment

**ALCOHOLICS ANONYMOUS (AA)  
FAR SOUTH COAST COMMITTEE**

**PH: 4454 3823**

**MEETINGS:**

**Thurs 2pm Ulladulla Catholic Church  
Hall**

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

**Sat Batemans Bay Museum 1.00pm**

**IS AL-ALON FOR YOU?**

-

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

**TUESDAYS 10AM & 1PM**

**MEETINGS ARE CONFIDENTIAL at  
Community Resources Centre**

**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

Opposite Police Station

**1800 644189**

**FREE BROADBAND & COMPUTER LESSONS**

**FOR OVER 55's  
BY APPOINTMENT**

**DON'T BE LEFT BEHIND WITH TODAY'S TECHNOLOGY !**

**WHAT TO BRING:** Your own laptop or we can teach you on one of the Centre's  
personal computers.

**SEE THE RECEPTION DESK OR PHONE: 4454 0477**



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

Your local training provider

disabilities  
*Business* AGED CARE **NURSING**  
Business disabilities Community Services  
AGED CARE **SouthCoast** BUSINESS  
NURSING business CAREERS COLLEGE AGED CARE  
**aged care** NURSING *disabilities* NURSING  
Hospitality RSA & RCG First Aid White Card  
RTO 6558

[southcoastcolleges.edu.au](http://southcoastcolleges.edu.au) | 02 4472 9202

**Batemans Bay | Merimbula | Ulladulla**



International Men's Day Awards  
held at the CRC with Apex's  
Matt Dell presenting Awards to:

Ray Kleinig, Gavin MacGregor and  
Keith Willis.

**Shoalcoast Legal Service**

For information call:

1800 259 529

Tuesdays & Thursdays

10am-2.00pm



Find us on:  
**facebook®**



139 Warden St, Ulladulla

Phone: 4444 8811

[info@shoalhavenswimandfitness.com.au](mailto:info@shoalhavenswimandfitness.com.au)

## DSA ON THE MOVE bringing you lots of fun and adventures.

We will be running our Summer Holiday programs at locations listed below from 7 January to 1 February, 2019. Call now and book your spot.

- For ages 16 and over
- Transport not included. Locations mentioned are the drop off/pick up zones.
- Please bring lunch unless it's included in the program.
- Costs listed for each activity are program costs and are in addition to NDIS funding. If you do not have an NDIS plan please contact us for a fee for Service quote.

### TIME TABLE—ALL THROUGH JANUARY, 2019

**MONDAYS :** 10.30-3.30 pm HUSKISSON WHARF (start & finish) - Dolphin Cruise, Peak Fitness Bootcamp, Stand Up Paddle Boarding (lunch at Angel's Café , Huskission \$ 70 (INCLUSIVE OF LUNCH)).

**TUESDAYS :** 9am-12pm Join us for Ps4 and Nintendo Switch fun & games. PELICAN CAFÉ, ISLAND POINT ROAD (start & finish) \$12.00. 12pm-2pm BBQ by the Basin.

**WEDNESDAYS:** 9.00am-12pm YOGA by the BAY PARADISE BEACH RESERVE WALMER AVE, SANCTUARY POINT (start & finish) 12pm-2pm BYO LUNCH OR BUY LOCAL. ENJOY BOARD GAMES. \$ 5.00

**THURSDAYS:** 9am-2pm Fun OUTDOOR GAMES & SPORT ACTIVITIES. BYO lunch, towel & money for cool drink. WHITE SANDS PARK, HAWKE ST. HUSKISSON (start & finish) \$ 5.00.

**FRIDAYS:** bring out your best BOULES BATTER WHITE SANDS PARK, HAWKE ST.HUSKISSON (start & finish) \$ 12.00

More information contact: Brittini Riddle on 0409 422 292.

PACK: HAT, SUNSCREEN, WATER, SNACKS , LIGHT JACKET. DRINK MONEY.



**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)

**ULLADULLA FOOD STORE AT THE  
COMMUNITY RESOURCES CENTRE.**

**FREE FRUIT, VEGETABLES AND  
BREAD. PLUS LOW COST GROCERIES  
AND TOILETRIES.**

**OPEN 9.30-11.30am**

**WEDNESDAYS & FRIDAYS**





## CULINARY CORNER

### CHRISTMAS SIDE DISH:

#### **CURRIED POTATO SALAD**

1 pkt Continental Dutch Curry & Rice Soup.

1/2 cup mayonnaise

1/2 cup natural yoghurt. 500g new potatoes, cooked & diced.

1 cup sliced celery.

**METHOD:** Mix soup mix with mayonnaise and yoghurt. Add potatoes and celery, fold together gently. Cover until service.

#### **EASY CHRISTMAS BERRY TRIFLE**

1 X 85g pkt. Aeroplane quick-set strawberry or raspberry jelly crystals

14 bought jam rollettes, cut into 1cm-thin slices

1/3 cup apple juice or preferably sweet sherry

2 x 250g punnets strawberries, washed, hulled, halved

2 x 150g punnets blueberries

2 cups vanilla custard,

1 cup thickened cream, whipped

#### **METHOD:**

1. Prepare the jelly following packet instructions,, coarsely chop once set.
2. Place half the rollettes in the base of a 12 cup capacity serving bowl. Drizzle half the apple juice or sherry over the rollettes. Top with half the jelly and one-third of combined strawberries and blueberries. Spoon over half the custard. Repeat with the remaining ingredients (save some berries for top) and top with the remaining custard.

Spoon the cream over the trifle and top with remaining berries. Place in fridge.

### LAUGH OUT LOUD

Why did they ask the turkey to join the band?

He had the drum sticks.

What do snowman eat for breakfast?

Snowflakes.

What do you call a chicken at the North Pole?

Lost.

I love when candy canes are in mint condition.

Santa was forced to attend a Christmas party because his presents was required.

Reindeer don't go to school, they're elf taught.



## Want more flexible insurance payments?



At Elders Insurance, we understand that everyone's financial circumstances are different. That's why we give you the option to spread your annual insurance payment over 12 months at no extra cost.

**Contact your local agent Matt Dell today.  
4455 1277**

Suite 10, 15 Boree Street, Ulladulla  
[eldersinsurance.com.au/ulladulla](http://eldersinsurance.com.au/ulladulla)



TMAID Pty Ltd ABN 16614857537 trading as Elders Insurance Ulladulla. AR No. 1252530 is an Authorised Representative of Elders Insurance (Underwriting Agency) Pty Limited ABN 56 138 879 026, AFSL 340965. Insurance is underwritten by QBE Insurance (Australia) Limited ABN 78 003 191 035 AFSL 239545. Contact us for a Product Disclosure Statement to decide if a product is right for you.



18 Dec. Maria Mitchell

19 Dec. Kerry Heather

4 Jan. Debbie Galeazzi



# One door

You are welcome to attend the OneDOOR NDIS Help desk every Tuesday, Wednesday & Thursday 3-5pm.



- ✓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 16 Rowen's Arcade, Ulladulla

**TOP OF THE TOWN CAFÉ**

MON-FRI 7:30-3 SAT 9-1 CLOSED SUN



Rectangular Snip

5/133 Princes Highway

ULLADULLA 2539

**BLAKE BOZICICH (OWNER)**

[Facebook.com/topofthetowncafe](https://www.facebook.com/topofthetowncafe)

**Sachi boutique & gifts**

Green street, Ulladulla

4455 2544

- ★ ladies clothing
- ★ fashion accessories
- ★ gifts



**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.

Shop 13 the Plaza 107 Princes

Ulladulla 2539

Ph: 4455 4590

**Mr. G's**

**D E L I**



*Beachcomber*  
HAIR SALON

Shop 4 Rowen's Arcade

Ulladulla NSW 2539

**PHONE: 4455 1199**

**MATRIX**