

Term 4 | October 2025 |

MIRRABOOKA NEWSLETTER

Website: www.gncinc.org.au Email: info@gncinc.org.au Phone: (02) 6944 0290
PO Box 134 Address: 245 Sheridan Street Gundagai NSW 2722

Gundagai Neighbourhood Centre is Open:

Monday to Friday 9am to 12.30pm and 1.30pm to 5pm



Paint "N" Play

Mirrabooka

Tuesday's 10:00AM-11:30AM

28th October - Halloween

4th November - Kites

11th November - Friends

18th November - Numbers

25th November - Transport

2nd December - ABC

9th December - Christmas



Nangus Hall

Wednesday's 10:00AM - 11:30AM

29th October - Halloween

12th November - Friends

26th November - Transport

10th December - Christmas



FUN IN THE PARK

DRESS UP OR WEAR YOUR CRAZY SOCKS OR
YOUR CRAZIEST HAIRSTYLE

FRIDAY
24TH OCTOBER, 2025

TIME
03.30PM - 05:00PM

CARBERRY PARK
GUNDAGAI

PROUDLY SPONSORED BY

Bendigo Bank



follow us on facebook



TICKETS:
\$2 EACH OR 3 FOR \$5

FANTASTIC PRIZES INCLUDE:
BEAUTY HAMPER, GRAZING BOX, \$250 VOUCHER
FOR TOYBOX MECHANICAL, TOY HAMPER,
FLOWER WALL ART, FOOD HAMPER ...AND MORE!

TICKETS ON SALE NOW!
GET YOUR TICKETS NOW AT MIRRABOOKA
OR CALL 6944 0290

RAFFLE DRAWN AT CAROLS IN THE PARK
YOU MUST BE THERE TO WIN!



PROUDLY SPONSORED BY
 Bendigo Bank

Feedback - Feedback, including complaints, is considered an important part of Gundagai Neighbourhood Centres service operations and program planning. If you would like to provide further information please email, call or come in and see us.



Follow Gundagai Neighbourhood Centre on Facebook to keep up to date with regular updates.

Friendship Group

Mirrabooka

Fridays 10:30AM - 12:00PM

Cost: \$5

October 24 - Paint Pads

October 31 - African Violet Farm Tumut

November 7 - Salt Dough

November 14 - Wagga Shopping

November 21 - Gundagai Pen Museum

November 28 - Cootamundra

December 5 - Christmas Ornament Painting

December 12 - Christmas Party

Nangus Hall

Wednesday's

10:00am - 12:00pm

Cost: \$5

29th October - Paint Pads

12th November - Peg Art

26th November - Christmas Cards

10th December - Christmas Craft



Food Bank operates at
Gundagai Neighbourhood Centre
every Thursday from 10 AM to 12 PM.

Each bag is available for \$10 and contains a
variety of pantry items, toiletries, and bread,
with a retail value exceeding \$50.

Food Bank is accessible to everyone!

Carers Information Session

presented by Services Australia

 **Mirrabooka, 245 Sheridan St, Gundagai**

 **12 noon, Thursday 27th November**

Topics covered include

- Carer Payment.
- Carer Allowance.
- Carer Supplement.
- Child Disability Assistance Payment.
- Carer Adjustment Payment.
- How to apply.
- Breaks from caring (respite).
- Travelling outside of Australia (portability).

RSVP for catering purposes

info@gncinc.org.au or 69440290 by
Monday 24th November



Carer's Group

12:30PM – 2:00PM | Last Thursday of the month

An informal and supportive gathering for carers.

Upcoming Date: 27th November

Please contact Peggy on
0403305402 prior to attending.



Parkinson's Support Group

Meeting Dates:

Thursday, 13th November

Friday, 12th December

Time: 12:30 PM to 2:00 PM

This group offers peer support,
advice, and resources provided by
Parkinson's NSW.

For attendance inquiries, please
contact Peggy at 0403305402
prior to the meeting.

NDIS Services

Gundagai Neighbourhood Centre can assist if you are
Plan Managed or Self-Managed individuals who receive
NDIS packages. We currently offer social support,
personal care, domestic assistance, social support and
are happy to discuss any other support needs. If you are
interested in these services or would like to find out
more, call: 69440290

Gundagai Community Aged Care

powered by Trilogy

Gundagai Community Aged Care provides services for
those who have Home Care Packages through My Aged
Care in our community. Home Care packages are more
than just a cleaning service. Your case worker can
connect you to other social and health services that you
may need or require. If you would like to know more
please call: 69440290

Community Care

The Gundagai Neighbourhood Centre can assist other
people in the Gundagai community with domestic
cleaning services. This service is available on a regular
basis or as a one off job. If you would like to know more
please call: 69440290 or email: info@gncinc.org.au.

Valmar offers a wide range of support services for local aged care resident. For further information on these services please call the Gundagai Office on: 69443647

Opening Hours:

Mon & Tue: 9:00AM - 2:00PM, Wed: 9:00AM - 3:00PM, Thurs: 9:00AM - 2:00PM, Fri: 9:00AM - 3:00PM.

VALMAR SOCIAL GROUP - Every Wednesday from 10:00 am to 1:00 pm at Mirrabooka. Come along and join in art and craft activities, or just have a chat.

Volunteer Community Transport Drivers needed - The Community Transport is a great service for our Community. if you are interested in becoming a volunteer for Community Transport driving please pop into the office or call on 69443 647

Gundagai Neighbourhood Centre can now accept tax-deductible donations through the ANHCA Public Fund.

♥ What this means:

- ✓ Donations of \$2+ are tax-deductible.
- ✓ Support your community and reduce your taxable income.
- ✓ Give confidently — your donation makes a real impact.

To donate, scan the QR code, choose "Donate to a House or Centre," and select Gundagai Neighbourhood Centre as your recipient.



Library

Mahjong Thursday Afternoons from 1:30pm - Storytime 10am Thursdays
Lego Challenges Tuesday Afternoons 3:30 to 4:30pm - Gundagai History Group Monthly

TECH SAVVY SENIORS

Bring your own mobile device and join the Smart Digital Age



Running Wednesday
15th, 22nd, 29th October
& 5th November @ 10am
Ph 69440270 to register

Tech Savvy Seniors
A NSW Government initiative
in partnership with Telstra

Create A Photo Book Using Artificial Intelligence




Create A Photobook

Want to bring your photos into the real world?
Worried you don't have the skills to style and create a beautiful album?
LET US, AND AI, SHOW YOU HOW FOR FREE

10am Wednesday, October 22nd
Call the Gundagai Library on 69440270 to book

Want to learn about nature? Take a deeper dive with iNaturalist.

Become an expert in
3 Easy Steps ...



1.
Snap It!



2.
Upload It!



3.
Learn From
The Experts!

FREE Workshop @ Gundagai Library Monday 21st October 10am
Call 0269440290 to book or for more information

Grandparents Day Mini Photo Brag Books

Gundagai Library
Friday 31st October at 10:00am



*Create your own mini photo book
perfect for showing off the grandkids!*

FREE - Conditions Apply, Bookings Required Ph 69440270

MIRRABOOKA CALENDAR

Monday

- **Yoga Classes with Luzia R** - 8:50am Cost \$5.00 per session. For more information contact Luzia on 0468 646 182.

Understanding & Supporting Neurodivergent Children Monthly Support Group - 10AM-11:30AM. More Details call 0427466844

3rd November at RSL Club Gundagai, Monday 1st December Toast Cafe Tumut

Tuesday

- **Mirrabooka Paint and Play** - 10am in the theatre room

Wednesday

- **Nangus Friendship Group & Paint and Play** - Fortnightly 10am -12pm at Nangus Hall
- **Mat-based Yoga with Luzia Rast** - 5:00PM to 6:30PM cost is \$15.00. For more information contact Luzia on 0468 646 182.
- **VALMAR SOCIAL GROUP** - Every Wednesday from 10:00 am to 1:00 pm at Mirrabooka. More information call 69443647
- **Interagency** - 19th November 1.30pm

Thursday

- **Food Bank** - 10:00 AM – 12:00 PM - Each bag is available for \$10 and includes a variety of pantry staples, toiletries, and bread, with a retail value exceeding \$50. Open to everyone – no referral required.
- **CWA Meetings** - 10:00 AM – Third Thursday of each month - New members are warmly encouraged to attend. Connect with your community and get involved in local initiatives.
- **Carers Lunch** - 12:30 PM – 2:00 PM | Last Thursday of each month - An informal and supportive gathering for carers. Please contact Peggy on 0403 305 402 prior to attending.
- **Parkinson's Support Group** - 12:30 PM – 2:00 PM | Second Thursday of each month - Offering peer support, shared experiences, and resources in partnership with Parkinson's NSW. Please contact 0403 305 402 before attending.

Friday

- **Yoga Classes with Luzia Rast** - 9am \$5.00 For further information, please contact Luzia at 0468 646 182.
- **Friendship Group** - Fridays 10:30AM - 12:00PM Cost: \$5
- **VIP Group** - a hangout for neurodiverse children aged 5 to 18, meeting from 3:30 PM to 4:30 PM with afternoon tea provided. For details, email Bonita: btaylor@gncinc.org.au.



ECO PERIOD CLUB | share the dignity

FREE REUSABLE PERIOD PRODUCT OF YOUR CHOICE!

WE'RE INVITING 13-19 YEAR OLDS TO JOIN SHARE THE DIGNITY'S ECO PERIOD CLUB TODAY TO RECEIVE YOUR CHOICE OF EITHER 3X PERIOD UNDIES, A MENSTRUAL CUP OR A MENSTRUAL DISC.

AS A CLUB MEMBER YOU'LL ALSO RECEIVE SUPPORT, TIPS AND ADVICE AS YOU TRY YOUR NEW PERIOD PRODUCT!

IMAGINE NOT HAVING TO WORRY ABOUT RUNNING OUT OF PERIOD PRODUCTS FOR THE NEXT 5-10 YEARS WHILE MAKING A REAL DIFFERENCE FOR THE ENVIRONMENT. THAT'S WHAT THE ECO PERIOD CLUB IS ALL ABOUT!

SCAN TO JOIN THE CLUB!

OR VISIT [SHARETHEDIGNITY.ORG.AU](https://sharethedignity.org.au)



Take control of your gambling anytime, anywhere



Get real-time support to manage gambling urges

Take control with two powerful apps designed to help you stay on track.

Gamble Less: In-the-Moment offers real-time support when urges strike, while Gambling Habit Hacker helps you set goals, track your activity, and manage your spending.



Both apps are **FREE** and completely **CONFIDENTIAL**. For information and to download the apps, go to gambleaware.nsw.gov.au

GambleAware
gambleaware.nsw.gov.au
1800 858 858

