

**"I am very glad  
to be back at  
Liberty"**

**Check out  
Leisure &  
Lifestyle's  
upcoming events  
on page 2**

## **OPEN FOR BUSINESS AND HAPPY TO BE BACK**

Gloria loves coming to Liberty Community Connect ~ "I never miss a day here. The place is nicely done up, the atmosphere just feels good. The staff, clients and volunteers are fabulous." So, when Gloria found out that Liberty was directed to temporarily close its group social programs due to Covid-19, she felt quite disappointed and saddened by the whole ordeal.

Without Liberty's Leisure and Lifestyle program and recommendations for people over 65 to stay at home Gloria, like many people, found extra time on her hands. Gloria filled in her days doing what she loves ~ reading ~ with her favourite genre being romance.

Thankfully, in the past month, restrictions have eased and Gloria is now back attending our Leisure and Lifestyle programs. "The social distancing restrictions and the measures put in place for hygiene have been absolutely marvellous. I admire what the employees and volunteers are doing to keep us safe. The staff have been great during Covid-19. Even when Liberty's Cook, Yvonne, was not working the staff organised great food for us, although I did miss Yvonne's cooking ~ she is a great cook, everything is very tasty and I am so impressed with the food she produces. I am very happy to be back. I missed seeing everyone" (Gloria).

Like Gloria, many clients have spent time reading over the past few months. A free mobile library service, sponsored by Liberty is available to make sure clients have plenty of books on hand. If you are visiting the centre check out our book exchange or, if you receive support in your home, ask one of our lifestyle support workers to bring you a selection of books.

# Leisure and Lifestyle

## Upcoming Events!

We make only fun memories here!

First visit is free  
Please phone to book  
T&C apply

6 August

### Blokes Bocce n BBQ

Men only! Bring your fun cap and enjoy a game of Bocce followed by a barbeque at Cascade Gardens

17 - 21 August

### Celebrating Queensland Seniors

We will be celebrating the valuable contribution seniors have made to our community. Let our entertainers fill the air with music and songs and join in our special activities for our seniors

14 - 18 September

### Disability Action Week

This is a week to empower people with disability, raise awareness of disability issues, and improve access and inclusion in the community. We will be celebrating this week showcasing the 'Sound of Soul'

28 September - 2 October

### Wellness Week

Guest speakers will join with all things health. There will be games to keep us laughing and a variety of food

26 - 31 October

### Melbourne Cup

Is it the race that stops the nation, or will this year the nation stop the race?? At Liberty, there will still be some 'horsing around' getting ready for the race with games, art and craft, food and much more

For more information or to book your place  
please call 5578 1668

3 - 7 August

### Colour Your World

Everyone deserves a rainbow! We are making our very own by discovering the healing powers of colour

10 - 14 August

### Rainbow Balloon Badminton

A traditional game played at Liberty, that definitely has us all in a laughing fit!

17 - 21 August

### Podiatry

Podiatry available for \$20.00. Bookings are essential (phone 5578 1668) If you have a home care package and would like podiatry please speak to Melissa or Rowena

1 - 30 September

### Falls Prevention Month

Let's work on being fighting fit! There will be Wii sports, chair soccer and falls prevention information throughout the month

8 October

### Finksa and Freaky Facts

Enjoy a fun morning playing Finksa followed by an afternoon of freaky facts

19 October

### Bingo

Do you have the lucky number? Come along and join us for a game of bingo

### Community Access Outings

11 August Broadwater Parklands  
12 August Margaret Beach  
13 August New Bischoff Park  
24 August Len Fox Park  
26 August North Burleigh  
7 - 11 September Mystery Tour  
14 September Santa Barbara  
18 September Kropp Park  
25 September Paradise Point

Paid venues TBC\*





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## LEARNING NEW SKILLS DURING SOCIAL ISOLATION



Under normal circumstances, our bright and bubbly Receptionist, Anne, is ready to greet you at the front door or is at the end of the phone to answer your call. Just like many of our clients, Covid-19 turned Anne's life upside down. Being one of our 'senior' members of the Liberty team, Anne was asked to work from home for several weeks to keep her safe from the dreaded virus.

"This was a huge transition for me, as it undoubtedly was for many of you who also had to isolate from the community. My life is usually a busy one with lots of commitments, not leaving me much time to spend at home. This changed overnight and suddenly I found myself with LOTS of spare time to fill. Monday to Friday during working hours was business as usual as arrangements were made for me to access our computer system remotely. After the initial shock of being completely alone, I really started to enjoy being able to start work still in my pyjamas (nobody cared what I looked like), finally getting dressed at morning tea time in jeans and T shirt with bare feet! When my working day finished I had to find ways to occupy myself without leaving the suburb. Weekends were a challenge because after housework was finished there were still many hours to fill. The solution was to learn new skills. I began to restore some old pieces of timber furniture which needed sanding, staining and polishing. There were also boxes of old family photos which needed sorting and this led to the wonderful world of genealogy. The further I researched into the past, I found long, lost cousins – even as far away as Iceland! We now correspond and have found lots of mutual interests. After this strange period of isolation I am back working at the office with confidence that we can all cope with unforeseen circumstances if necessary" (Anne).

Has Covid-19 left you wanting to learn some new skills? Liberty offers a six week beginners computer course ~ come along and enjoy some morning tea and learn some computing basics. The cost is \$10.00 and you can register your interest for Connect 2 Tech by phoning 5578 1668.

### #ThanksforCaring

Anne is just one of Liberty's fifty employees and thirty volunteers who are passionate about working with the elderly and people who live with a disability and are committed to supporting people to live the life they choose. On Friday, 7 August Aged Care Employee Day will be celebrated across Australia. The theme #ThanksforCaring recognises each and every team member involved in caring for the 1.3 million older Australians receiving home care or residential care. On behalf of our clients, Liberty would like to thank all our team members for their dedication.

# Important Notices



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**Note your Diary  
~ Liberty will be closed  
on the following Public  
Holidays**

**14 August - Show Holiday  
5 October - Queen's Birthday**

## What is happening in the community?

Liberty has a free book exchange available at our Centre. Please drop in and check it out ~ bring a book you have read and take a different one home

Our Community Development Officer, Anita, will be out and about in the community during Senior's Week. Anita looks forward to welcoming community members to come and discuss their support needs, or the needs of their loved one, and to pick up a complimentary gift, at the following locations:

**Southport Shopping Centre - 10 and 11 August  
My Centre Nerang - 17 and 18 August**

Members, clients, friends of Liberty and all members of the community are invited to attend the 2020 Annual General Meeting of



**Liberty**  
Community Connect

To be held on

**Tuesday, 27 October 2020 commencing at 5:30 pm  
at 31 Martin Street Nerang**

Nominations for positions on the management committee for 2020 / 2021 will be accepted until 4:00 pm on Tuesday, 13 October 2020.

For information about membership, nominating for a position or to RSVP please call 5578 1668

**LIBERTY COMMUNITY CONNECT**

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