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Leisure &
Lifestyle's
upcoming events
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liberty
community connect

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VINCENT'S WALK DOWN MEMORY LANE

Vincent was born in 1920 and grew up on a dairy farm near the Coomera River with his parents, three brothers and two sisters. His family sold dairy products and grew monstrous pumpkins and watermelons. When he was old enough he helped his family on the farm and enjoyed spending time riding his palomino horse. During his time on the farm the Gold Coast encountered the 1931 flood. Vincent recalls fences were completely underwater and the cows had to hold their heads out of the water. It was a difficult time for everyone.

In his younger years Vincent attended Coomera State School where he found he had an extraordinary talent for math. Nothing was too hard for Vincent and he found that even the most difficult math, such as algebra, was easy for him and his talent did not go unnoticed. "My math teachers always had given me a hard time, accusing me of cheating on math tests because they had never seen me work out my answers on paper. I can work out any math equation in my head, sometimes faster than a calculator."

A young lady who was working on the dairy farm during WWII caught Vincent's attention. "We married on 2 February in 1946, and had five children who are still helping on the farm to this day. Having my children would be one of the most memorable moments of my life. "I have 23 grandchildren and 1 great grandchild. My grandchildren are also very talented with mathematics."

Vincent and his family moved to Southport in 1955 where he started his own building company with a mate. "We were known for being extremely fast and efficient. I built many houses all over the Gold Coast including the Binna Burra Lodge. I moved back to Coomera in 1981, and stayed there until 1998 breeding cattle dogs for show and I sold the puppies to every state in Australia and overseas."

At 100 years of age Vincent now resides in a quiet place on the Gold Coast. When asked what his secret is to living a long life he said, "I keep opening my eyes each morning." His prediction is he will live to at least 108 years old.

Sybil

Leisure & Lifestyle Upcoming Events!



First visit is complimentary. Please phone to book
T&C apply

We make fun memories here!

~ Easter EVENTS ~

26 March - 1 April ~ Easter Hat Parade

15 - 19 March ~ Easter Craft

Activities in the Centre ~ A HOME AWAY FROM HOME

22 - 26 February ~ **Bocce**

Come along and enjoy a game of bocce followed by whiteboard games. Yvonne our cook will be serving up silverside and veggie bake for lunch*.

1 - 31 March ~ **Pet Month**

At Liberty we think our furry, scaly or feathery friends deserve a special mention, so we have dedicated a whole month of pet celebrations! Bring in your purrrfect photo of your pet, share some stories and join in some fun and games. We will also be collecting pet food for donation to the Animal Welfare League.

15 - 19 March ~ **Wellness Week**

As part of pet month the Animal Welfare League will join us for Wellness Week to educate us on how our pets promote good health and well-being. There will be games to keep us laughing and a beef casserole served for lunch*.

12 - 16 April ~ **Cooking Classes**

Liberty's cook Yvonne will be running cooking workshops each day of the week. Come along and learn her secret recipes.

* Meals are subject to change

Like to Get Out 'n' About on the Gold Coast?

Our community access groups visit various locations around the Gold Coast to get out in the fresh air, exercise, walk in the parks, play games and enjoy the company of others. Transport and a picnic morning tea and lunch are included. From time to time our groups venture indoors to our Centre at Nerang, or to a paid venue for lunch (lunch at own expense at paid venues). This is a great opportunity for you, or your loved one, to get out and about and meet new people. Please contact Chris or Karina on 5578 1668 for further information or to book a spot on our bus.



Supporting all Levels of Need

Commonwealth Home Support Program ~ CHSP

CHSP is government subsidised funding to enable service providers to provide basic support and care. To be eligible you must be aged 65+, or 50+ for Aboriginal and/or Torres Strait Islander peoples, and have a referral from My Aged Care. A minimal client contribution is required. We aim to support people to reach their goals ~ living a life of their choice.

Home Care Packages ~ HCP

Home care packages are for people aged 65+, or 50+ for Aboriginal and/or Torres Strait Islander peoples, with more complex needs that go beyond what CHSP can provide. Costs are covered within your package.

A home care package offers a coordinated approach, with your care designed specific to your identified needs and goals.

WHAT WE CAN DO FOR YOU

We offer services in your home, in our centre and/or in the community. Depending on the source of funding these services may include either one or a combination of:

- Domestic Assistance ~ house cleaning
- Social Support ~ assistance with shopping and banking, one on one outings ~ e.g. library, picnic, participating in a hobby
- Personal Care ~ hygiene assistance/personal grooming
- In Home Respite ~ allowing carers a well-deserved break
- Home Maintenance ~ lawn and garden maintenance
- Nursing
- Medical Aids and Equipment, and/or
- Home Modifications



LIBERTY'S CRAFT 2 CREATE

For further information, costs, or to register your interest please contact Karina on 5578 1668

Liberty Community Connect runs four week craft workshops. Classes include a light morning tea and interactive lessons in creativity.

Are you funded by the NDIS?

We offer a variety of programs for participants funded by the NDIS. If you enjoy the outdoors and visiting various locations around the beautiful Gold Coast get on board with our Community Access group. If your preference is hanging out at our centre, a home away from home, you won't be disappointed with the variety of different activities we have for you in which to take part.

If you are an NDIS participant please phone Rowena for further information about our services - 5578 1668



MEN'S DAY OUT

Boys and their toys - planes, trams, cars - or perhaps a barbecue and some sights of the Gold Coast. Whatever is on the agenda, our blokes really enjoy their time together. If you are able to get around safely and independently then why not join the men for our next day out.

Please call Will on 5578 1668

Helping Hand Initiative ~

NERANG RSL & MEMORIAL CLUB INC

Nerang RSL & Memorial Club Inc. understands how challenging it can be for community-based groups (such as Liberty) to raise necessary funds to provide services which give back to the community. To assist with fundraising efforts they are donating \$5.00 from any main meal purchased over \$15.50 at the Gallipoli Bar & Brasserie on a Monday from 5:30 pm to a nominated community organisation. If you would like to give a little back to Liberty Community Connect please nominate us as your chosen organisation.

PUBLIC HOLIDAYS

There will be no Leisure and Lifestyle programs or Home Services on the following dates

Friday, 2 April (Good Friday)

Monday, 5 April (Easter Monday)

Monday, 26 April (Anzac Day Holiday)

Monday, 3 May (Labour Day)

To assist Liberty in planning the Easter roster, we ask you to phone our team as soon as possible on 5578 1668 to let us know if you are going away or you do not require home services over the Easter period.

If your home service falls on a public holiday we will be in contact with you to discuss alternate arrangements.

Nerang Neighbourhood Centre Food Service

"We are here to help"

Nerang Neighborhood Centre Food Service is a not for profit community organisation which has been supporting people in the community for 13 years by ensuring that people receive affordable boxes filled with non-perishable food products. The Food Service is coordinated by Lisa Souwer along with the help of eight volunteers, and has been very fortunate to be able to fundraise through sausage sizzles at Nerang Bunnings on a weekly basis for many years. This fundraising is supplemented with donations of non-perishable food items and some amazing community support, including additional funding received due to COVID-19.



Food boxes are available to the public every Thursday from 1:30 – 4:00 pm and every Friday from 8:00 – 11:00 am at a cost of \$20. Fresh fruit and vegetables, donated by Fresh Express, are also available for an extra \$10 – \$15. Food boxes must be ordered a week in advance and collected at 29 Martin Street, Nerang (opposite Liberty Community Connect).

If you are interested in a food box, would like to make a donation or require more information, please contact the Food Service direct on 5578 2457 or 0491 148 189.

It is incredibly important to us that you have a safe experience when you come to Liberty Community Connect. We have a COVID-19 Safe Plan and there are some new conditions of entry which you can read on arrival or on our website. All events are set up to ensure we meet social distancing and hygiene guidelines.



We would like to thank Angie Bell and her team for printing Liberty's Mini Magazine.



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