

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>COFFEE AND CHAT AT BIGA 10.30-11.30</p> 	<p>3</p> <p>Walking Wombats 10.30-11.30</p> <p>Meet out the front of Hutt St Centre</p> 	<p>4</p> <p>Ten Pin bowling leaving Hutt ST Centre at 9.45</p> 	<p>5</p> <p>9.30-10.30 Movement to Music 1.00-3.00</p>  <p>WOMENS SOCIAL GROUP Discussion about famous women who have made a difference to the world</p>	<p>6</p> <p>Kayaking Port Noarlunga Leaving HSC at 9.30 Places are limited Please RSVP</p> 
<p>9</p>  <p>Adelaide Cup Public Holiday</p>	<p>10</p> <p>Walking Wombats 10.30-11.30</p> <p>Meet out the front of Hutt St Centre</p> 	<p>11</p> <p>Yabarra – Dreaming in Light</p>  <p>This is a wonderful Fringe event that you don't want to miss! Leaving HSC at 9.30</p>	<p>12</p> <p>9.30-10.30 Movement to Music 1.00-3.00</p>  <p>Men's Group meet out the</p> 	<p>13</p> <p>Would you like to connect to your community? Find out where your local shops are, library and cafes and banks. Community centres are thriving in the community and offer wonderful groups to connect people with like - minded people. Please book in for a 2 hour session includes a coffee and chat. Learn about the L&H Program.</p>
<p>16</p> <p>COFFEE AND CHAT AT BIGA 10.30-11.30</p> <p>Sizzling Sausages for lunch at Tusmore Park leaving at 12.00</p> 	<p>17</p> <p>Walking Wombats 10.30-11.30</p> <p>Meet out the front of Hutt St Centre</p> 	<p>18</p> <p>Visiting food Bank Cross Road Edwardstown</p>  <p>Leaving Hutt ST At 9.30</p>	<p>19</p> <p>9.30-10.30 Movement to Music</p> <p>Mystery Bus Trip</p>  <p>1-.00 -3.00</p>	<p>20</p> <p>Would you like to connect to your community? Find out where your local shops are, library and cafes and banks. Community centres are thriving in the community and offer wonderful groups to connect people with like - minded people. Please book in for a 2 hour session includes a coffee and chat. Learn more about the L&H Program.</p>
<p>23</p> <p>COFFEE AND CHAT AT BIGA 10.30-11.30</p> <p>Sizzling Sausages with Seas Views at Brighton Leaving Hutt St Centre at 12.00</p> 	<p>24</p> <p>Meet out the front of Hutt St Centre Meet out the front of Hutt St</p> 	<p>25</p> <p>Mystery Bus Trip</p>  <p>9.30-11.30</p>	<p>26</p> <p>Special Bus Trip Gawler</p>  <p>Included is lunch and a self-guided tour of the main street. Leaving at 10.30 from HSC</p>	<p>27</p> <p>DAY CENTRE CLOSURE DAY Open for Breakfast 7.00-9.00</p> 
<p>30</p> <p>Come and Have your Say 10.30 in the Boardroom</p> <p>Cook up in the Meal Centre 1.00 sharp!</p> <p>Includes a shopping trip to ALDI then back to Hutt St to cook dinner to have that night – Spaghetti Bolognese</p>	<p>31</p> <p>Travelling Walking Group Woorabinda Lake – Striling Leaving Hutt ST Centre at 10.30</p> <p>Includes Healthy Lunch</p> 			

Hello from the Nutrition Corner with Liv.

March has arrived so it is time to get colourful with a quick and easy stir fry. This is great to share with a family member or neighbour, makes plenty.

It might take you a few minutes to chop the vegetables, so if you aren't up for it buy a packet of already cut vegetables from your supermarket – just as good!

Stir Fry Noodles

Ingredients, serves 4

1 onion

OR

2 garlic cloves

1 capsicum

1 zucchini

1 head of broccoli

1 carrot (any veggies you have in the fridge)

2 cups of noodles

Protein alternative: 300g of tofu, chicken or beef strips

Method

1. Chop all vegetables into small match sticks (capsicum, broccoli, onion, zucchini, carrot)
2. Dice or crush garlic
3. *If using meat or tofu:* trim fat off of meat, slice if not already sliced into thin strips on a different chopping board or slice tofu
4. Heat oil on frypan, add garlic and onion – until onion is translucent
5. Add the protein cook for 5 minutes and then add the vegetables
6. Add sauces for flavour
7. Cover the noodles with boiling water for five minutes and drain

Ready to serve, combining noodles and stir fry mix

SWCC cooking – 16TH March 2020. Come along and enjoy cooking and sharing a meal with other community members, everyone is welcome.

Where: 171 Sturt St Adelaide 5000

Time: 1pm-3pm



OR



INTERNATIONAL WOMENS DAY



An equal world is an enabled world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements. Collectively, each one of us can help create a gender equal world. Let's all be #EachforEqual.

FEEDBACK SESSION AND GROUP NORMS

On Monday 24th February 2020 we had a feedback session for Lifestyle and Health 'Come and Have your Say' group. Great ideas come out of this, activities that people would like to see on the program include, catching the train to Noarlunga, Fish and Chips at Glenelg, a trip to Semaphore for a BBQ and walk along the Jetty and a tour of The Adelaide Crows club rooms.

Feedback and new ideas of what you would like to see on the program is always welcomed.

Group norms are the informal guidelines of behaviour and a code of conduct that provides some order and conformity to **group** activities and operations. ... These **norms** and rules usually develop gradually and informally as **group** members learn as to what behaviours are necessary for the **group** to function effectively. The group came up with a great list to start us off:

Don't interrupt when others are speaking

Listen to others when speaking

Respect other people's opinion

Don't speak with the driver of the bus

Help staff on outings with loading and unloading the food and drinks and packing up

Don't gossip, "What happens and is said in groups, stays in the group"

Encourage other people to come to activities

RESPECT

MARCH
2020

LIFESTYLE AND HEALTH AGED CITY LIVING – HUTT ST



COMMUNICATION

WELLBEING

SAVE MONEY

STAY FIT



GRATITUDE

To be grateful for even the smallest thing has been scientifically proven to strengthen your immune system.

Focusing on what is good in your life will make you feel happier and more optimistic

Keeping a gratitude journal is a good start. Every day jot down 3 good things that happened to you that you are grateful for.

Transport to and from activities.

Supporting you to be independent and to seek your true potential is a goal we believe that everyone can achieve.

From March 2020 activities that involve transport will be from HSC and back to HSC. If you need support with transport to and from your home please speak with a staff member to see how we can assist.

FOOD SAFETY

From time to time there may be left over food from outings and group activities. Due to food safety and hygiene regulations, it has been decided that remaining freshly made food such as rolls and sandwiches (and/or milk/dairy products) will be discarded after the group period. This means that you will not be able to take these items home to eat later. Items such as fruit, chips, water etc. that are left over from groups and outings you are more than welcome to take.

Inspirational Quotes

