

Summer 2025

Community Care

Focusing on your good life

- 06** Volunteer End Of Year Event
- 09** Homebush Bay Shipwrecks
- 21** Over 55's Leisure & Learning Service Update

**We're all for
Accessibility
& Inclusion**



Cllr Martin Zaiter

Lord Mayor

Welcome to the Summer edition of the City of Parramatta's Community Care Magazine.

In this edition, enjoy everything Summer has to offer in our vibrant City of Parramatta. January is a great time to reflect, jot down your ideas and make plans to connect, grow and learn in the coming year.

Looking to keep your New Year's resolutions, or try something new? Join an Over 55's Leisure and Learning activity, with bookings opening on 13 January.

Curious about volunteering and giving back to your community? Explore our features on City of Parramatta's fantastic volunteers who are involved in initiatives ranging from Bushcare to Social Inclusion. Find out what's happening and how to get involved.

If you'd like to have your say and provide feedback, visit our Participate Parramatta Portal at <https://participate.cityofparramatta.nsw.gov.au/>.

Enjoy the Summer and I hope to see you at our Australia Day celebrations.

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Gabby Summerhays

Community Care Manager

As we farewell 2024, we welcome a new year full of wonderful services and activities on offer to you all through City of Parramatta.

I hope that you enjoy this Summer edition of the Community Care Magazine. A highlight for me was the Social Inclusion and Volunteer End of Year events held in November 2024, and we share with you some highlights of these events in this edition.

Importantly, we also share satisfaction survey results from both volunteers and participants of services. Thank you to those of you who took time to complete this survey, and I am pleased to share

that participant satisfaction results remain strong and steady at 92%, and volunteer satisfaction results at 95% - with these results as rated either 'good' or 'excellent'.

We also received both positive and constructive feedback that is extremely helpful to both service continuity and improvement.

It truly is an honour to give thanks to each and every one of you who participate and support our services, and I look forward to what 2025 brings to you with our services.

Meet Our New Community Care Team Members



Hi Everyone! My name is Cara and I've been working as an Administration Distribution Officer with the Community Care Team since October 2024.

I've grown up around the Parramatta area and I love having the chance to give back and get to know volunteers and participants through my role. Seeing the wheels of the Community Care machine turning has been such a positive and rewarding experience for me already!

In my free time, you'll find me with my friends or family, reading, watching a movie or (if the sun is shining) jumping in a pool somewhere!

I have really felt so welcomed by the staff, volunteers and participants since starting with City of Parramatta, and I can't wait to get to know as many of you as I possibly can through interactions we may have in my role.



My name is Viktor, and I joined the Community Care team as an Administration Distribution Officer in June this year.

My favourite thing about working in the Community Care team is answering phone queries and having a chat with participants, ensuring that I provide the best possible customer experience.

In my spare time, I enjoy reading, going to the gym, and being with my family, friends and girlfriend.

I have really enjoyed my time in the Community Care team so far, and it's so rewarding getting to speak with service recipients. Even if it's just a quick chat resulting from a query that leads to a laugh on the phone, it makes my day knowing I've made a difference in the lives of participants.

I'm excited to see what more I can achieve in my role as part of the team and am looking forward to further contributing to the amazing work our team does in 2025.

Thank you for taking the time to read my profile. I hope you had a joyful holiday season and a happy new year!

Community Care Participant Survey Results 2024

Overall, satisfaction with Community Care services has remained steady since 2022, with 92% of respondents either satisfied or very satisfied with services they receive.

Every two years, City of Parramatta invites recipients and volunteers of Community Care Services to complete a service satisfaction survey. Surveys were conducted in late 2024, and we are delighted to share a snapshot of these results with you.

- More people are likely or very likely to speak positively about our services (an increase of 6% to 95%).
- Almost all respondents have reported positive impacts of our services on their lives, including better mood, improved health, convenience, and being more socially connected.
- Over one quarter would not know what to do, or would have to do the tasks themselves, if Council stopped providing these services.
- Around **9 in 10** find the information we provide is clear and easy to understand.
- Majority feels the Community Care team protects their rights and very few have made a complaint regarding the services they receive in the past two years.
- Over **2 in 5** would be interested in attending Over 55s classes in the evening or on the weekend, with weekend mornings and afternoons being the most popular time slots.
- Selected by **7 in 10** respondents, PHIVE is the most convenient location for new Over 55s classes.

Recipient Feedback

The meals are very good. The drivers and deliverers of the meals are so friendly and caring.

Thank you for making my home look neat and tidy by providing me with the lawn care service. I am very grateful.

I feel very privileged to receive the service from Council.

Appreciate the opportunity to access classes at a reasonable price.

Thank you for providing so many different kinds of community activities. Very much appreciated.

I am really enjoying my art classes (I have completed 2 terms). The teachers are knowledgeable, talented and encouraging and the other students are welcoming and friendly, making it a relaxed, inclusive learning space!

Everyone from council are very helpful I am very happy for the services thank you.

Volunteer Satisfaction Survey

City of Parramatta's Community Care Volunteers are very happy with our program, and of those surveyed, 95% rated their volunteering experience with Community Care as either 'good' or 'excellent'.

In addition, the results highlighted the following:

- Most of the Volunteers felt the positive impacts of their volunteering experience, such as making new friends and feeling more connected to the community
- A few responses expressed the need for greater communication to volunteers by staff on changes in circumstances – this will be reviewed and processes improved as a result
- They feel the positive impacts the program has had on them
- They believe their efforts are adequately recognised, and
- Are likely to recommend others to volunteer with us

Volunteers feedback

The amazing people we have the honour to meet and help. Knowing we are making a difference in a positive way is the biggest highlight for me.

I have been volunteering with Parramatta City Council since year 2000 and my experience with them considered to be valuable and wonderful. Many thanks to the very dedicated and experienced staff.

I find it rewarding to help those in need, regardless of their individual circumstances.



Volunteer End Of Year Event 2024

On 28 November, the Lord Mayor, Councillor Martin Zaiter, hosted the Volunteer End of Year Recognition Event which was held at the Rydge's Hotel.

There were approximately 66 attendees, ranging from volunteers, the Lord Mayor, Councillors, Uncle Bruce Gale, and staff. Parramatta High School Music Ensemble provided beautiful background music.

The formal proceedings included a Lord Mayoral speech, the Community Care Manager's speech and a surprise video that captured both participants and volunteers sharing their appreciation to the volunteers and the difference they make in people's lives.

Volunteers were nicely surprised, with one being moved to tears hearing a participant share the impact that volunteers' assistance have on his life. We are working on this video being uploaded to our website to share with you all.

During the event, the Lord Mayor distributed Awards and certificates to 5 volunteers who have reached milestone service:

10 Years of Service

- Peter Anderson – Meals on Wheels and Social Inclusion
- Jane Mapoon – Meals on Wheels
- Antoine Mapoon – Meals on Wheels
- John Macdonald – Meals on Wheels and Social Inclusion

15 Years of Service

- Helen Macias – 15 years with Meals on Wheels (in absentia)

We applaud these volunteers for their hard work, commitment, and loyalty in their volunteering roles. The participants have benefited from many hours of service.



Social Inclusion Participant End Of Year Event 2024



Another great Social Inclusion End of Year Event has been celebrated for 2024!

On 20 November, the Community Care Social Inclusion participants came together to catch up with staff and each other, enjoy a delicious buffet on offer, marvel at choir performances and join in with fantastic Christmas carol singalongs, exchange gifts and have a dance or two.

The Valley Voices Choir's amazing voices performed a collection of classics, and the whole Community Care Delivery Team performed a singalong of a variety of Christmas Carols.

It was heartwarming to see so many smiling faces enjoying the festive spirit. It was particularly lovely for participant Gwen Hall to voice a special thankyou on behalf of the group to the Community Workers to voice her appreciation of their invaluable support over the course of 2024.

The Community Care Team would like to extend a big thank you to you all who attended and made the event very memorable. We hope to see you all again next year, and hope to see a few more new faces too.

Wishing you all a very Merry Christmas and a happy, safe and healthy New Year!



Homebush Bay Shipwrecks

Sydney Olympic Park is an iconic landmark and special destination to millions of people around the world, not just for the highly successful Olympic Games in 2000, but also due to its rich history and world-class sporting and entertainment facilities.

Whilst many areas are quite well known, the area still holds a few secrets, and one of the most intriguing sites are the Homebush Bay Shipwrecks. They can be seen along the shoreline, and it is an amazing look into the past as you can view the remains of at least four ships being the SS Ayrfield, the SS Mortlake Bank, the SS Heroic and the HMAS Karangi. There is also an unknown shipwreck located along the walk.

These ships are accompanied by scenic landscape walks making it a perfect escape for the family or an afternoon getaway.

So, the question is how did the ships get there? How long have they been there? What's growing out of them?

We're glad you asked – the story is very interesting ...

The origins of Olympic Park can be traced back thousands of years ago to the traditional lands of the Wann clan, known as the Wann-gal. The Wann-gal used these lands for food and to travel by water that stretched along the southern shore of the Parramatta River between Cockle Bay (Cadi-gal land) and Rose Hill (Burramatta-gal land).¹

Homebush Bay's colonial history commenced shortly after the arrival of the First Fleet at Botany Bay, with the region designated as the 'Flats' just ten days post-landing. European settlement in the 'Flats' began in 1793, following the issuance of the initial land grants to free settlers who had come aboard the convict ship Bellona. The first individuals to receive land grants in the 'Flats' included Thomas Rose, Fredrick Meredith, Thomas Webb, Edward Powell, and Joseph Webb. As these individuals were freemen, the area subsequently became recognised as Liberty Plains.²

By the early 1800s Liberty Plains was dominated by two families, the Blaxlands and the Wentworths – names that are still used to this day. Over the next hundred years the site became used for multiple purposes including salt production, flour milling, an armament depot, state abattoir and brickworks.

During the 1960s and 70s the site was also used as a marine wrecking yard where old and unused vessels were brought to be decommissioned and dismantled. However, when the yard ceased operations due to the price of scrap metal, some of the shipwrecks were left behind.

Over time, the mangroves began transforming these wrecks into "floating forests" and in the process creating striking photo opportunities.

Homebush Bay Shipwrecks

Walking Trail

One of the most effective ways to discover these wrecks is to follow the walking trail that begins at the Badu Mangroves, continues through the Waterbird Refuge, and extends to the southern end of Wentworth Point.

The Badu Mangroves constitute the most extensive remaining intertidal wetland along the Parramatta River. A boardwalk runs through the mangroves, getting you up close to this distinctive ecosystem. As you proceed along the path, you will encounter the Waterbird Refuge, a 10-hectare wetland rich in wildlife, featuring rare and endangered migratory bird species.

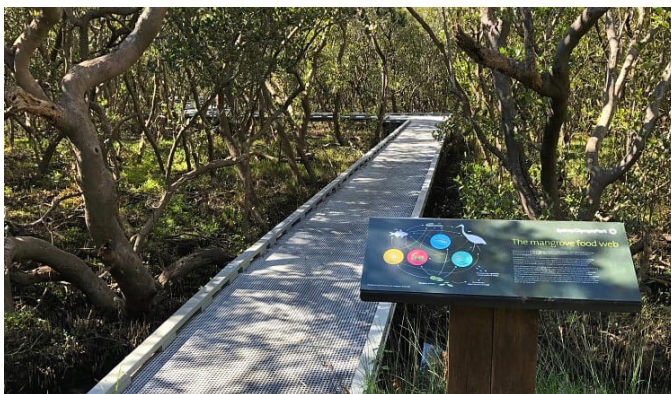


Photo courtesy of AJ Mens

HMAS Karangi

The first shipwreck is located opposite the Waterbird Refuge. There will be a signpost and a bench, where you can peer through the mangrove trees to spot the remains of the HMAS Karangi.

The HMAS Karangi was a steel-hulled boom defence vessel, constructed at Cockatoo Island and commissioned into the Royal Australian Navy in 1941.

Removed from Navy lists and partially scrapped in 1965-6, the vessel was abandoned in Homebush Bay at an unknown time.



Photo courtesy of Swadish Aaryan

SS Heroic

Positioned just behind the HMAS Karangi is the SS Heroic. The SS Heroic was a steel-hulled steam tugboat, built in 1909 in the United Kingdom for a Sydney-based tugboat operator. It was brought to Homebush Bay in the 1970s to be dismantled.



Photo courtesy of Jamen Percy

Unknown Shipwreck

The walking trail continues northward, passing an observation tower and leading to a small peninsula (the official

Shipwreck Lookout), where another shipwreck can be spotted on the right. The name of this vessel remains unknown and is tucked away among the mangroves.

From this unknown shipwreck, continue walking to the Shipwreck Lookout, where the first glimpses of the SS Ayrfield and the SS Mortlake Bank can be seen further to the north.

For a closer view of these two wrecks, continue north along the trail, cross Bennelong Parkway, and follow the walking path between the apartment blocks that leads back to the foreshore.



Photo courtesy of AJ Mens

SS Ayrfield

The next Shipwreck and one of the most photographed in Homebush Bay is the SS Ayrfield.

Originally launched as the SS Corrimal, it was built in England in 1911 as a coal-carrying vessel. During World War II, it was repurposed by the government to support American forces in the Pacific Ocean.

Following the war, the ship returned to commercial service before being retired in 1972 and brought to Homebush Bay for dismantling.



Photo courtesy of Swadish Aaryan

SS Mortlake Bank

This vessel was a steel-hulled steam collier constructed in 1924 in the United Kingdom. After decades of service in Australia, it was eventually brought to Homebush Bay for decommissioning.

The walk continues around Wentworth Point making for a beautiful circuit loop of the area and surrounds.



Photo courtesy of Beulea Ross

References:

1. "Sydney Olympic Park and Homebush Bay – A Brief History". Parramatta Heritage Centre. Archived from the original on 4 September 2019.
2. Carney & Mider, 1996: 11
3. Special thanks to AJ Mens from Sydney Uncovered for the photos and information
4. Special thanks to Jamen Percy for the aerial photo of SS Heroic
5. Special thanks to Swadish Aaryan from Itineraries Redefined: (www.itinerariesredefined.com)
6. Special thanks to Beulea Ross photography for the photo of SS Mortlake Bank
7. Special thanks to Steve Dorman for the cover photo
6. Special thanks to City of Parramatta History and Heritage team

Get Up & Glow In Parramatta Park

The Australia Day long weekend will be packed with family entertainment, live music and hot air balloons at Parramatta Park.

Experience the breathtaking hot air balloon illumination spectacular on Saturday 25 January, followed by a morning of watching hot air balloons soaring, delicious BBQ food, and family-friendly activities on Sunday 26 January. Both events are free entry!

These events are held in the beautiful Parramatta Park, a wonderful place to sit and relax, get active, or explore our history. Visit atparramatta.com for more information.



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Celebrate Lunar New Year

Join us in celebrating the Year of the Snake with an exciting street food market and lively cultural entertainment in Parramatta on Saturday 1 February from 4pm to 9pm.

Snap the stunning decorations and enjoy the performances on stage. This fun-filled family event features high pole lion dancers balancing 3 meters in the air, delicious street food, and fun workshops.

Discover more at atparramatta.com



Ruth's Rocky Road Recipe

Ruth is our Community Care Finance Officer, and she loves cooking! She has shared with us her favourite recipe for this festive season.

Ruth's Tip

If it's a warm day don't leave this out of the fridge for too long as the butter in it will make it go soft quickly.

Ruth's Rocky Road



Prep time: 10 min

Cook time: 10 min

Setting time: Min 4 hours or overnight

Serves: 30 pieces

Ingredients

- 2 x 180gm Cadbury Baking Dark Chocolate block
- 1 x 180gm Cadbury Baking Milk Chocolate block
- 125gm Salted butter
- 1 ½ cups Shredded coconut
- 280gm packet Pink & white marshmallows. (You could use any marshmallows if you like).
- 1 cup Salted peanuts
- 1 cup Macadamias
- 1 x 200gm packet of Allen's Snakes Alive

Method

1. Line 2 x 20cm brownie tins with baking paper ready for the rocky road mix.
2. Cut snakes into 1/2 cm pieces and put into a big bowl with the marshmallows, peanuts, macadamias and just 1 cup of the shredded coconut (keep the other half cup for sprinkling on top when you have spread the rocky road in the brownie tins).
3. Break the chocolate into smaller pieces then melt the chocolate with the butter in a bowl over simmering water on the stove, stirring continuously until all the chocolate is melted and the butter is mixed in.
4. Scrape the melted chocolate mix straight into the bowl with the other ingredients. Mix well - then immediately spread the mixture out in the 2 brownie tins evenly before the chocolate starts to set.
5. Sprinkle the tins of rocky road with the remaining half cup of shredded coconut to decorate.
6. Cover each tray and put into the fridge to set. It should set after an hour or two but leave it for a minimum of 4 hours to be safe and make sure that its totally set through.
7. When it's set cut into squares as small or large as you like (this is so good you might cut some big!)

Disability Consumer Rights Checklist

For when accessing products and services

I know my rights are respected when:

- I feel safe to tell a service I am not happy about something.
- I feel free to connect with other people and services.
- I can decide who my personal and health information is shared with.
- I understand all my service options when agreeing to a service.
- I am included in decision making and my needs are respected.
- I feel safe to ask questions, and I am given clean information and support to understand information when needed.

If you say no to any of these, discuss your concerns with someone you trust. These agencies can take complaints about service delivery.

- NSW Fair Trading
13 32 20, 8:30am - 5pm, Monday - Friday
- Health Care Complaints Commission
1800 043 159, 9am - 5pm, Monday - Friday
- NDIS Quality and Safeguards Commission
1800 035 544, 9am - 5pm, Monday - Friday

Acknowledgement: Adapted from the NSW Government's "My Wellbeing Checklist" for seniors.



Do Not Call Register

Want to stop those unwanted telemarketing calls? This register can be very useful however it does need to be updated every couple of years, so if you are experiencing these types of calls please register or re-register to ensure they stop. It will take a few weeks before they reduce.

Visit donotcall.gov.au or call 1300 792 958.



Elder Abuse Hotline

This is a free confidential service for information, advice and referrals. If you experience, witness or suspect elder abuse happening, call 1800 628 221.

NSW Elder Abuse can be Financial, Physical, Verbal, Sexual, Psychological and Neglect.



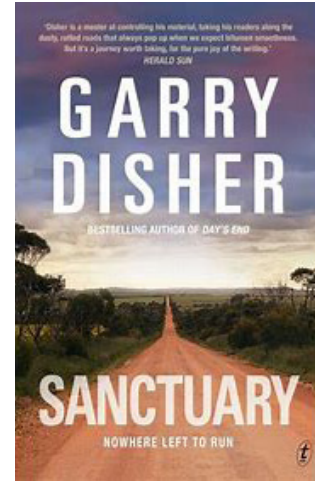
Last Thursday Book Club

This month: Sanctuary by Garry Disher

A thrilling new story set in regional South Australia, from one of Australia's most esteemed crime authors, Garry Disher.

Grace is a thief- a good one. She was taught by experts ... But it's a solitary life, always watchful, always moving. It's not the life she wants.

Lying low after a run-in with an old associate, Grace walks into Erin Mandel's rural antiques shop and sees a chance for something different. A normal job. A place to call home. But someone is looking for Erin. And someone's looking for Grace, too. And they are both, in their own ways, very dangerous men.



Next month: The Bandit Queens by Parini Shroff

Nominee for Readers' Favorite Debut Novel (2023). Geeta's no-good husband disappeared five years ago. She didn't kill him, but everyone thinks she did- no matter how much she protests. But she soon discovers that being known as a "self-made" widow has some surprising perks. No one messes with her, no one threatens her, and no one tries to control (ahem, marry) her. It's even been good for her business; no one wants to risk getting on her bad side by not buying her jewellery.

Freedom must look good on Geeta, because other women in the village have started asking for her help to get rid of their own no-good husbands...but not all of them are asking nicely. Now that Geeta's fearsome reputation has become a double-edged sword, she must decide how far to go to protect it, along with the life she's built. Because even the best-laid plans of would-be widows tend to go awry.



Goodreads
Choice
Award

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The group meets on the last Thursday of the month. Members enjoy great discussion from 10.30 until 12.00 pm. We meet in PHIVE at Parramatta Square. If you would like to attend, please call **9806 5121** and ask to speak to Mei, Gladys or Cathy. Next few dates are 27 February, 27 March and 24 April 2025.



What's On In Our Libraries

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Retirees Meetup

Join us for our monthly Retirees Meetup, where friends and new acquaintances gather to share stories, enjoy engaging activities, and make the most of retirement. Whether you're looking to catch up with old friends or meet new people, this is the perfect opportunity to socialize, participate in fun events, and enjoy good company.

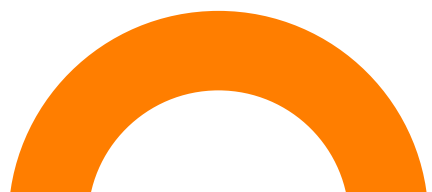
Location Parramatta Library,
IDEAS Lounge, Level 1
Dates Thursdays, 23 January,
20 February, 20 November
Time 10am - 12pm
Visit [parra.city/
retireesmeetup2025](http://parra.city/retireesmeetup2025)

Bookings required.

Tech Savvy Seniors – Introduction To Smart Phones

Becoming familiar with a smartphone can take a little bit of practise, but you'll soon find yourself doing more than you ever thought possible on a mobile phone. In this workshop, you will learn the basics of how to navigate your way around a smartphone with a touchscreen, make and receive calls, add a contact and more.

Location Ermington Library
Date Tuesday, 25 February
Time 10:30am - 11:30am
Bookings Phone **9806 5869**





Plant Propagation Techniques Workshop

Don't buy expensive plants and seedlings again! Save money by learning how to sow your own seeds and take cuttings to create new plants. This workshop will cover choosing seeds, making propagating mix, and doing soft-wood, semi-hardwood, and hardwood cuttings. During this hands-on workshop, participants will take home plants they have propagated.

Location Wentworth Point Community Centre and Library

Date Thursdays 13 February

Time 10am – 12pm

Visit parra.city/plantpropagationWPCCL

Bookings required.

Beginners Computer Class

In this course over four training sessions, we will walk you first through the basics of computer. Then we'll put those skills to good use to create your first document. Emailing and internet surfing will be positive outcomes of the course. Participants are required to attend all 4 sessions.

Location

Dates

Time

Bookings

Constitution Hill Library,

Fridays 7, 14, 21, 28 February

10:00am - 11:30am

Phone **9806 5500**



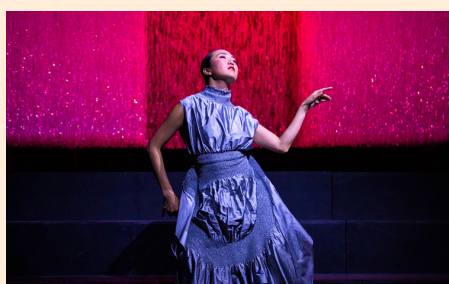
Riverside Theatres

Riverside Theatres is the centrepiece of arts and entertainment in Parramatta. Visit this summer for some incredibly high-energy, hilarious, and heartwarming live experiences you can't have at home!



Sydney Festival | 3 - 26 January

Sydney Festival is sailing back to Riverside in 2025 with a first-class line-up of local and international talent. With four great events happening right here on our stages, ranging from musicals to circus and dance, embrace the art of summer at Riverside!



The Bridal Lament 哭嫁歌 By Rainbow Chan 23 - 26 January

Part of the Sydney Festival line-up, The Bridal Lament is a sumptuous audio-visual experience. Drawing on her Weitou ancestry, Chan reimagines a Weitou ritual known as the bridal lament, a public performance of grief in which a bride wept and sang in front of family and friends.



Daryl Braithwaite | 8 February

From being the front man and vocalist for the 1970s band Sherbert to embarking on a highly successful solo career, Braithwaite is a certified household name in Australia. One night only - don't miss out!



The Wharf Revue | 20 - 23 February

After twenty-five years in the harsh and unforgiving spotlight of politics, The Wharf Revue is coming to an end with The End Of The Wharf As We Know It. Join us for a joyous yet bittersweet send-off to one of the great national theatrical institutions.



RBG: Of Many, One | 6 - 8 March

A triumphant premiere season in 2022, a sold-out national tour in 2024 - and now, the smash-hit RBG: Of Many, One is returning to the stage at Riverside! Witness the brilliant Heather Mitchell revive her critically-acclaimed "virtuosic performance" of the woman who changed the face of the American legal system: the indomitable Ruth Bader Ginsburg.

PAC SENIORS

STAY ACTIVE, CONNECTED AND FIT!

Welcome to the PAC Seniors programs. Enjoy a variety of fun and social group exercise classes guided by qualified trainers, who will provide you with modifications ensuring you gradually and safely improve your health and wellbeing.



Gentle Exercise Classes

Perfect for beginners, enjoy low impact exercises to keep your heart, muscles, and joints healthy. Each session will be a mix of light aerobics, balance, mobility, and strength to provide you with a holistic experience.



Strength, Stretch and Balance

Suitable for most abilities, strengthen your muscles, improve your joint health and balance with this class dedicated to resistance training.



Aqua Aerobics

Feel the benefits of water based exercise, as "buoyancy" takes the pressure off your body allowing you to move freely without impact. Each class is choreographed to great music to keep you active while having a great time.

FREE visit, come and try

Present this flyer to one of our friendly PAC staff to receive FREE access to one of our Senior specific classes PLUS full facility access between 9am - 3pm. **Pending class capacity on the day. Offer valid for 1 per customer.*

Valid until: 30 June 2025

FREE Tuesdays, Pool access only

Interested in visiting us for a swim? Provide a valid NSW Senior Card or Disability Pensions Card, plus proof of your residential address identifying you as a resident of the City of Parramatta for free Pool access on Tuesdays. **Excludes classes, gym, sauna, spa and steam facilities.*

Visit the PAC today!

7A Park Parade, Parramatta NSW.

Website: <https://www.cityofparramatta.nsw.gov.au/the-pac>

**PARRAMATTA
AQUATIC CENTRE**

Initiative of
 **CITY OF
PARRAMATTA**



I love Aqua Aerobics!
I enjoy it and give it full
marks. I have made a
few friends already and
have been encouraging
more people to sign up

- Melleza, Participant

Aqua Aerobics

Summer is here, and what better way to stay active than participate in Aqua Aerobics at the Parramatta Aquatic Centre (PAC)! Classes have been running weekly for term 4 and will return in Term 1 2025 and continue to be term-based like all other Over 55's Leisure and Learning Service activities.

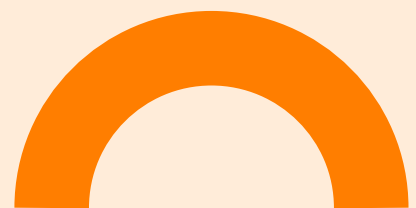
Participants of the Over 55's Program have been enjoying the benefits of water-based exercise as buoyancy takes the pressure off your body allowing you to move freely without impact.

Some benefits of Aqua Aerobics:

- Works out the heart muscles
- Easy on the joints
- Enhances balance and coordination
- Recovery from injury
- Mental stimulation
- Social benefits
- The water itself is therapeutic

Each class is choreographed to great music to keep you active while having a great time.

Scan the QR code for more information.



Over 55s Leisure & Learning Service Update

City of Parramatta's Over 55s Leisure and Learning Service provides an extensive range of physical, recreational and social activities throughout the year for people over 55 years of age.

Activities are run on a term-based model (usually 10 weeks per term) with bookings and payments being made prior to the beginning of each term. Registrations open on Monday 13th January (early bird bookings run for the first week of bookings only). Term 1 begins on Monday 3rd February 2025. **Scan the QR code** for more information

Movement is essential to your health, with many benefits including physical, social and mental well-being. For those who can't make it to a face-to-face class there are some online classes that you can do at home.

MONDAY 9AM - 10 AM Chair Yoga + Strength & Balance Online

This 1-hour program combines 30 minutes of gentle chair yoga and 30 minutes of strength and balance exercises.

Benefits:

- Improves mobility and flexibility
- Enhances strength and balance
- Reduces stress and promotes relaxation
- Supports overall health and wellbeing
- Aids in falls prevention

Join us today and start feeling stronger, more balanced, and more energised!

TUESDAY 9AM - 10 AM Fun Latino Dance Online

Enjoy a 1-hour online dance session with lively Latino beats, featuring low-impact moves and easy-to-follow steps designed for fun and fitness!

Benefits:

- Boosts heart health and energy
- Improves balance and coordination
- Enhances flexibility and strength
- Relieves stress and lifts your mood
- Connects you with a vibrant community

Perfect for all fitness levels—stay active, have fun, and feel great!



SCAN HERE
for more
information.



Active Parramatta Fitness Program

Active Parramatta Fitness Program
Achieve your wellness goals for 2025 with
the Active Parramatta Fitness Program!

There is a wide range of affordable onsite
and online activities on offer including
Zumba, Belly dancing, Yoga, Pilates, Swiss
Ball and much more.

Registrations open on Monday 20 January
at 9am. Prices will also be discounted for
those who book in early!

View the full schedule and register:
<http://cityofparramatta.co/fitness>



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Active Van Parramatta

**The Active Parramatta Van are back in 2025,
with a new suite of free fitness programs
starting in February.**

Registrations for Term 1 open on Friday 31
January at 9am. Don't miss out on a range of
Better Ageing programs, Mums n Bubs, Adult
fitness and more this year. Classes are delivered
online and face to face in a range of locations
across the Parramatta LGA. Please note you
do not need to reside within the LGA to attend
our classes.

To register and keep up to date with new
programs and events, visit our website:
<http://bit.ly/ActiveParramattaVan> or email
us at apvan@cityofparramatta.nsw.gov.au
for questions.





ACTIVE PARRAMATTA VAN

Daily Stretch Routine

1. Torso stretch



- Sitting tall in your chair, twist your upper body to the right and hold onto the chair.
- Turn your head to look over your right shoulder.
- Hold for 15 to 30 seconds. Repeat on other side.

3. Overhead side reach



- Bring feet further apart and rest right arm on right thigh.
- Extend left arm overhead, leaning to your right as far as your can.
- Hold for 15 to 30 seconds.
- Repeat on the other side.

5. Seated warrior



- Sit on the edge of your chair, bend right knee and angle right foot away.
- Extend left leg keeping foot flat on the ground.
- Push your hips forward and feel the stretch in your left hip and inside of left your leg. Hold for 15 to 30 seconds.
- Repeat on other side.

7. Seated forward bend



- Sit straight with your feet hip width apart.
- With your arms straight in front of you, lean your torso forward and down towards the floor with your head and neck relaxed.
- Hold for 15 to 30 seconds.



2. Cat Cow

- Sitting tall with feet flat on the ground.
- Arch your spine, pushing your chest forward and head up.
- Then round your spine, pushing your back away and bring your chin towards your chest.
- Slowly roll through these two positions 10 times.



4. Glute stretch



- While seated, cross the right ankle over the left knee.
- Gently lean forward, keeping the back straight and reaching out with the torso until you feel a stretch in the right glute and hip. Hold for 15 to 30 seconds.
- Repeat on the other side.

6. Hamstring stretch



- Sit on edge of chair.
- Straighten right leg and position heel on floor, toes pointing up.
- Reach toward toe or bring torso toward leg.
- Hold stretch for 15 to 30 seconds.
- Repeat on other side.

8. Overhead arm reach



- Sit tall in your chair or stand.
- Extend your arms overhead.
- Look up and bring your palms together as you stretch higher.
- Hold for 3 seconds then lower arms and repeat 5 times.
- *Note: Inhale as you lift your arms, exhale when arms lower.*



Gabby Summerhays
Manager

I love to cook and share meals with others, spend time with my family and enjoy the outdoors.



Beth Collins
Team leader

I love the outdoors and enjoy flyball with my dogs. It is a great sport which I share with my daughter.



Abood

I enjoy traveling, hiking, visiting new places & trying new food.



Agnes

I am a mum of two little boys. I love swimming, baking and mushroom picking.



Cara

Give me a good coffee, anything Disney and some quality time laughing with my family and friends and I am one happy lady!



Cathy

I enjoy reading books and going to the gym.



Frances

I love dancing, music, jogging, and cooking. My family & friends are everything; I value "health is wealth."



Gladys

I love walking, exploring new places, and spoiling my three gorgeous granddaughters.



Hong

I love bushwalking and I enjoy reading and play music [with my family.



Jinashish

I love socializing, dining, cricket, walking, reading, and chatting with seniors. I'm passionate about creativity.



Luis

I am a book lover who also enjoys listening to people's fascinating stories and supporting them to achieve their best.



Luke

I love spending time with my wife and two beautiful daughters. I enjoy going to the gym, sightseeing and the occasional movie.

CONTACT US

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Maree

I love hiking and travelling. Combine the two and I am very happy!



Mei

I love meeting new people, cooking simple meals and listening to audible while doing chores.



Millnard

I'm a family man and fitness fanatic who loves good food and having fun!



Rachel

I am easy going and fun loving. I love socialising, PC gaming and occasionally play dungeons and dragons.



Renea

I love spending time with family and friends and travelling.



Rosemay

Family times are a priority for me and I get a buzz seeing animals in their natural habitat.



Ruth

The great loves in my life are my beloved family, precious fur babies, photographing nature and creating cooking delicacies.



Samantha

I love spending time with my friends, and enjoying an active lifestyle filled with adventure.



Sanoji

I love chilli! I love company – my passion is entertaining my family and friends.



Viktor

I enjoy going to the gym, listening to music and watching films in my spare time.



Australian Government

Department of Health and Aged Care



If you have a hearing or speech impairment you can contact us through the National Relay Service. You will need to provide our phone number 9806 5121. For more information visit relayservice.gov.au or 133 677 for TTY/voice calls, for Speak and Listen 1300 555 727 and for SMS Relay 0423 677 767. If you need an interpreter you can contact us through the Translating and Interpreting Service on 131 450. You will need to provide our phone number 9806 5121.