



September 2025 Newsletter

Greetings to all our fantastic volunteers

Balance Classes:



For those who would like help with balance and low impact exercise classes, there are two sessions being held by a qualified Physiotherapist one in Pambula and one in Bega. I attend both of these sessions and find them extremely helpful and even fun.

Colby is running these sessions to support the elderly in the community. They are one hour long and for only a donation if you are able. Times and locations are the same every week:

Pambula Town Hall – Tuesday – 3pm & Bega Uniting Church – Wednesday – 2pm

December 5th Volunteer Appreciation Lunch



Where: Club Sapphire.

Time: 11:30am.

RSVP: November 21st.

To all the Fathers, Grandfathers and Great Grandfathers:



Dad jokes

- *Did you hear about the circus fire? It was in tents!*
- *I told my wife she should embrace her mistakes. She gave me a hug.*
- *I went to buy some camouflage pants, but I couldn't find any.*
- *I used to have a job at a calendar factory, but I got fired because I took a couple of days off.*
- *I'm writing a book about glue, but I'm stuck on the first chapter.*
- *I love telling Dad jokes. Sometimes, he even laughs.*

Information session reminder

Dementia Awareness Information Session

Tuesday 2nd September 10:30am - 11:30am Bega Meals on Wheels



I do wish all those Dad's out there a very happy father's day.

Sincerely, Lee