

# news and events

## community

14th January 2020

For some, this summer has been a time of rest and joy, but for many in Australia, the bushfires and drought have brought devastation and deep sadness. We're heartened by the generosity and kindness of people here in local communities and across the world. As we head into a fresh 2020, we'll work to keep compassion and kindness at the heart of all we do.

## CHRISTMAS DAY LUNCH

Community and Suncorp Stadium partnered again this Christmas just gone to host a Christmas Day lunch for over 200 individuals and families who would otherwise be spending the day alone.

Over 100 participants were transported to and from the event by Community's incredible Transport Volunteer team and our partners at Shebah. We enjoyed a gorgeous three-course meal cooked and donated by O'Brien Group Australia Catering - a hot meal and Mooloolaba prawns included! Steve Haddan MC'd up a storm and introduced Carol singers to serenade the crowd. Everyone left with a gift in hand, a full stomach, and a big smile!

Thank you to all who attended and to the incredible Volunteers from both Suncorp and Community who made this magical day happen!



## IN-HOME SUPPORT



Our in-home support team can help you around your home, with things like: meal preparation, showers, shopping and medical appointments. If you would like further information about how we may be able to assist you, please ring us on **3366 7476**, and we can arrange for someone to visit you to discuss how we could help you live well and independently at home.

## HOME ASSIST: GUTTER CLEANING

**A clean gutter is a safeguard for the fire and storm season.**

Communify provides yearly gutter cleaning services free of charge for clients. If you think you are overdue for your yearly cleaning service, please give us a call on **3366 7476**. Our maintenance and modification program is funded by the Commonwealth to help keep you safe at home. We are also able to get an occupational therapist (OT) to your home for a full home safety check.



## AQUA YOGA

Come and join our Aqua Yoga class this summer!

**STARTING** Wednesday 29th January  
**WE WILL MEET AT** 1pm for Juice Bar @ Paddington Play Centre (10 Moreton Street)

**THIS WILL BE FOLLOWED BY** Aqua Yoga at Ithaca Pool (starts at 2pm)

**COST:** A small cost may apply (including for transport), please enquire.

Contact Emily on **3510 2752** with queries



## TAI CHI



Join us for a relaxing, free Tai Chi class weekly with our qualified instructor, Sylvi.

**DATE:** Mondays (weekly)

**TIME:** 1pm-2pm

**LOCATION:** Bardon Hall (247 Simpsons Rd, Bardon)

**COST:** FREE

Queries? Contact Emily on **3510 2752**