

## Healthy Veggie Bags

South Centre is a pick up and drop off point for the \$17 veggie bags. Bring in your money this week for veggies next week. Money needs to be in Wednesday mornings; and the veggie bags are available for collection on the following Wednesday afternoon. A community services card is required for the Veggie Bag. **NEW—\$10 Veggie bags available. Ideal for smaller families.**

## Jigsaws & Patterns

We have a variety of jigsaws available of various sizes and ability level—come and check them out—winter fun! Also check out the wide range of crochet, knitting and sewing patterns we have too.

## Newsletters

Copies of the newsletter are on our hall table if we do not deliver in your area any month.



## Wheelchair

Need a wheelchair for short term use. We have one available for loan, please ring (03) 218 2777 to book.

## Alcoholics Anonymous

Where: Meetings held at South Centre  
When: Monday & Wednesday nights at 7.30 pm  
Open meeting for public is held on first Monday of the month.

For further information please phone **0800 22 96757 0800 AA-WORKS**



## Narcotics Anonymous

Where: The South Centre back building.  
When: Sundays at 7.00 pm  
For further information please ring **027 2344 745**



A Member of Anglican Care Network

# SOUTH CENTRE



## May 2019 Newsletter

**9 Jenkin Street, Invercargill. Telephone (03) 218 2777**

**Hours:**      **Monday to Thursday**      **9.00 am—4.00 pm**  
                                 **Friday**      **9.00 am—3.00 pm**



**When:** Wednesday, 8th May 2019 at 1.30 pm  
**Where:** South Centre—9 Jenkin Street, Invercargill  
**Who:** Chris Ramsay from the Invercargill Licensing Trust will be the Guest Speaker.

**“Please bring a plate for afternoon tea.”**

## Weigh In Group

If you are looking for a friendly group of people to support you on your weight loss journey, come along on:

**Monday 9.30—11.00 am**

**Cost \$1.00 & Fines 50 cents**

Please bring a piece of fruit as this goes to the person who loses the most weight for the week.



## Family Support Service

The Family Support Service offers support and assistance to families in need in their own homes by setting goals and empowering them with services and options to achieve this.

The service is:

- Voluntary and free
- To enhance parenting, knowledge of child development and behaviour management
- Available for families with children up to 17 years
- Child centred and family focussed
- To support linkages to community services and or organisations
- For those residing in the Invercargill boundary

**For further information or to refer to this service—**

**Phone Julie (03) 214 0344 or (03) 218 2777**

## Home-Bound Elderly Programme

The aim of the programme is to help alleviate loneliness in older people who are socially isolated through disability or ill health and who have little or no family support.

- You must live south of Tay Street and be home-bound and 65+
- We will visit you in your home
- We will provide a Buddie who will make contact weekly and offer support and friendship
- Buddies don't do housework—they are there to spend time with you.
- We will discuss with you and support you with ways that you can maintain your health and independence

**If you are interested in this programme or are keen to find out more about becoming a Buddie**

**Phone Sue on (03) 2182 777**

## Senior Citizen's Cards—Euchre

If you are looking for a friendly place to play a hand or two of Euchre please come along and join our group.

Day: Tuesday

Time: 1.30 pm

Afternoon tea provided **cost \$3.**



## Falls Prevention Exercises

**Wednesday**

**1.00 pm - 2.00 pm**

Dates for this month:

1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>th</sup> & 29<sup>th</sup>. Note—8<sup>th</sup> at YMCA



## Sit & Be Fit

**Monday**

**2:30 pm - 3:30 pm**

Dates for this month:

6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>

**In conjunction with the YMCA, there is a small charge of \$4 per session.**



We have a community library with a good variety of books. These books are available for you to borrow and read at your leisure. There is no cost and no limit to amount of books taken, it is run on a trust system. We do not record books taken. "Call in and have a browse".

## South City Craft Group

We have a craft group that meet here on a Wednesday morning from 10.00—12.00 pm.

Anyone is welcome to come along bring your own craft, have a chat, have a cuppa and meet new friends.

