



Summerland House Farm - Food for the brain

The Iluka group of ladies set out on a beautiful sunny day, greeted by driver come tour guide Jeanette, assuring a comfortable and care free ride. After a little coffee stop at Woodburn Riverside Park the ladies were back on the bus for the second leg of the trip, lots of laughter and conversation could be heard along the way. Arriving at Summerland House Farm, the girls headed for the gift shop where they perused all the giftware, trinkets and food items available. They then made their way up the lush garden path to the restaurant where they ate scrumptious food and enjoyed more conversation and good company.

On the trip home which included an ice cream stop, the ladies could be heard recapping their day, complimenting their ever-cheerful driver, and talking about the upcoming Connect you Too shopping trips. All in all another successful day of activity, laughter and connection.

Not only are social outings good for the soul, they are an amazing source of brain food. Our brains are wired for social connection. Talking and sharing experiences and being around people releases 'feel good' chemicals that reduces stress and boosts happiness. Meeting new people creates strong social bonds, which are good for mental health. Group activities give us a sense of belonging and purpose and this trip in February did not disappoint.



Connect You Too partners with HART Services to provide locally managed Support at Home Packages



We acknowledge the traditional owners of this land and pay our respects to elders past and present.



*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*

Live life in colour

This year's theme is a powerful message that reminds us that growing older does not mean life becomes dull or meaningless.

Instead, it shows that the later years of life can be bright, joyful and full of purpose.

Living life in colour means choosing happiness, hope and positivity each day. Seniors bring beauty to society through their wisdom, experience and guidance. They have experienced many seasons of life and each experience adds a new shade to their journey.

Seniors continue to dream, learn and inspire others. Their strength and resilience shows that age is not a barrier to living a full and meaningful life.

Every senior has a unique story, background and personality. Some are bold and energetic, others are calm and thoughtful. Together they create a beautiful picture of strength and unity.

We encourage everyone to respect and appreciate our seniors. Life does not lose its value with age, in fact, it often becomes more meaningful. Growing older is not about losing colour, it is about adding deeper, stronger shades to our life stories.



It's **Live life in colour**
never
too late....

Did you know?

Ita Buttrose - After an amazing career in newspapers, magazines and TV, Ita was 77 years old when she was appointed chair of the ABC in 2019, she finished her stint in 2024 at the grand age of 81!

Colonel Sanders - In 1952 at the age of 65 Colonel Sanders began franchising his fried chicken after travelling across America pitching his chicken to restaurant owners. Today **KFC** is one of the fastest growing brands with over 30,000+ stores across 150 countries worldwide.

Gladys Burrill - On December 12th 2010 at the age of 92, Gladys finished a marathon in Honolulu in 9 hours, 53 minutes and 16 seconds. Gladys earned The Guinness World Records record for the oldest woman to complete a marathon.

Cora Coralina - In 1965 at the age of 75 Cora published her first book, a book of poetry called 'Poemas dos Becos de Goias e Estorias Mais'. Her second book was published in 1976 at the age of 86.

Laura Ingalls Wilder - In 1932 at the age of 65 Laura published her first book, the children's book 'Little House in the Big Woods' and the beginning of the 'Little House on the Prairie' series in 1935.



NSW
**Seniors
Festival**
2026

2-15 March 2026

Live life in colour



What's on at Connect You Too

Visit beautiful Minnie Water and enjoy lunch at the Wooli Hotel Motel ★

(Lunch at own expense)

- * Yamba Social bus Monday 23rd March
- * Maclean Social bus Wednesday 25th March
- * Iluka Social bus Friday 20th March
- * Grafton Social bus Tuesday 17th March

Book your seat now 6645 3200

Visit Windara Café and Nursery Casino ★

- * Grafton Social bus departs Grafton 3rd March

Visit Remember When Cottage ★

- * Grafton Social bus departs Grafton 31st March

Book your seat now 6645 3200

Explore our Backyard ★

- * From the quirky and unique shops of Ulmarra to the history filled towns and villages along the banks of the Clarence River, we live in a special place.
- * Come with us and explore all the natural wonders right here in our own back yard.

Book your seat now on 6645 3200

Come and say hello at the Seniors Festival Expo ★

- * Connect You Too will have a display at the Seniors Festival Expo, come and get a goody bag and meet some of our friendly team.
- * Meet Lesley or Denise from our Clarence Meals team and learn all about our range of meals and delivery to your door.

For more info and to book your seat call 6645 3200

(Lunch at own expense)

Relive the 50's at the 'Summer Beach Hop' Coffs Harbour Sunday 15th March

Classic Cars, Live Music, Market Stalls, Dancing,
Dance Display, Junior Elvis, Show N Shine.

BUS
\$20

Limited seats book early!



**CONNECT
YOU TOO**

Social & Shopping Calendars

APRIL | MAY | JUNE 2026

BOOK NOW 6645 3200 • www.connectu2.org.au

YAMBA MONTHLY SOCIALS (APRIL | MAY | JUNE 2026)

DATE	DEPARTING	DESTINATION	DETAILS
MON 20th April	YAMBA	COPMANHURST	Visit the Federation Park—Sensory Gardens in Copmanhurst before having lunch at the Rest Point Hotel Copmanhurst. (Lunch at own expense)
MON 25th May	YAMBA	ULMARRA/ LAWRENCE	Explore some of the quaint and quirky shops in the Historic village of Ulmarra. Have a cuppa and sweet treat at Ulmarra Food Co. Then head off to enjoy lunch at the Lawrence Tavern. (Morning Tea & Lunch at own expense)
MON 29th June	YAMBA	MYSTERY TOUR	Come along on a Mystery Tour and enjoy a day out exploring our beautiful backyard. (Lunch at own expense)

MACLEAN MONTHLY SOCIALS (APRIL | MAY | JUNE 2026)

DATE	DEPARTING	DESTINATION	DETAILS
WED 22nd April	MACLEAN	COPMANHURST	Visit the Federation Park—Sensory Gardens in Copmanhurst before having lunch at the Rest Point Hotel Copmanhurst. (Lunch at own expense)
WED 20th May	MACLEAN	ULMARRA/ LAWRENCE	Explore some of the quaint and quirky shops in the Historic village of Ulmarra.. Have a cuppa and sweet treat at Ulmarra Food Co. Then head off to enjoy lunch at the Lawrence Tavern. (Morning Tea & Lunch at own expense)
WED 24th June	MACLEAN	MYSTERY TOUR	Come along on a Mystery Tour and enjoy a day out exploring our beautiful backyard. (Lunch at own expense)

ILUKA MONTHLY SOCIALS (APRIL | MAY | JUNE 2026)

DATE	DEPARTING	DESTINATION	DETAILS
FRI 24th April	ILUKA	COPMANHURST	Visit the Federation Park—Sensory Gardens in Copmanhurst before having lunch at the Rest Point Hotel Copmanhurst. (Lunch at own expense)
FRI 22nd May	ILUKA	ULMARRA/ LAWRENCE	Explore some of the quaint and quirky shops in the Historic village of Ulmarra.. Have a cuppa and sweet treat at Ulmarra Food Co. Then head off to enjoy lunch at the Lawrence Tavern. (Morning Tea & Lunch at own expense)
FRI 26th June	ILUKA	MYSTERY TOUR	Come along on a Mystery Tour and enjoy a day out exploring our beautiful backyard. (Lunch at own expense)

GRAFTON FORTNIGHTLY SOCIALS (APRIL | MAY | JUNE 2026)

DATE	DEPARTING	DESTINATION	DETAILS
TUE 14th April	GRAFTON	MACLEAN	Enjoy a trip down river to explore the main street of Maclean and enjoy lunch at your venue of choice. (Lunch at own expense)
TUE 28th April	GRAFTON	COMPANHURST	Visit the Federation Park—Sensory Gardens in Copmanhurst before having lunch at the Rest Hotel Copmanhurst. (Lunch at own expense)
TUE 12th May	GRAFTON	ULMARRA/ LAWRENCE	Morning tea in the historic village of Ulmarra, explore some of the quaint and quirky shops. Enjoy a sight seeing trip to Lawrence Tavern for Lunch.
TUE 26th May	GRAFTON	ILUKA/ HARWOOD	Morning tea and a local tour of Iluka before lunch at the Harwood Hotel. (Lunch at own expense)
TUE 9th June	GRAFTON	YAMBA	Sight Seeing tour around Yamba. Visit the Yamba Musuem (\$5 entry) Then lunch at the Bowlo Sports and Leisure Yamba. (Lunch at own expense)
TUE 23rd June	GRAFTON	COFFS HARBOUR	Lets go shopping. Enjoy a day out shopping at Park Beach Plaza

MONTHLY SHOPPERS

**BOOK YOUR SEAT NOW ON
6645 3200**

YAMBA MONTHLY SHOPPING BUS (APRIL|MAY|JUNE 2026)

DATE	DEPARTING	DESTINATION	DETAILS
MON 13th April	YAMBA	TWEED CITY	Best n Less / Big W/ Cinemas/ JB Hi-Fi/ Kmart/ Priceline/ QBD Books + more
MON 11th May	YAMBA	COFFS HARBOUR	Enjoy a day out shopping at Palm Central & Park Beach Plaza Coffs Harbour.
MON 15th June	YAMBA	LISMORE	Lismore Square—Kmart/ Big W + more. PLUS Home Base—Bunnings/ Spotlight

MACLEAN MONTHLY SHOPPING BUS (APRIL|MAY|JUNE 2026)

DATE	DEPARTING	DESTINATION	DETAILS
WED 15th April	MACLEAN	TWEED CITY	Best n Less / Big W/ Cinemas/ JB Hi-Fi/ Kmart/ Priceline/ QBD Books + more
WED 13th May	MACLEAN	COFFS HARBOUR	Enjoy a day out shopping at Palm Central & Park Beach Plaza Coffs Harbour.
WED 10th June	MACLEAN	LISMORE	Lismore Square—Kmart/ Big W + more. PLUS Home Base—Bunnings/ Spotlight

ILUKA MONTHLY SHOPPING BUS (APRIL|MAY|JUNE 2026)

DATE	DEPARTING	DESTINATION	DETAILS
FRI 17th April	ILUKA	TWEED CITY	Best n Less / Big W/ Cinemas/ JB Hi-Fi/ Kmart/ Priceline/ QBD Books + more
FRI 15th May	ILUKA	COFFS HARBOUR	Enjoy a day out shopping at Palm Central & Park Beach Plaza Coffs Harbour.
FRI 19th June	ILUKA	LISMORE	Lismore Square—Kmart/ Big W + more. PLUS Home Base—Bunnings/ Spotlight

SHOPPING BUSES TO GRAFTON SHOPPINGWORLD

FORTNIGHTLY SHOP FROM GLENREAGH

(APRIL-JUNE 2026)

TUES 7th April	MON 18th May
MON 20th April	TUES 9th June
MON 4th May	MON 18th June

FORTNIGHTLY SHOP FROM ILUKA

(APRIL-JUNE 2026)

Wed 8th April	Wed 21st May
Wed 22nd April	Wed 3rd June
Wed 7th May	Wed 17th June

FORTNIGHTLY SHOP FROM BROOMS

(APRIL-JUNE 2026)

THU 9th April	THU 21st May
THU 23rd April	THU 4th June
THU 7th May	THU 18th June

FORTNIGHTLY SHOP FROM WOOLI

(APRIL - JUNE 2026)

THU 9th April	THU 21st May
THU 23rd April	THU 4th June
THU 7th May	THU 18th June

MONTHLY SHOP FROM MACLEAN/ YAMBA

(APR—JUN 2026)

FRI 24th April	FRI 26th June
FRI 29th May	

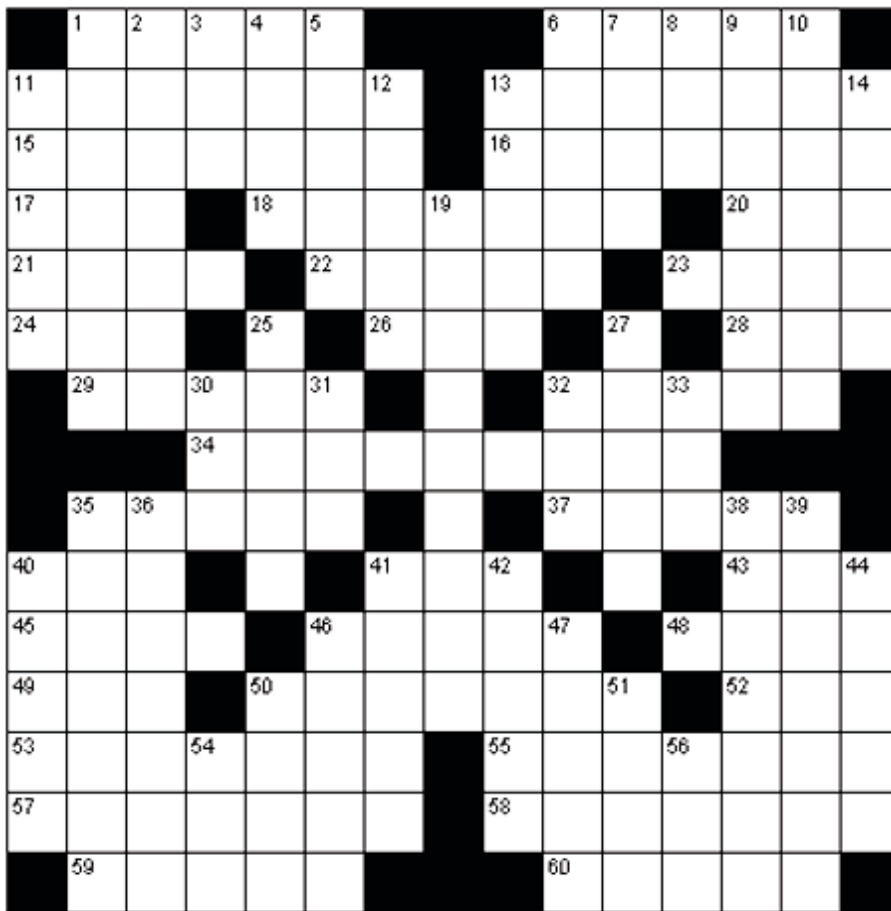
FORTNIGHTLY SHOP FROM MACLEAN & YAMBA

TO YAMBA FAIR

MON 7th April	MON 19th May
MON 28th April	MON 9th June
MON 5th May	MON 23rd June

CONNECT YOU TOO

CROSSWORD PUZZLE



Source: PDFcrosswords.com

ACROSS

1. Pierces
6. Falsified
11. Pair
13. Illegitimate
15. Oxygenates
16. God of the sea (Roman mythology)
17. Chinese revolutionary
18. Bothers
20. Advice columnist ____ Landers
21. Sea eagle
22. Gardening tools
23. Mid-month days
24. Collection or series
26. So far
28. Mineral-bearing rock
29. Round wooden rod
32. Fortune tellers
34. Restate
35. Arab country in northeast Africa
37. Jaunty rhythms
40. Glass container
41. A measure equal to 16 feet
43. Gremlin

45. Fertilizer ingredient
46. Anagram of "Noted"
48. Whirlpool
49. Anger
50. Argumentative
52. Prefix indicating recent or new
53. Bastion
55. Give forth
57. Foes
58. Fails to fulfill a promise
59. Coarsely ground hulled corn
60. Stitched

DOWN

1. Uttered obscenities
2. A city in Ontario Canada
3. A king of Judah
4. The two of them
5. Smudge
6. Hurries away
7. Mountains in Europe
8. A set of tools
9. South American country
10. Main meals
11. Makes docile
12. An analytic literary composition
13. Cove
14. Taut or rigid
19. Body frames
25. Tearful
27. Abominable snowmen
30. Sardonic
31. Illuminated
32. Actor ____ Mineo
33. Snake-like fish
35. A piece of jewelry
36. One who welcomes
38. Adolescent
39. Precipitated as a mixture of rain and snow
40. Liquid from fruit
41. Boils
42. Dissuade
44. Flat masses of floating sea ice
46. Tall woody plants
47. 10 cent coins (USA)
50. Assemble or modify written material
51. Walking stick
54. French for "Friend"
56. Not old



Hot Cross Bun Bread and Butter Pudding

INGREDIENTS

- 6 fruit hot cross buns
- 40g butter, softened
- 1/2 cup marmalade
- 4 eggs
- 1/3 cup caster sugar
- 1 tsp vanilla paste
- 3/4 cup milk
- 300ml thickened cream
- Icing sugar, to dust

METHOD

Preheat a grill on medium. Place the buns cut side up on a baking tray. Place under the grill and cook for 2-3 mins or until lightly toasted. Set aside to cool.

Preheat oven to 180 degrees. Grease a 1.5L baking dish. Spread toasted sides of buns evenly with butter and marmalade. Arrange bun bases over the base of prepared dish. Arrange tops on top.

Whisk the eggs, sugar and vanilla in a large bowl until sugar dissolves. Slowly whisk in the milk and cream. Pour the mixture over the buns, cover lightly with a piece of baking paper and weigh down gently with a tray for 15 mins to soak buns in liquid.

Remove tray and paper. Bake for 35-40 mins or until just set. Allow to cool. Dust with icing sugar just before serving.

Source: [Coles.com.au/recipes](https://www.coles.com.au/recipes)

What's happening in our Community



DANCE FOR LIFE
ILUKA



Dance for over 60's

Certified by
Gold Moves
Australia

Classes for ALL
ability levels,
focusing on falls
prevention and
improved health
and wellbeing

Supported
by NSW
Health

Classes commence February 10th at Iluka
Community Hall
Contact Lauren Moore to register-0431082667
danceforlifeiluka@outlook.com

Class Timetable

Term 1
10th February to 1st April 2026
Iluka Community Hall

Tuesdays

10am - 11am: Dance for Life
(Active and Agile. Male and Female)

11:30 - 12:30: Iluka Ladies Dance
(Performance Group all ages)

Wednesdays

10am - 11am: Dance for Life
(Active, less agile. Male and Female)

11:30 - 12:30: Dance for Life
(Mobility and/or cognitive challenges. Male and
Female)



Do you need transport to get to
community events.

Connect You Too can help.

Call us on 6645 3200

You're invited

SENIORS FESTIVAL EXPO

Free event proudly hosted by Australian Unity Home Health

- * Showcasing community groups, businesses and government agencies supporting our over 65's in the local community.
- * Light refreshments provided.

Australian Unity team will be on hand to supply assistance with:

- ✓ Support at Home and navigating My Aged Care.
- ✓ Understanding the services that may be available to you or your family.

DATE: Thursday 5th March 2026

TIME: 10am-3pm

PLACE: Yamba Bowling Club Auditorium

44 Wooli St, YAMBA

DATE: Tuesday 10th March 2026

TIME: 10am-3pm

PLACE: Grafton District Services Club

105-107 Mary St, GRAFTON

Volunteer Drivers NEEDED



Do you want to:

- Use your skills and knowledge
- Improve your mental and physical health
- Help others
- Give back and make a difference
- Have fun with like-minded people

Volunteers needed for meals and transport services

Give us a call to find out more 6645 3200

FREE HEALTH ADVICE WHEN YOU NEED IT MOST

Need free health advice but not sure where to start?

1800MEDICARE (1800 633 422) is a free national phone service, website and app offering expert health information and advice, 24 hours a day, 7 days a week.

A registered nurse will take your call and guide you to the right care— whether that’s looking after yourself at home or getting help from a GP, Medicare Urgent Care Clinic, or emergency department in your area.

For emergencies, call triple zero (000).

Find out more at www.medicare.gov.au/1800

bowen's
DELICATESSEN & FINE FOODS

NEW MEALS NOW AVAILABLE

CLARENCE MEALS now offers **bowen's FINE FOODS** ready—made meals using **locally sourced Ingredients**

Call 6646 6742 to order.

www.connectu2.org.au | 6645 3200



CLARENCE MEALS

Delivering meals from Gourmet Meals; Grafton Meals on Wheels & Lite n' Easy.



Call 6646 6742 to order.

CONNECT YOU TOO

www.connectu2.org.au | 6645 3200

Like and follow us today and keep up to date with all the latest news and upcoming events.



DO YOU NEED TO GO TO HOSPITAL?

Call 6645 3200 and advise us of your

- Date for booking • Type of procedure • Surgeon's name • Hospital

REMEMBER TO ADVISE THE HOSPITAL YOU WILL BE TRAVELLING WITH COMMUNITY TRANSPORT

DO YOU HAVE YOUR ADMISSION OR DAY SURGERY TIME?

Call 6645 3200

Your booking will be finalised and scheduled.

Thank you to Iluka Woombah Rotary who donated 15 packs of personal care goodies in December. These went out to Iluka Meals customers, who along with Clarence Meals staff are very grateful.



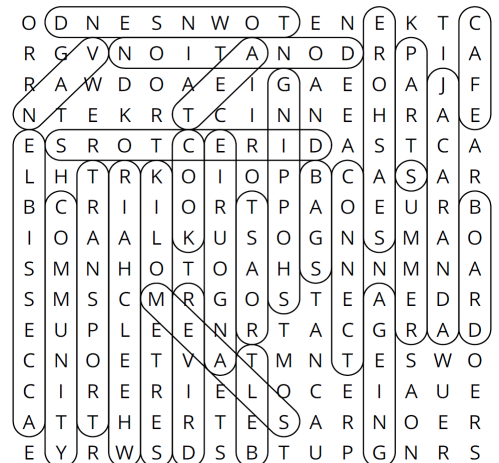
Connect you Too

wishes all of our customers and the

Clarence Valley Community a very happy and safe Easter.



NEW SHOPPING & SOCIAL CALENDAR OUT NOW SEE INSIDE



January 2026 Solution