



Genuine Support Services Australia

Newsletter

FEBRUARY-MARCH-APRIL 2025

Happy New Year

As we welcome 2025, I want to take a moment to express my heartfelt gratitude to each and every one of you. Your unique skills, personal qualities, and unwavering dedication bring Genuine Support Services Australia to life in the most beautiful way.

We love seeing your individual talents shine, and we celebrate the way you embrace and support one another, upholding NDIS compliance and adapting to the ever-changing needs of our community.

This year, let's continue creating a space where everyone feels valued, supported, and empowered to grow. Together, we will embrace new opportunities, deepen our connections, and achieve incredible things.

It brings hope of endless possibilities and a heart full of joy to see what our members have been achieving.

Let's continue, not just to survive, but to thrive.

Gabrielle Mackenzie

Managing Director



The Brian Pilmore Classic

The Brian Pilmore Classic Fishing Competition held on January 14, 2025, at the BBQ shelter next to the Community Club, Sturt Reserve, Murray Bridge, proved to be an outstanding success, with Kevin Box of Murray Bridge taking home the top prize.

Kevin's incredible performance earned him the highest score of the day, making him the first to claim the prestigious perpetual Brian Pilmore Classic fishing trophy, which will be permanently displayed in our foyer at GSSA office at 6 Third Street, Murray Bridge – GSSA being the main competition sponsor.

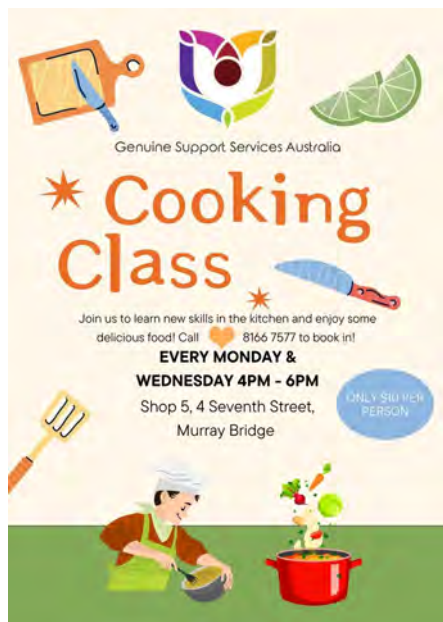
Participants had a fantastic day of fishing – reeling in a variety of species, including the customary carp and four very impressive callop – the callop were safely released back into the river. The support from BCF Murray Bridge, who generously donated prizes for the event, was invaluable. Alongside the trophy presentations, there were over twenty extremely excited winners in the raffle, each taking home some fantastic prizes.

The competition's overwhelming success has set the stage for future outdoor fishing and adventures. The angler's vision for their club and future activities, including fishing and outdoor activities in the Murraylands, south coast, the Coorong and beyond. The club will also offer evening workshops on fishing techniques, knot tying and general camping skills, all with continued support from BCF Murray Bridge.

Phone 08 8166 7577 for the next monthly club catch-up details.



Brian Pilmore of Murray Bridge, dreamt of hosting a local fishing comp and starting a community fishing club—dreams do come true.



Genuine Support Services Australia

Cooking Class

Join us to learn new skills in the kitchen and enjoy some delicious food! Call 8166 7577 to book in!

EVERY MONDAY & WEDNESDAY 4PM - 6PM
Shop 5, 4 Seventh Street, Murray Bridge

ONLY \$10 PER PERSON



RHYTHM FIT FUSION

Genuine Support Services Australia Presents

JOIN THE RHYTHM FIT FUSION MOVEMENT TODAY

Have you ever felt the rhythm and energy of Zumba, igniting your passion for fitness through dance? Then you're in for a treat! Come and join us!

Every Monday 4 pm - 5 pm
6 Seventh Street, Murray Bridge
NDIS Participants \$5 Entry & Public Entry \$10

For more information please call the office on 8166 7577 to secure your spot



Feb 4, 2025 next catch-up
Woodlane Reserve
Mypolonga

Genuine Support Services Australia

FISHING CLUB

COMMUNITY FISHING CLUB
EVERYONE WELCOME

PHONE 8166 7577
FOR NEXT MONTH'S CATCH-UP SPOT

FIRST TUESDAY EVERY MONTH
START AT 10.30 AM TO 2.30 PM

FREE EVENT
BYO - fishing gear, bait, hat, sun protection, lunch, seat and plenty of water.

proudly supported by BCF Murray Bridge & GSSA



Let's Laugh & Play with Friends

BOARD GAMES

EVERY TUESDAY

AT GSSA'S ACTIVITY ROOM 6 SEVENTH ST. MURRAY BRIDGE
GAME STARTS AT 1.15 PM ENDS 9.30 PM

RASQ & BOARD GAMES - BINGO - TRIVIA JACKBOX GAMES - CHARADES - YOU NAME IT!

More information 8166 7577



WALKING GROUP

JOIN US FOR A RELAXING WALK & A SAUSAGE SIZZLE!

MEET SOME NEW PEOPLE, MAKE SOME CONNECTIONS AND LOTS OF LAUGHS TO BE HAD WITH A FREE SAUSAGE SIZZLE, DRINK AND WALK ALONG THE RIVER

EVERY WEDNESDAY 11AM - 1PM
STURTS RESERVE
EVERYONE WELCOME
PHONE 8166 7577 FOR MORE INFORMATION

Genuine Support Services Australia



CHAIR FITNESS THURSDAYS

10 AM - 11 AM GSSA ACTIVITY ROOM

NDIS participants \$5, Public \$10
6 Seventh St. Murray Bridge
Phone 8166 7577 to book your chair!



Time to unwind, relax & enjoy a night dedicated to self care

Pamper & Well-being Night

Once a month
6 Seventh St. Murray Bridge
NDIS Participants \$10 & Public Entry \$15
Call us on 8166 7577 today to book your spot



Adam's Bike Repairs



Adam's Bike Repairs/Sales

Open Wednesdays 10am-1pm
6 Third Street Murray Bridge
PH: 0407 507 277

Full Bike Reconditioning: \$50 with Labour/parts	Tire Replacement: \$30 Per Basic Tyre
General Bike Service: \$50	Tube Replacement: \$10
Bike Repairs: \$20 Per Hour	Parts: Prices marked in store

Second Hand Bike Prices:
Adult—\$30
Child—\$25



8 BALL NIGHT

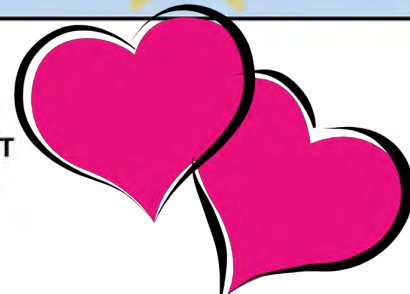
EVERY THURSDAY 6-8PM
SWANPORT HOTEL

BRING \$5 TO PLAY SOME GAMES
Have a meal, play some games, have fun & meet new people!
Join now - Call the office on 08 8166 7577



EMBRACE CONNECT GROW

Genuine Support Services Australia



Cooking Classes Every Mon & Wed 4 pm to 6 pm

Held in the commercial kitchen of the Ability Café at 5 Seventh St, Murray Bridge. You'll be involved in team planning, shopping, preparing, cooking, and even eating or taking home your own meal from the class – phone 8166 7577 to book. (NDIS \$10 Public \$15)

Rhythmfit Fusion Every Mon 4 pm to 5 pm

Held in the air conditioned Activity Centre at 6 Seventh St, Murray Bridge. You'll enjoy getting healthier while building friendships and having fun dancing and listening to beautiful music – phone 8166 7577 to book. (NDIS \$5 Public \$10)

Fishing Club 1st Tue Monthly 10.30 am to 2.30 pm

Held in different locations each month the club is focused on fishing and outdoor pursuits—phone 8166 7577 to get the latest catch-up spot. (FREE)

Board Games Every Tue 1.15 pm to 3.30 pm

Held in the Activity Centre at 6 Seventh St, Murray Bridge. You'll enjoy the friendships and fun of playing games – phone 8166 7577 to book. (FREE)

Walking Group Every Wed 11 am to 1 pm

A wonderful healthy catch-up opportunity with a complimentary BBQ, meet new people, make friends and enjoy the benefits of a short walk—phone 8166 7577 to get the latest meeting spot. (FREE)

Chair Fitness Every Thurs 10 am to 11 am

A gentle, healthy alternative to conventional exercise – meet new people, catch up with friends and enjoy the health benefits of movement —phone 8166 7577 to book. (NDIS \$5 Public \$10) GSSA Activity Centre, 6 Seventh St, Murray Bridge.

Pamper Night Thurs Monthly 4 pm to 6 pm

Connect with other locals over a few nibbles, while being pampered in the GSSA Activity Centre, 6 Seventh St, Murray Bridge. Held every month on a selected Thursday, there's always something new and interesting – phone 8166 7577 to book.

Eight Ball Night Every Thurs 6 pm to 8 pm

Do you like meeting new people and having fun? Bring along \$5 for games and join in the entertainment at the Swanport Hotel, 3166 Jervois Rd, Murray Bridge. All levels welcome – phone 8166 7577 to book your spot.

Photography & Film Club Thu Monthly 5.30 pm to 9 pm

This FREE community club meets at the Murray Bridge Library—part of the GSSA Fresh Perspective Photography Group, the club provides group and one-on-one photography lessons. Members progress at their own pace – phone 8166 7577 for more details.

ReCreative Music Therapy Every Fri 10.30 am to 11.30 am

A wonderful place to meet people and have a lot of fun! A casual drop-in activity for everyone, no need to book, just follow the sounds of music and make yourself at home. Every Friday morning from 10.30 am to 11.30 am in the GSSA Activities Centre, 6 Seventh St, Murray Bridge.

GSSA Community Hub Every Fri 11 am to 2 pm

Why not join us for our regular low cost weekly lunch special at the Ability Café – or just drop in for a refreshment and a casual chat at 5 Seventh St, Murray Bridge. Everyone is welcome.

Arts & Crafts Every Fri 4 pm to 6 pm

Wanting to meet people, and discover new creative skills? Bring along \$5/\$10 and be a part of colourful creativity in the Activities Centre, 6 Seventh St, Murray Bridge. All levels of skill are welcome – phone 8166 7577 to book your spot.





Genuine Support Services Australia

DISCO Night

8TH FEBRUARY 2025

TIME: 6PM-9PM

IMPERIALS FOOTBALL CLUB
MURRAY BRIDGE

RSVP GSSA OFFICE- 08 81667577
\$20 ENTRY FEE

DRESS IN WHAT MAKES YOU FEEL BEST! OR
JOIN IN ON OUR THEME OF
FOOTBALL/NETBALL COLOURS



EMBRACE CONNECT
GROW

Genuine Support Services Australia



Open to all community members!

Re-creative music THERAPY

10:30-11:30AM
EVERY FRIDAY

Express yourself through music and sound!
Join us in singing old classics, new songs
or even pick up an instrument.

6 Seventh Street, Murray Bridge

Call our office
on 8166 7577 today to book in



Dress in what makes you feel best!



St. Pats green themed bowling event
 14th MARCH 2025 6pm-9pm
 1 GAME-\$9
 2 GAMES-\$15
 Bridge Bowl at 6A Maurice Road, Murray Bridge



EMBRACE CONNECT GROW

Genuine Support Services Australia





EASTER BOWLING

11TH APRIL 2025 6 pm-9 pm
 1 GAME \$9
 2 GAMES \$15
 Bridge Bowl, 6A Maurice Rd
 Murray Bridge.

Dress in what makes you feel best!



SEED 2 PLATE PROGRAM

YOUTH YOUR WAY

Join Seed2Plate: Grow, Learn, and Thrive!

NDIS YOUTH PARTICIPANTS AGED 12-25 YEARS

MONDAYS & THURSDAYS 9AM - 3PM @ THE STATION

Proudly brought to you by Genuine Support Services Australia



Genuine Support Services Australia

Want to learn gardening, gain new skills, and explore cool career paths?

Seed2Plate is for you! Get hands-on with plant care, soil management, and garden design while building teamwork and problem-solving abilities. Meet new friends, boost your well-being, and learn how to take care of our planet.

This program is integrated with our Living Skills Program - learn how to grow your own veggies and turn them into delicious dishes in the kitchen!

Ready to grow and thrive? Join us at Seed2Plate!

Contact Bec on 8166 7577 for more information today!





YOUTH YOUR WAY

Living Skills Program

We're thrilled to introduce our brand-new Living Skills Program, brought to you by Youth Your Way. Want to learn how to cook tasty and healthy meals from scratch, meet awesome people, and become more independent? This program is for you!

Our hands-on workshops and expert guides will teach you everything from basic cooking skills to making gourmet dishes. Whether you're a total beginner or already have some kitchen experience, we've got you covered. Say goodbye to boring meals and hello to fun cooking adventures.

This group is integrated with our Seed2Plate program—learn how to grow your veggies and turn them into delicious dishes in the kitchen!

Contact Bec on 8166 7577 for more information today!




Proudly brought to you by Genuine Support Services Australia



Genuine Support Services Australia

NDIS PARTICIPANTS AGED 12-25

MONDAYS & THURSDAYS 9 AM - 3PM @ THE STATION



YOUTH YOUR WAY

WHAT'S THE A-TEAM?

We invite you to come and experience the benefits of our school-aged-based interactive mentoring program. Learn some cool new life skills, dive into awesome activities, build on self-confidence, and discover new passions in our friendly and inclusive community. Our A Team is a safe place to explore personal growth and have adventures.

Contact Bec on 8166 7577 for more information today!



Proudly brought to you by Genuine Support Services Australia

NDIS YOUTH PARTICIPANTS AGED 13-16

WEDNESDAY 3PM-6PM @ THE STATION



Instructor Jacqui, warming up for her Thursday GSSA Chair Fitness

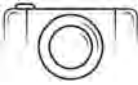






Rachel Fidge of GSSA preparing for the first Board Game activity.



Calendar of COMING EVENTS

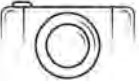

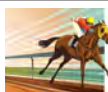

FEBRUARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Photography by arrangement				1	2 *Coffee & Cars, Murray Bridge
3 Seed2Plate, Cooking Class & Rhythmic Fusion	4 Fishing Club & Board Gamers 	5 A-TEAM, Living Skills, Walking Group & Cooking Class	6 Seed2Plate, Chair Fitness, Eight Ball, Living Skills, & Photo/Film Club	7 Music, Ability Café	8 	
10 Seed2Plate, Cooking Class & Rhythmic Fusion	11	12 A-TEAM, Living Skills, Walking Group & Cooking Class	13 Seed2Plate, Chair Fitness, Eight Ball, & Living Skills	14 Music, Ability Café	15	
17 Seed2Plate, Cooking Class & Rhythmic Fusion	18	19 A-TEAM, Living Skills, Walking Group & Cooking Class	20 Seed2Plate, Chair Fitness, Eight Ball, & Living Skills	21 Music, Ability Café	22 	23 
24 Seed2Plate, Cooking Class & Rhythmic Fusion	25	26 A-TEAM, Living Skills, Walking Group & Cooking Class	27 Seed2Plate, Chair Fitness, Eight Ball, & Living Skills	28 Music, Ability Café		







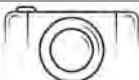


Genuine Support Services Australia

MARCH

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31 Seed2Plate, Cooking Class & Rhythmic Fusion		Photography by arrangement			1	2 *Coffee & Cars, Murray Bridge
3 Seed2Plate, Cooking Class & Rhythmic Fusion	4 Fishing Club & Board Gamers 	5 A-TEAM, Living Skills, Walking Group & Cooking Class	6 Seed2Plate, Chair Fitness, Eight Ball, Living Skills, & Photo/Film Club	7 Music, Ability Café Lunch, Arts & Crafts	8	9
10 	11 Board Gamers	12 A-TEAM, Living Skills, Walking Group & Cooking Class	13 Seed2Plate, Chair Fitness, Eight Ball, & Living Skills	14 Music, Ability Café Lunch, Arts & Crafts	15 	
17 Seed2Plate, Cooking Class & Rhythmic Fusion	18 Board Gamers	19 A-TEAM, Living Skills, Walking Group & Cooking Class	20 Seed2Plate, Chair Fitness, Eight Ball, & Living Skills	21 Music, Ability Café Lunch, Arts & Crafts	22	
24 Seed2Plate, Cooking Class & Rhythmic Fusion	25 Board Gamers	26 A-TEAM, Living Skills, Walking Group & Cooking Class	27 Seed2Plate, Chair Fitness, Eight Ball, & Living Skills	28 Music, Ability Café Lunch, Arts & Crafts	29	30

APRIL

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Fishing Club & Board Gamers 	2 A-TEAM, Living Skills, Walking Group & Cooking Class	3 Seed2Plate, Chair Fitness, Eight Ball, Living Skills, & Photo/Film Club	4 Music, Ability Café Lunch, Arts & Crafts	5	6 *Coffee & Cars, Murray Bridge
7 Seed2Plate, Cooking Class & Rhythmic Fusion	8 Board Gamers	9 A-TEAM, Living Skills, Walking Group & Cooking Class	10 Seed2Plate, Chair Fitness, Eight Ball, & Living Skills	11 Music, Ability Café Lunch, Arts & Crafts	12 	
14 Seed2Plate, Cooking Class & Rhythmic Fusion	15 Board Gamers	16 A-TEAM, Living Skills, Walking Group & Cooking Class	17 Seed2Plate, Chair Fitness, Eight Ball, & Living Skills	18 	19 	
21 	22 Board Gamers	23 A-TEAM, Living Skills, Walking Group & Cooking Class	24 Seed2Plate, Chair Fitness, Eight Ball, & Living Skills	25 	26	27
28 Seed2Plate, Cooking Class & Rhythmic Fusion	29 Board Gamers	30 A-TEAM, Living Skills, Walking Group & Cooking Class				Photography by arrangement

GSSA MAIN OFFICE
6 Third Street,
Murray Bridge
SA 5253

**COMMUNITY HUB
& ACTIVITIES
CENTRE**
4 & 5 Seventh Street,
Murray Bridge
SA 5253


(08) 8166 7577


admin@gssa.org.au


www.gssa.org.au



Genuine Support Services Australia