

HAVACHAT

Issue January 2019

Please contact Andrew on 5461 7387 or email andrew.earl@havilah.org.au if you would like your Havachat sent via email

HAVILAH WEBSITE: www.havilah.org.au



2019 PROMISES TO BE AN IMPORTANT AND EXCITING YEAR FOR HAVILAH.

In mid December we received a welcome Christmas present with notification of a \$382,000 grant under the Regional Rural and Remote Infrastructure Grant Program. This is to complete works at Havilah on Palmerston, installing solar power, extending the dining room and construction of large item storage. Unfortunately we were not successful at Harkness Street for a grant under this program.

The good news is that this injection of funds will allow works applied for at Harkness under this grant program to install solar power and change the balcony balustrades at Heath House to glass to also be carried out. So definitely a win win for both sites.

Havilah on Palmerston Development

A Planning Permit was lodged pre Christmas with Central Goldfields Shire for the development of the former tennis court site at Havilah on Palmerston. The proposal includes two multi storey buildings including one 24 unit residential aged care building (similar to Raglan

House) and one 18 unit retirement living building, linked by a covered walkway. We expect to turn the first sod on the development later this year. Havilah has a provisional allocation of 24 places for the new residential aged care facility due to open in 2021. Fingers crossed that the planning approval process proceeds without issue.

Re-accreditation

We are due for re-accreditation here at Harkness Street by 21st May 2019 and our application has been submitted. We are required to notify residents and advocates of the upcoming assessment by the Quality Agency however as all assessments are now unannounced we cannot tell you when that will be. The official notification is as below. We will again notify you and your advocates when the assessors arrive on site so you will have the opportunity to speak to them should you wish. The 1800 number is contained in the site audit notice below should you wish to contact the Agency prior to the re-accreditation assessment which could happen any time from now until the beginning of May. Please do not hesitate to contact Barb Duffin (Chief Executive) or Kelsey Hooper (Director of Care) should you require any further information in relation to this.

Official Site Audit Notice:

Quality assessors from the Australian Aged Care Quality Agency will be visiting to check the quality of care and services at Havilah Hostel.

This assessment is called a site audit. The audit will be carried out any time before 21 May 2019.

When the quality assessors visit the home, you (or someone who represents you) will be given the opportunity to talk to an assessor about the quality of your care and services.

*You (or someone who represents you) can also provide information prior to the audit by calling the Quality Agency on **1800 978 666**.*

*If you need interpreter assistance please call Translating and Interpreting Service (TIS) on **131 450** and ask for Australian Aged Care Quality Agency.*

PHOTO GALLERY

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All had a great night at the Family and Friends BBQ. The BBQ was held indoors, everyone in attendance thoroughly enjoyed themselves, with plenty of compliments received on the night. The Raffle winners were Lynelle Trickey and Janet Thomas. There is an incredible amount of volunteering involved in this night including from our own staff. Thank you to everyone involved.



PHOTO GALLERY



Christmas Day at Havilah was a family affair for many residents having family join them here at Havilah to enjoy the traditional christmas lunch. A huge effort from the kitchen and lifestyle staff and other staff and volunteers who gave their time on the day. Once again a wonderful Christmas ambience was created throughout with many compliments received.



SHORT FUNNY SAYINGS:

- I am on a seafood diet. I see food, and I eat it.
- I don't need a hair stylist, my pillow gives me a new hairstyle every morning.
- Don't worry if plan A fails, there are 25 more letters in the alphabet.
- If I'm not back in 5 minutes, just wait longer....
- A balanced diet means a cupcake in each hand.
- Don't drink while driving - you might spill your beer.
- I refuse to answer that question on the grounds that I don't know the answer.
- My wallet's like an onion. When I open it, it makes me cry...
- I'm not clumsy, the floor just hates me, the table and chairs are bullies and the walls get in my way.
- Life is short, smile while you still have teeth.
- I'm not lazy, I'm just very relaxed.
- You're born free , then your taxed to death.



THINGS MY MOTHER USED TO SAY

Enough is enough!

Go play outside it's a beautiful day!

Going to a party? Who's going to be there?

I can't believe you sleep in this filth!

I didn't ask who put it there, I said "Pick it up!"

FALLS PREVENTION

Regular podiatry for foot care helps with balance.

The use of appropriate walking aids.

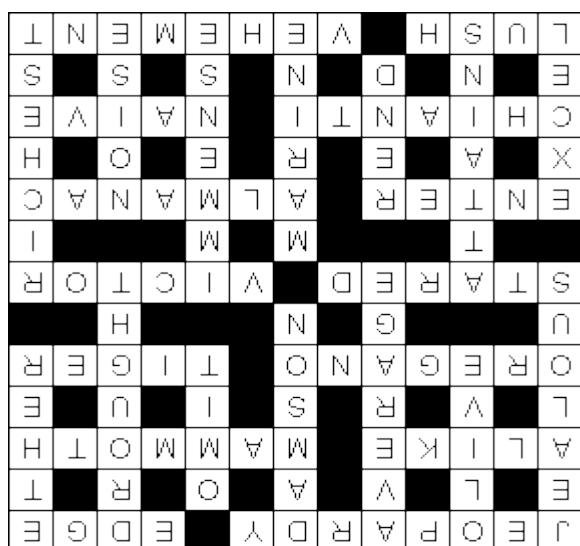
Realising the time to attend the bathroom.

Resident Meeting - Monday 14th January at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 21st January at 2pm in Heath House.

THESE MEETINGS ARE FORUMS FOR YOUR IDEAS AND NEW INITIATIVES—WE WELCOME YOUR INPUT

If you want to make a comment, suggestion, complaint or compliment but are unsure how to go about this , please ask a staff member to assist you.



Quiz and Crossword Solutions from page 8



Answers to Quiz

1. George Selth Coppins.
2. The Mahogany Ship.
3. 1974
4. 1860

GREAT THINGS TO DO



Happy Hour Every Friday evening

Commencing at 4.30pm, Music, Finger Food, Hot & Cold Beverage, Ice-creams and Ice-cream in Cones.



Bus Trip Out - Monday and Friday afternoon, Wednesday afternoon for Heath residents, departing at 1.30pm for lots of fun points of interest throughout Central Victoria.

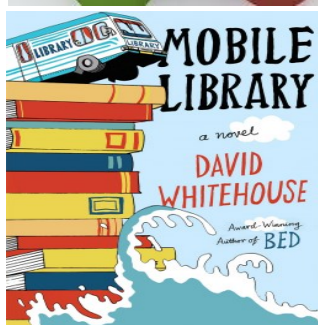
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 14th January 2019 at 1.15 pm

Heath House Monday 21st January 2019 at 2pm



Mobile Library - January and February Dates

Friday 18th January, 1st and 15th February commencing 10.15 am
Grevillea Atrium

Books Movies, Music CD's and Talking books are available
If you are not currently a member you can join on the day.



Church Services

UNITING CHURCH -	1st Tuesday each Month 10.30pm
SALVATION ARMY -	2nd Wednesday each Month 10.30am
WATTLE CITY CHURCH -	3rd Wednesday each Month 10.30am
CATHOLIC CHURCH -	4th Wednesday each Month 10.30am
ANGLICAN CHURCH -	4th Tuesday each Month 10.30am



HAVILAH KIOSK

Kiosk Hours: 10am—12noon every Thursday

The kiosk is situated in Acacia House next to the Hairdressing salon. Our volunteer staff will be happy to help you.

Don't forget to check your Activities Calendar located on the back of your door for other daily activities

WEEKLY ACTIVITIES - MAIN BUILDING

MONDAY Nail Manicure Pamper 9.30am
Foot Spa 9.30am
Bus Trip 1.30pm
Bingo 1.45pm

TUESDAY Special Morning Tea 10am
Chairrobics 11.15am
Marbowls 1.30pm
Street Walk 1.30pm
Bingo 1.45pm
Afternoon Cards 3.15pm

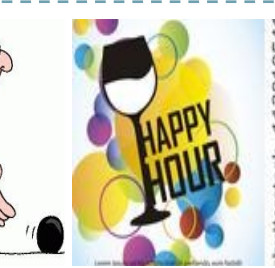
WEDNESDAY
Strength Training 11.15am
Indoor Bowls 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm

THURSDAY Foot Spa 9.30am
Bingo 1.45pm
Craft Group 3.15pm
Music DVD 3.15pm

FRIDAY
Chairrobics 11.15am
Bus Trip 1.30pm
Bingo 1.45pm
Video in Lounge 3.15pm
HAPPY HOUR
4.30 pm– 5.30pm

SATURDAY Morning Activities (every 2nd)
9.30am
Special Bingo 1.30pm

SUNDAY Devonshire Afternoon Tea in
Main Lounge 3.00pm



WEEKLY ACTIVITIES - HEATH HOUSE

MONDAY Activity Time/Craft 10.30am, 3.00pm
& 6.00pm
Hand Care/Facials 1.30pm
Sonas 4.00pm

TUESDAY Special Morning Tea 10.00am
Activity Time 10.30am & 6.00pm
One on One 2.15pm
Daily Living Activity 3.00pm
Sonas 4.00pm

WEDNESDAY
Organ Music 10.00am
Bus Trip or Movie 1.30pm
Guitar Music 2.00pm
Activity Time 3.00pm & 6.00pm
Sonas 4.00pm

THURSDAY
Activity Time 10.30am,
1.45pm & 6.00pm
Cooking 1.30pm
Sonas 4.00pm

FRIDAY
Activity Time 10.30am,
3.00pm & 6.00pm
Group Games 1.45pm
Sonas 4.00pm
Happy Hour 4.30pm

SATURDAY
Activity Time 10.30am,
1.30pm & 6.00pm
Delta Dogs (2nd & 3rd Sat)
1.30pm
Café 3.00pm
Sonas 4.00pm

SUNDAY
Activity Time 10.30am,
1.30pm & 6.00pm
Devonshire Afternoon Tea
3.00pm
Sonas 4.00pm

The Hav-a-Latte Café is open between 1.30pm and 3.00pm for residents, family and friends,

Eunice Milley

Length of time at Havilah: I have been a resident here at Havilah for 11 months

My Story: I was born on 23 May 1931, my parents John and Leila Sutton ran a farm at Logan, I had 5 sisters and 2 brothers, life was tough on the farm, lots of kids and not a lot of money. I attended Fenton's Creek and Logan primary schools, leaving after grade 8, after finishing school I worked on farms in the district looking after children, cooking and doing the house work. I met my husband Murray who was a ganger on the railways, we had 3 children, Ada, Ron and Pauline and now have 5 grandchildren and 2 great grandchildren. Over the years as the children were growing up I was involved in various mothers' groups at schools, followed their sporting interests and I worked for the Bealiba hotel for over 30 years as the cook and cleaner.

Things you used to do for fun: Being from a large family there was always things to do on the farm and playing with my siblings and getting up to mischief. I attended the dances in the district, travelling by horse and gig, played tennis and netball and in later years played golf at Dunolly and avidly supported the Natta/Bealiba football club. I enjoyed my ride on mower, mowing my own yard and all the neighbours in the area.

About where you have lived: I haven't moved far. Living in Logan and Bealiba area all my life until moving to live here at Havilah.

Travel, sport, passions: Over the years I have played tennis, netball and golf. I haven't done much travelling but have been to Fiji with friends, Tasmania and have seen the "red dirt" at Broken Hill.

Things you enjoy to do now: I enjoy attending activities that are conducted here at Havilah, I attend Bingo, chairbics, special morning teas, bus outings, reading, having a chat to other residents and my regular walk outdoors every morning.



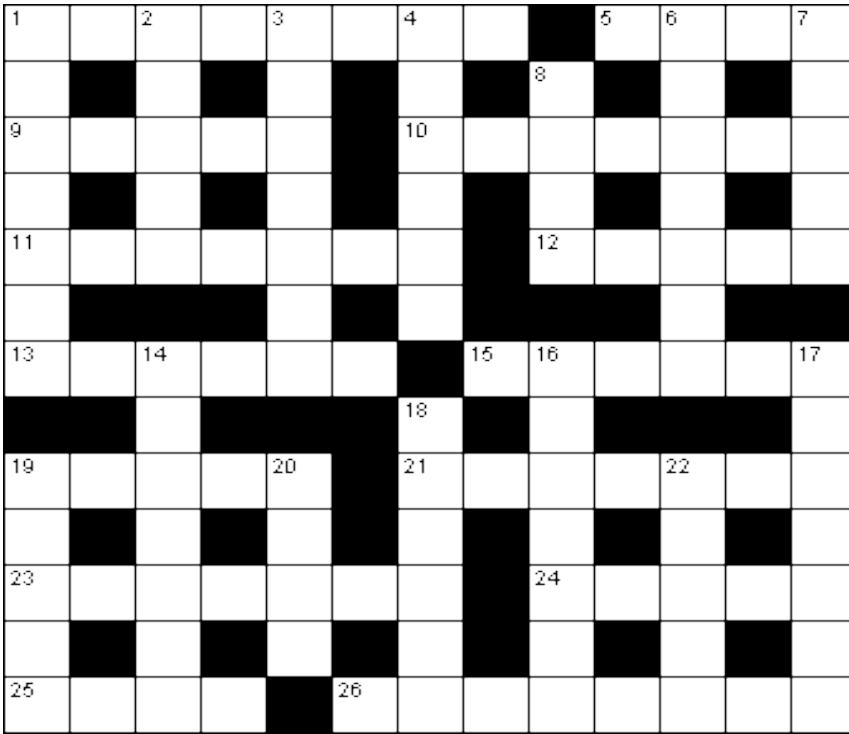
I get great pleasure in going on outings to the daughters' farms and shopping.

Your favourite topics: My favourite topics are anything and everything. I love to have a chat and my family is a good talking point with me.

Favourite Food and Music: When I was little I hated pumpkin, times change over the years and I will eat it now, otherwise I like all foods and don't think I'm fussy. I like to listen to old time dance music.

January 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Across:

1. Peril (8)
5. Rim (4)
9. Similar (5)
10. Extinct Elephant (7)
11. Aromatic seasoning (7)
12. Wild Feline (5)
13. Gaped (6)
15. Winner (6)
19. Go in (5)
21. Farmer's calendar (7)
23. Italian red wine (5)
24. In experienced (5)
25. Luxuriant (4)
26. Fierce (8)

Down:

1. Envious (7)
2. Mediterranean fruit tree (5)
3. Norm (7)
4. Type of plum (6)
6. Shortage of rainfall (7)
7. Used as and anesthetic (5)
8. Leave out (4)
14. Achieves (7)
16. Vast (7)
17. Wealthiest (7)
18. Of the sea (6)
19. Surpass (5)
20. Rip (4)
22. Dissonance (5)

Word Search - What's your Game?

G V R R E R I A T I L O S O T N T
C E E N O Y T N E W T V T V P O E
G B L A C K J A C K V C C C M I U
E T E R H C U E C A H H R L D Y Q
C H A S X R A M N I N I E R O P I
A S T R E U I C C E B F B A A C P
R T P D A C E A M B W H I N R E K
T I I O H C G M A X T M S E S T J
E P V I T O C G B Y V N A I L J S
S D G N C S E A T S I H W R F D N
Z A N J E Y A D B D R T R B K O M
N O N I S A C D M I E F R R C E G
M C E K I D N O L K K A V I P G T
M I D I A M D L O D O N V D V C A
E C N E I T A P H T P T J G Q J J
R L I D I M A R Y P N A B E P V N
N S N E V E S L Q D P N M T T P M

Find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

BACCARAT, BLACKJACK, BRIDGE, CANFIELD, CASINO, CHICAGO, CLOCK, CRIBBAGE, ECARTE, EUCHRE,, FANTAN, GO FISH, HEARTS, KLONDIKE, MAICHIGAN, NEWMARKET, OLD MAID, PATIENCE, PIQUET, POKER, PYRAMID, SEVENS, SNAP, SOLITAIRE, SPIDER, STOPS, TWENTY-ONE, WHIST.

QUIZ

1. Who was known as the father of the theatre?
2. Claimed to buried near Warrnambool is which 400 plus year old ship?
3. In which year did Cyclone Tracey hit Darwin?
4. In which year did Burke & Wills set out from Melbourne to cross the continent from South to North?



RESIDENT SURVEYS November 2018

Of the 40 residents surveyed at Harkness:

100% of residents surveyed indicated that they feel safe and secure here at Havilah. Most of the time or always.

95% surveyed residents think that the staff at Havilah have the skills to do their job.

93% of residents agreed or strongly agreed that they liked the meals presented, and the hot foods are just the right temperature.

100% of residents surveyed strongly agreed that they choose to have their door left open or shut.

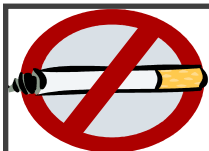
WEIRD and WONDERFUL WORDS

FLOCCINAUCIBIHILIPILIFICATION - the action or habit of estimating something as worthless (a word generally only quoted as a curiosity)

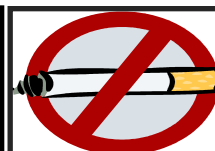
Emailing the Havachat

If you provide us with your email address, we can email your Havachat to you. Please email your details to andrew.earl@havilah.org.au.

Your assistance with this is appreciated.



**ALL HAVILAH SITES ARE NON SMOKING SITES.
PLEASE RESPECT THIS FOR THE SAFETY OF
RESIDENTS AND STAFF.**



Positive about the future but feeling less valued: snapshot of seniors

By: Dallas Bastian in News, Practical Living, Top Stories December 5, 2018 0



I'm fit, healthy, enjoy my work, volunteer, do recreational and sporting activities, and am part of a loving family."

"I am old, tired and depressed."

The above quotes, provided to Newgate Research as part of a COTA-commissioned survey of over 50s, perhaps sum up its main findings – living in Australia as an older adult seems to be a mixed bag.

The snapshot showed that, generally, older Aussies are feeling pretty peachy, but many are struggling with bills, health and public sentiments. The *State of the (Older) Nation 2018 Report*, launched by COTA at Parliament House in Canberra, sought out the views of 2,562 Australians aged 50 and over.

It covered topics like quality of life, employment, health, cost of living, age discrimination and housing.

While some of the report's findings were seemingly positive – 80 per cent of older Australians feel younger than their current age, 78 per cent rate their quality of life as good and seven in 10 feel positively about what the future holds for them – others prompted calls for government action.

Of those who participated in the research, nearly half (46 per cent) said they feel less valued by society than when they were younger, and only one in five feel valued as a voter.

While health was the main cause of concern for participants, finances were also a challenge for

many. One in five older Australians said they have experienced employment-related age discrimination and 12 per cent are struggling with overdue bills. The vast majority feel that they don't have enough money for leisure or social activities.

Said one participant: I am worried about the fact that I have no assets and I am not sure how I will be cared for in later years."

Still, others were rosier about the future:

Can't think of anything that concerns or worries me."

COTA chief executive Ian Yates said that while the report showed most older Australians believe they have a good quality of life, the peak is concerned about the number of older adults who feel they're not coping with the rising cost of living.

"There are also too many older Australians feeling ignored, left behind or discriminated against in society and this report shows action is needed urgently, particularly to address the needs of vulnerable older Australians," Yates said.

COTA called on all sides of politics to commit to a long-term national strategy to address the needs of older Australians.

Yates said pressing matters included increasing rent assistance by 40 per cent, taking a whole-of-government approach to services for older Australians, and improving access to oral and dental health services for older Australians.

And what did some of those surveyed say was needed to for better outcomes?

More aged care facilities of a higher standard."

"Retirement age needs to be lower. Asking a manual labourer to work until they are 67 is ridiculous."

"Lower rates for medical health insurance – it is far too expensive for a pensioner."

"As a carer for elderly parents and having just had my father in law go through the process of having to be placed into an aged care facility etc., there's a real need for the Department of Human Services to be more accessible."



Recently a routine police patrol was parked outside a bar in the Outback. After last call, the officer noticed a man leaving the bar so apparently intoxicated that he could barely walk. The man stumbled around the parking lot for a few minutes, with the officer quietly observing. After what seemed an eternity, in

which he tried his keys on five different vehicles, the man managed to find his car and fall into it. He sat there for a few minutes as a number of other patrons left the bar and drove off. Finally he started the car, switched the wipers on and off; it was a fine, dry summer night, flicked the blinkers on and off a couple of times, honked the horn and then switched on the

lights. He moved the vehicle forward a few inches, reversed a little, and then remained still for a few more minutes as some more of the other patrons' vehicles left. At last, when his was the only car left in the parking lot, he pulled out and drove slowly down the road. The police officer, having waited patiently all this time, now started up his patrol car, put on the flashing lights, and promptly pulled the man over and administered a breathalyser test. To his amazement, the breathalyser indicated no evidence that the man had consumed any alcohol at all! Dumbfounded, the officer said, "I'll have to ask you to accompany me to the police station. This breathalyser equipment must be broken." "I doubt it," said the truly proud Redneck. "Tonight I'm the designated decoy."



"Welcome back, sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?"

A couple go for a meal at a Chinese restaurant and order the "Chicken Surprise". The waiter brings the meal, served in a lidded cast iron pot. Just as the wife is about to serve herself, the lid of the pot rises slightly, and she briefly sees two beady little eyes looking around before the lid slams back down.

"Good grief, did you see that?" she asks her husband.

He hasn't, so she asks him to look in the pot.

He reaches for it and again the lid rises, and he sees two little eyes looking around before he too slams down the lid. Rather perturbed, he calls the waiter over, explains what is happening and demands an explanation.

"Please sir," says the waiter, "what you order?"

The husband replies, "Chicken Surprise."

"Ah... so sorry," says the waiter, "I bring you Peeking Duck"

A man walking through a supermarket to pick up a few things when he noticed an old lady following him around.

Thinking nothing of it, he ignored her and continued on shopping.

Finally he went to the checkout, but the old lady got in front of him.

"Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you remind of my son who recently died."

I'm very sorry." replied the young

man. Is there anything I can do for you".

"Yes." she said, As I'm leaving, can you say " Goodbye, Mother!"

The young man then stepped up to the checkout, put his few items through the register and then saw that his total was \$127.50.

"How can that be?" he asked, "I only bought a few things."

"Your mother said that you would pay for her things ,"the checkout girl said



"He's our new Blood and Haematology Specialist."

The Central Highlands Library service visits Harkness Street every second Friday in the month.

Come and talk to Kerry the Librarian who will help you find the book you are after.

There is a great range of books to select from and if there is something that you specifically want they can arrange this for you on the next visit.

The mobile Library is set up in Grevillea Atrium from 10.15am - 11.15am.



FROM THE KITCHEN :

From all the food services staff, we wish you all the very best for the New Year.

The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' for lunch please notify the catering staff that you would like the 'Second Choice' shown on the menu. Just in case you do not like either choice offered there are additional alternatives available every day. Lunchtime alternates are - Quiche, Cold Meat and Salad, Baked Beans, Spaghetti or Sandwiches. Please advise kitchen staff at breakfast or up to 10.00am if you would like one of the Lunch alternates rather than what is being offered as first or second choice on the menu for the day. At tea time there is a selection of two soups, two mains and two sweets on the menu.

Tea time alternatives each day are - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

So that staff can have your meal ready for you at mealtime please take special note of the times for ordering of alternate meals, therefore at breakfast or by 10 a.m. for lunch and by 3pm for tea.

MEALS FOR FAMILY MEMBERS AND GUESTS.

We welcome resident guests for meals at a cost of **\$8.00** per head for all meals, with exception for special occasions, eg Christmas Day, Mothers Day when special prices are set. Guests can attend at Happy Hour free of charge.

Please advise the relevant kitchen prior to 10.00am by phoning the : Main Kitchen Harkness Street. 5461 7388 Heath House Kitchen. 5461 7482 When booking meals for more than 5 people, please notify the kitchen the day before.

REPORTING FOOD BROUGHT IN FOR RESIDENTS

As all food prepared by Havilah is closely monitored under the Food Safe Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported to **kitchen staff**. Food put in the fridges must also have the residents name and the date clearly marked. Your assistance with this is appreciated.

If there is food that you enjoy that you would like to see on the menu you can discuss this with Food Services Manager Di Jackson or alternatively fill out a form and place in the Comments, Suggestions and Complaints Box.

From all of the food services staff, we wish our residents, family and friends all the very best for Christmas, hope it is safe and exciting for all.

CONTACTING STAFF

You can contact staff by using your **room phone**

In the main building Ring 394 In Heath House Ring 626. In Melaleuca House Ring 627.

The call system is for emergency calls so where possible for other than emergency issues please use your telephone to contact staff. This will ensure prompt action when you are in an emergency situation. There are call points in public areas for residents and family members to use when requiring staff attendance.

Please familiarise yourself with the position of these call points.

Wall phones are installed in the lounge areas at Heath House to provide greater accessibility to staff for families. Please make use of these 'phones as required.

FOR FAMILIES ringing from outside Havilah to speak to staff in **Heath House** please call **54617481**,

FOR FAMILIES ringing from outside Havilah to speak to staff in **Melaleuca House** please call the nurses station on **54617495**, if there is no answer the call will be diverted to staff on the floor.

For all other areas of Havilah dial 54617300 and follow the prompts.

For 24 hour EMERGENCY CONTACT telephone 54617394

COMMENTS, COMPLIMENTS, SUGGESTIONS & COMPLAINTS

We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' forms are available at the main Havilah entrances. Residents and families are encouraged to communicate any issues they may have.

We strive to continuously improve our service and look forward to working with you to achieve the best possible outcomes for residents.

You can also speak to the Unit Manager or Supervisor in your area or alternatively please contact

Director of Care Kelsey Hooper 54 617383 email: kelsey.hooper@havilah.org.au ;

or CEO Barb Duffin 54617381 OR 0429617380 email: barb.duffin@havilah.org.au

GENERAL ENQUIRIES

For any general enquiries: Families or residents can contact Havilah 24 hours a day, 7 days a week on

Email: mail@havilah.org.au or Telephone: 5461 7387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

Residents can contact reception by simply pressing the numbers 387 on room phones.

ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries

Postal Address: Havilah Hostel 11 Harkness Street, Maryborough Vic 3465

TO CONTACT THE KITCHEN

Main Kitchen **54617388**

Internal Dial **388**

Heath Kitchen **54617482**

Internal Dial **482**

For 24 hour EMERGENCY CONTACT telephone 54617394



WHEN THE FIRE ALARM SOUNDS

Please remain where you are and wait for staff to instruct you on evacuation. If you can see the fire you should move away from the immediate area and wait for instruction from staff. If the fire is in your room you should leave the room and close the door behind you. Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms. Should evacuation be required only residents in the affected compartment would be affected in the first instance. The fire alarm automatically alarms to the brigade who are here within minutes. **YOU WILL BE KEPT INFORMED BY STAFF AND THROUGH THE PUBLIC ADDRESS SYSTEM.**



RETIREMENT LIVING RESIDENTS ARE WELCOME TO ATTEND ACTIVITIES OVER BOTH SITES Please contact **Kim Davidson** for **Havilah on Palmerston and Raglan House**

Phone: 5459 0169 OR

Sue Edmondson 54617390 for **Harkness Street**

HAVILAH AT HARKNESS

INDOOR BOWLS

Each WEDNESDAY 1.30 pm

MOVIES AT HARKNESS

Check out the NOW SHOWING in the Grevillea Theatre

CARDS (show Poker)

Each TUESDAY 3.15 PM in Callistemon

STRENGTH EXERCISES

Each WEDNESDAY 11.15 am in Callistemon

HAPPY HOUR

Each FRIDAY 4.30 pm in the Main Lounge

WEEKEND ACTIVITIES

Each SATURDAY at 1.30 pm

BINGO

Alternate SATURDAYS 10.30 a.m. Correa Lounge

MARBOWLS



Australia Day

Australia Day Celebrations will be held on Saturday: 26th January.

The kitchen will be serving for lunch a choice of either Jackaroo Lamb Pie and Veg, Prawn cocktail, Quiche's or cold meats with salad or veg. and desserts will be Peach Melba Pav, Fruit salad and icecream or icecream and topping

HAVILAH ON PALMERSTON

MOVIES AT PALMERSTON

Room 7 High School Centre

3rd SATURDAY of the month at 1.30pm - afternoon tea provided.

3rd TUESDAY of the month at 6.30 - supper included. - Next Screening 18th December

TAI CHI AT PALMERSTON

Room 7 High School Centre

Each MONDAY and WEDNESDAY

10.30 - 11.30

STRENGTH EXERCISES

Each MONDAY at 2.30 pm at Raglan House

HAPPY HOUR

Rooms 1 & 2 High School Centre

Each FRIDAY 5.00 pm