

# HAVACHAT

Issue February 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](http://www.havilah.org.au)



Residents had an afternoon of fun at the thong throwing competition on the Australia Day Public Holiday, a very novel way to spend the afternoon with plenty of giggles amongst themselves.



**Resident Meeting - Monday 11th March at 1.15pm in Callistemon Activities Room.**  
**Resident Meeting Heath House - 18th February at 2pm in Heath House.**

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



Everyone enjoyed the New Years Eve dance in the main dining area. Residents appreciated watching the dancers twirling around the floor and tapping away with the tempo of the music. Happy Hour followed with food and drinks and all giving a noisy welcome to the New Year with streamers, poppers and horns





## PHOTO GALLERY



Australia Day Celebrations saw the dining rooms decorated with the theme of the Australian Flag. Staff and residents joined in with their fancy hats, flags and gloves. An Australian themed lunch was served including lamb pie, prawn cocktail and for those with a sweet tooth peach melba pavlova.

YUM





### SHORT FUNNY SAYINGS:

- Doing nothing is hard, you never know when your done.
- I think the worst time to have a heart attack is when you'll playing charades.
- Alcohol doesn't solve any problem, but neither does milk.
- I'm jealous of my parents,, I'll never have a kid as cool has them.
- Always remember your unique, just like everyone else.
- Money can't but happiness, but it sure makes misery easier to live with.
- If you do a job too well, that means you'll get stuck with it.
- Quantity is what you count, quality is what you count on.



### THINGS MY MOTHER USED TO SAY

You're the eldest, you should know better.

You'll understand when you're older.

You won't be happy until you break that, will you?

You have an answer for everything, don't you?



With the weather conditions still being unpredictable, staff are to ensure residents are dressed appropriately and their rooms are at comfortable temperature for

them as per the day, make sure you have an adequate fluids on a regular basis to be kept hydrated and if are outdoors doors for a walk, wheelchair walk or sitting outdoors in the sunshine reading, a hat and a suitable sunscreen applied is advisable.

### WEIRD and WONDERFUL WORDS

**SPAGHETTIFICATION** - the process by which (in some theories) an object would be stretched and ripped apart by gravitational force on falling into a blackhole

### FALLS PREVENTION

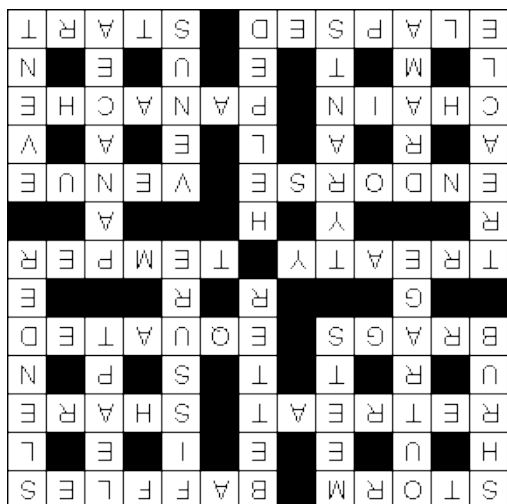
Ensure you do not over reach when picking up items.

Limit the intake of alcohol especially if on medications.

Have regular eye testing.



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. South Australia.
2. Swimming.
3. Dame Enid Lyons.
4. 1956.
5. Up to 3.5m.
6. Country.

## 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.

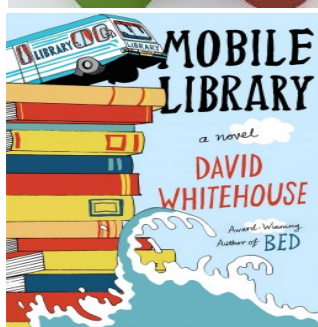
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



### Resident/Advocate Meetings

Next meeting Monday 11th March 2019 at 1.15 pm

Heath House Monday 18th February 2019 at 2pm



### Mobile Library - January and February Dates

15th February, 1st, 15th and 29th March 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

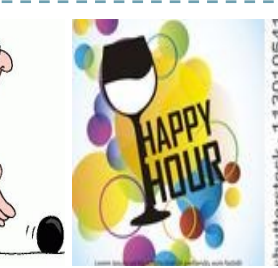
**WEDNESDAY**  
Strength Training 11.15am  
Indoor Bowls 1.30pm  
Bus Trip (Heath House) 1.30pm  
Cooking classes 3.15pm

**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,**



## *Melva Lawson*

**Length of time at Havilah:** I have resided at Havilah for the past 4 1/2 years

**My Story:** I was born in Maryborough on the 6th July 1935, I attended Primary school 2828 and then went on to secondary education at the Maryborough Technical College. When I completed my school years, I gained employment in the office of the Coles store in High Street Maryborough, (where Lyal Eales store is). I met and married Des Lawson in 1956 and had two children Mandy and Tony. I have 3 grandsons and 5 great grandchildren. I idolise them, and get great pleasure when they visit.

**Things you used to do for fun:** Over the years I enjoyed playing the piano and organ, and also loved being out in my garden. Husband Des and I were very much involved in the Anglican church for many years, on committees, in the church choir and other committees associated within the church. I also volunteered at the Hospital nursing home for many years.

**About where you have lived:** I haven't moved very far over my lifetime, I was born in Maryborough and lived here all my life. I can't think of anywhere else you could live, I am very happy being born and bred here, Maryborough is a very special town in more ways than one.

**Travel, sport, passions:** I have travelled within Australia, touring Tasmania, Sydney, Queensland and Adelaide, Australia has plenty to see within this great country, had no intentions to travel overseas. We do really live in the lucky country.

**Things you enjoy to do now:** I get great pleasure my family on a regular visit, especially my daughter Mandy, my son Tony lives in Melbourne, who visits as often as time permits. I enjoy being involved with in house activities that I wish to attend. I play cards, marbowls and have general chats and wheel chair walks with activity staff.



**Your favourite topics:** My favourite topics of discussion are family, gardening and music. I've always loved caring for others and spent many years doing so though the church or the nursing home.

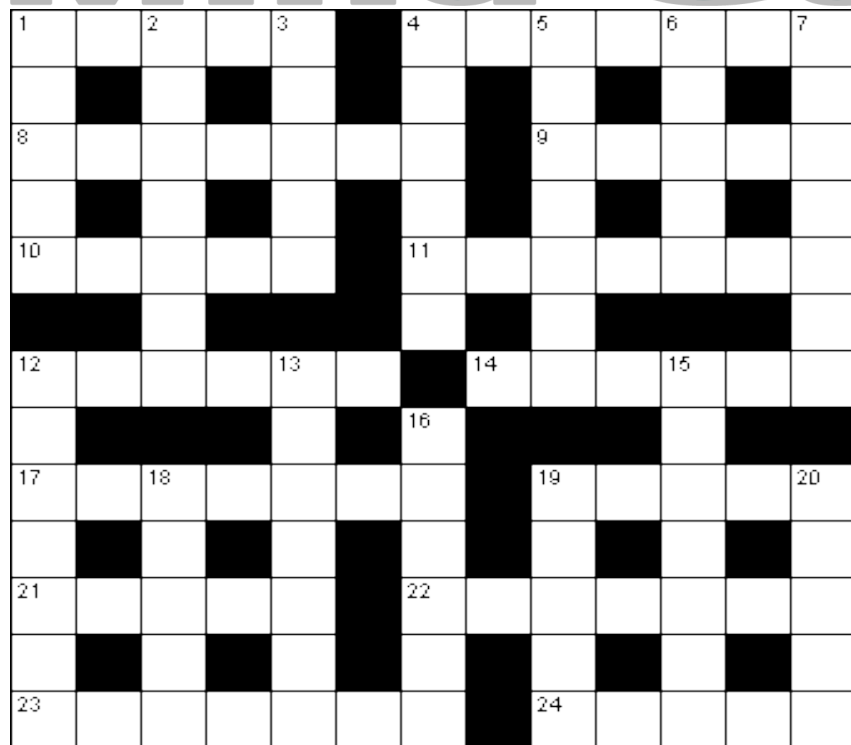
**Favourite Food and Music:** I'm a bit of a sweet tooth, especially desserts, anything with apples in it and homemade pasties and sausage rolls (my mum's were fantastic). I love to listening to Scottish music, (my maiden name was McKenzie.) and also choir music.

### *February 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			

# Mind Games

8



## Across:

1. Tempest (5)
4. Perplexes (7)
8. Fall back (7)
9. Portion (5)
10. Boasts (5)
11. Compared (7)
12. Pact (6)
14. Pique (6)
17. Certify (7)
19. Meeting place (5)
21. Mountain range (5)
22. Flair (7)
23. Passed by (7)
24. Begin (5)

## Down:

1. Bush (5)
2. Indignation (7)
3. Encounters (7)
4. Improved (6)
5. Crevice (7)
6. Jumped (7)
7. Thin (7)
12. Kind of syrup (7)
13. Despots (7)
15. Cure-all (7)
16. Assisted (6)
18. Play (5)
19. Planet (5)
20. Happening (5)

## Word Search - Birds



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

ALBATROSS, BUSGIE, BUZZARD, CNARY, CORMORANT, CRANE, CROW, DOVE, EAGLE, EMU, FINSH, FLAMINGO, HAWK. HERON, JACKDRAW, KESTREL, KOOKABURRA, LAPQING, LARK, NIGHT-INGALE, OSTRICH, OWL, PARROT, PENQUIN, PIGEON, QUAIL, RAVEN, ROBIN, SANDPIPER, SEAGULL, SPARROW, STORK, SWALLOW, TERN, TOUCAN,

VOLTURE

## QUIZ

1. Off the coast of which state is Kangaroo Island?
2. What was Jon Hendricks best known for?
3. Who was the first woman to be elected to the Australian House of Rep?
4. In which year did TV begin transmission in Australia?
5. How long can giant worms grow?
6. What is a Drongo?



**Re-accreditation** We are due for re-accreditation here at Harkness Street by 21st May 2019. 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 following should you wish to contact the Agency prior to the re-accreditation assessment which we expect any time from now until mid March. 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.*

**What's New at Havilah** Plans are underway to install solar power at both Havilah sites. Approvals are currently being sought through Powercor for the installation. Because at this site there will be a large amount of power being generated, we need permission to put the power back into the grid. Works of installation of more energy friendly lighting will form part of this project. We would hope that the installation will be completed by the end of July. The project will provide substantial savings mitigating rising power costs and also as a large user of power the Havilah community is doing its bit for the environment in reducing the carbon footprint.

The works of replacing floor coverings in communal areas at Heath House is almost complete.

Thank you to everyone for the patience and co-operation while these works were carried out. Further works to upgrade furnishings and to replace the current balcony balustrades with glass at Heath House (similar to Melaleuca House) have been ordered.

New furnishings and window coverings in Callistemon and Grevillea look fantastic. A large screen TV for the Grevillea Theatre is planned to be delivered shortly we just need to get some signage and wall art happening to complete this area. Fabrics have been ordered to upgrade the furnishings in the main lounge so that is an exciting project also. The new auto doors from Correa into Callistemon have proved a great success improving access for residents between Correa House and the Activities area.



### **RESIDENT SURVEYS - December 2018** **Of the 37 residents surveyed at Harkness:**

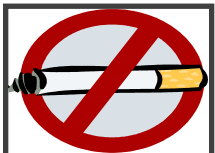
91% of surveyed residents stated that their clothing comes back from the laundry in good condition always or most of the time.

100% of residents surveyed indicated they receive enough information about activities and events occurring at Havilah most of the time or always.

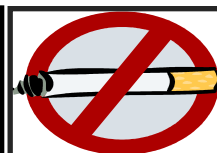
97% of residents strongly agree or agree that they are satisfied with their involvement in decisions about their care.

97% of residents surveyed strongly agreed or agreed that their medical needs are met.

97% of residents surveyed strongly agreed or agreed that their medical needs are met.



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





# Doctors save man from alcohol poisoning – with 15 tinnies

By [Lauren Broomham](#) on February 1, 2019



One for the bizarre but true file. 48-year-old Vietnamese man Nguyen Van Nhat, 48, was taken to Quang Tri General Hospital on Christmas after allegedly downing alcohol containing methanol – a highly toxic form of alcohol – so doctors gave him an unusual prescription: three cans of beer.

Sounds strange – but while ethanol, the main ingredient in alcoholic drinks, won't poison you unless you drink too much (we all know that feeling), methanol is sometimes found in homemade spirits and can cause temporary blindness and even death.

Because our livers break down ethanol – which is

in beer – before methanol – throwing down a few tinnies can give doctors time to perform dialysis and flush the alcohol out of the person's system before the methanol takes effect.

## The ultimate 'hair of the dog'?

Mr Nhat was reportedly given one can of beer every hour while recovering in the hospital's Intensive Care Unit (ICU) – after 15 cans, he'd made such a miraculous recovery, doctors were able to discharge him and send him home to recover (with what we expect would be a mighty big hangover).

But could it be 'fake news'? Emergency medicine registrar Matilda-Jane Oke told [VICE](#) it's "absolutely plausible."

"While ethanol is now the second line antidote for methanol poisoning, it's still used in lots of emergency departments for this problem (although we typically wouldn't use beer as the concentration of ethanol is pretty low in it). I think my ED still has a bottle of vodka lying around for when this happens."

Beer (or vodka) as a lifesaver? I'll drink to that.

**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@haviiah.org.au](mailto:andrew.earl@haviiah.org.au).







A husband and wife who work for the circus go to an adoption agency looking to adopt a child, but the social workers there raise doubts about their suitability. So the couple produces photos of their 50-foot motor home, which is clean and well maintained and equipped with a beautiful nursery.

The social workers are satisfied by this but then raise concerns about the kind of education a child would receive while in the couple's care.

The husband puts their mind at ease, saying, "We've arranged for a full-time

tutor who will teach the child all the usual subjects along with French, Mandarin, and computer skills."

Next though, the social workers express concern about a child being raised in a circus environment.

This time the wife explains, "Our nanny is a certified expert in pediatric care, welfare, and diet."

The social workers are finally satisfied and ask the couple, "What age child are you hoping to adopt?"

The husband says, "It doesn't really matter, as long as the kid fits in the cannon."

A young guy called Tommy bought a horse from a farmer for \$250 and the farmer agreed to deliver the horse to Tommy the following day.

The next day though, the farmer turned up at Tommy's house and said, "Sorry son, but I have some bad news, the horse died."

Tommy replied, "Well, then just give me my money back. That's fine."

The farmer said, "Sorry, I can't do that. I went and spent it already."

Tommy then said, "Okay, then, just bring me the dead horse."

The farmer was surprised and asked Tommy, "Why? What ya gonna do with him?"

Tommy replied, "I'm going to raffle him off."

The farmer laughed and said, "You can't raffle off a dead horse! Who'd buy a ticket?"

Tommy answered, "Sure I can, just watch me. I just won't tell anybody the horse is dead."

A month later, the farmer met up with Tommy again and asked, "What happened with that dead horse in the end. Did you raffle him off?"

Tommy said, "I sure did. I sold 500 tickets at \$5 a piece."

The farmer said, "Didn't anyone complain?"

Tommy smiled and said, "Just the guy who won. So I gave him his \$5 back."



daughter missed her school bus. The father, though late for work himself, had to drive her. Since he did not know the way, he said that she would have to direct him to the school. They rode several blocks before she told him to turn the first time, several more before she indicated another turn. This went on for 20 minutes - but when they finally reached the school, it proved to be only a short distance from their home. The father, much

annoyed, asked his daughter why she'd led him around in such a circle. The child explained,



"That's the way the school bus goes, Daddy. It's the only way I know."

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 :

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. The first and second choice change every day. There are also choices listed for soft and pureed diets including sweets. Just in case you do not like either choice offered there are additional alternatives available every day and these are listed on the menu. 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. For those who have breakfast in your room the daily menu is included on your breakfast tray. Please inform the care staff of your choices 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.***

**For breakfast** residents may have whatever cereals they wish. Please notify the kitchen who will arrange to get this in if it is not held as normal stock.

### 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, Special Morning Tea on Tuesdays and Sunday Devonshire afternoon tea without charge. Tea and coffee making facilities and biscuits are on hand in the kitchenettes for residents and visitors.

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 Safety Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported. There is a register available in each Foyer and in the Kitchen for you to record this. Food put in the fridges must have the resident's 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 Suggestion Box.



## 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 at the nurses station in Grevillea 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](mailto: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.**



# HAVACHAT

## RETIREMENT LIVING ACTIVITIES

**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

<b>HAVILAH AT HARKNESS</b>	
<b>INDOOR BOWLS</b>	Each WEDNESDAY 1.30 pm
<b>MOVIES AT HARKNESS</b>	Check out the NOW SHOWING in the Grevillea Theatre
<b>CARDS (show Poker)</b>	Each TUESDAY 3.15 PM in Callistemon
<b>STRENGTH EXERCISES</b>	Each WEDNESDAY 11.15 am in Callistemon
<b>HAPPY HOUR</b>	Each FRIDAY 4.30 pm in the Main Lounge
<b>WEEKEND ACTIVITIES</b> <b>BINGO</b> <b>MARBOWLS</b>	Each SATURDAY at 1.30 pm Alternate SATURDAYS 10.30 a.m. Correa Lounge
	<b>St Patricks Day Celebrations</b> <b>March 17th</b> <b>'Luck of the Irish' will be celebrated.</b>
<b>HAVILAH ON PALMERSTON</b>	
<b>MOVIES AT PALMERSTON</b> 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 19th February
<b>TAI CHI AT PALMERSTON</b> Room 7 High School Centre	Each MONDAY and WEDNESDAY 10.30 - 11.30
<b>STRENGTH EXERCISES</b>	Each MONDAY at 2.30 pm at Raglan House
<b>HAPPY HOUR</b> Rooms 1 & 2 High School Centre	Each FRIDAY 5.00 pm