

# HAVACHAT

Issue March 2018

Please contact Andrew on 5461 7387 or email [andrew.earl@havilah.org.au](mailto: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)



## **Havilah changes its name from HAVILAH HOSTEL Inc. TO HAVILAH Inc.**

At a Special Meeting of Members held on 22nd February the Havilah Board recommended a change of name to the membership so as to align the name to current branding and to better reflect Havilah's current and future business interests. Board President Craig Bell and CEO Barb Duffin provided a detailed presentation to the meeting on the reasons for and benefits of the change which was unanimously supported by the members present. The change of name will take effect once all required notifications have been made. This is expected to take around one month.

## **HAVILAH MAJOR RAFFLE**

**1<sup>ST</sup> Prize \$10,000 Goods/Services from Business/Businesses of your choice.**

**2<sup>nd</sup> Prize \$5,000 Goods/Services from Business/Businesses of your choice.**

**Plus 10 x \$500 early bird prizes Goods/Services from Business/Business**

Tickets are \$100 each. Please ask your friends and relatives if they would like a ticket or you may like to have a family Syndicate. Great Odds—Only 400 tickets



Please contact Raeleen 5461 7380 or Reception 5461 7300 if you would like a ticket. Once you notify that you would like a ticket you will be eligible for the early bird draws. Tickets need to be paid for in full by the 20th of June. The Major Draw is 23rd of June.



### **Emailing the Tattler**

*If you provide us with your email address, we can email your Raglan Tattler to you. Please email your details to [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au).*

*Your assistance with this is appreciated.*

**Resident Meeting - Monday 12th March at 1.15pm in Callistemon Activities Room.**

**Resident Meeting Heath House - Monday 19th March at 2pm in Heath House.**

THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES  
WE WELCOME YOUR INPUT.



**Football Tipping:** With the Football season approaching, Lifestyle Staff will be talking to you in the lead up to the 2017 Toyota AFL Premiership Season for your interest in being involved in the weekly tipping competition.

Prize money of \$10.00 to the tipster with 9 winners is awarded on a weekly basis and end of year the prize pool of \$50.00, \$30.00, \$20.00 respectively for first, second and third.

### **WORD OF THE MONTH**

**WINKLEPICKER** - style of shoe or boot in the 1950's with a sharp and long pointed toe



St Patrick's Day is on Saturday March the 17<sup>th</sup> and will be celebrated with a special Irish menu, consisting of Irish food and Guinness.

Easter Sunday is the 1<sup>st</sup> April and Sunday's lunch will be of Easter fare and chocolate Easter eggs.



### **EASTER ROAD CLOSURES**

Due to the Annual Veteran Cycling Championships over the Easter weekend on Saturday 31st March, Burns Street between Tullaroop Road and Jubilee Oval will be closed 8.30am - 11.30am.

On Monday 2nd April Burns Street will be affected between Christian Street and Lake Road until 4.30pm.



The Central Highlands Library service visit's Harkness Street every first and third Friday in the month. Come and talk to Kerry the Librarian who will help you find the book you are after. They have 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 the Grevillea Atrium area 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 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 - salads, sandwiches, quiche, baked beans and spaghetti. Please advise kitchen staff at breakfast if you would like one of the Lunch alternates rather than what is being offered 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 for lunch and by 3pm for tea.***



## PHOTO GALLERY



Recent Bus outings have been to Bendigo with afternoon tea at the Board Walk and Skydancers at Harcourt amongst the butterflies.



## RESIDENT SURVEYS - January 2017

### Of the 44 residents surveyed :

91% of residents surveyed stated that staff explained things to them most or all the times.

93% of residents either strongly agree or agree that they can talk to staff if they are feeling sad or worried.

95% of residents of residents surveyed agreed or strongly agreed that staff know what they are doing.

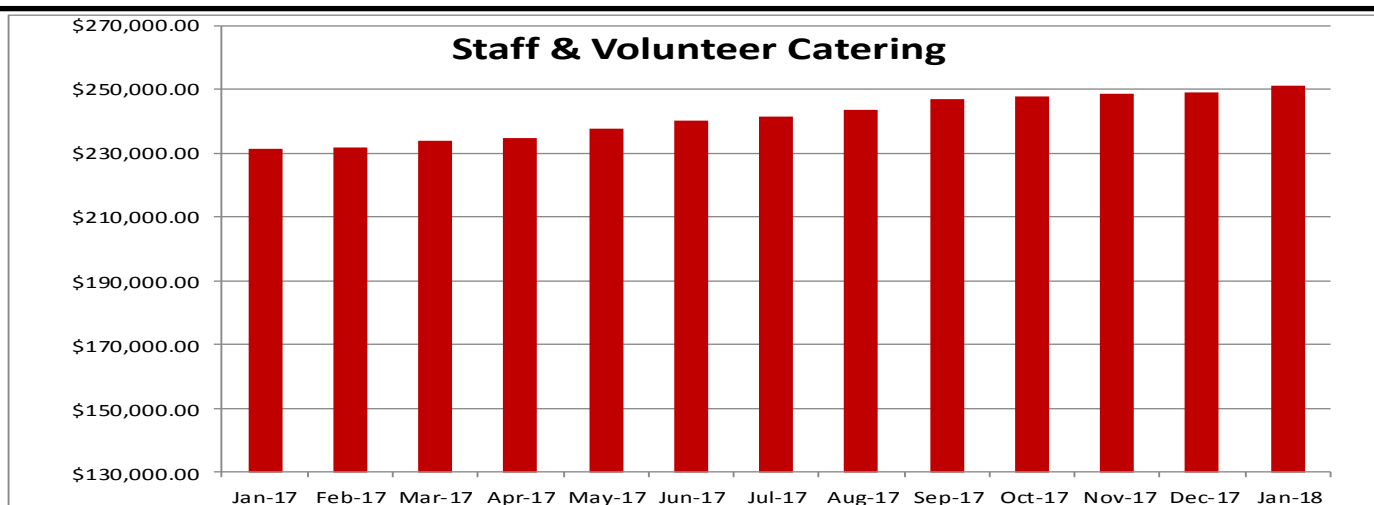
66% surveyed residents said that they liked the food here, most of the time or always.

This was 65% at our previous survey and we were disappointed with only a 1% increase in satisfaction. Since the previous survey menus have been changed to provide more “hard meats” such as roasts and corn beef at the request of residents while still providing casseroles for those requiring a softer diet. We have increased the alternatives that are available every day and will further increase these at the request of residents. For the same menus at Raglan House a satisfaction rate above 90% is being achieved. We recognise that meals are very important to you and therefore spend well above the industry average on food and preparation. Our goal is that residents who say they like the food some of the time will in future be able to respond with most of the time. Our staff will talk to you again to assist us to achieve this goal. Your comments and suggestions will be very much appreciated.

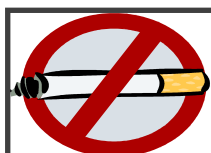


### Accreditation—Unannounced Visits

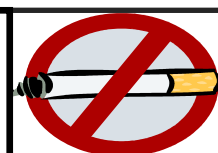
Unannounced visits have happened at each facility during February with great results at both facilities. At Harkness Outcomes 2.4 Clinical Care and 2.11 Skin Care were assessed with both outcomes met. The assessor was complimentary about the facilities and services we provide. Residents interviewed said they were very happy with all aspects of the service which is what we strive for. Staff interviewed did extremely well demonstrating they know the systems and practices in place and that they know the residents they care for. The assessor mentioned particularly the interaction they observed between staff and residents. Thanks were messaged to all staff for their contribution to the assessment results which are a culmination of how we all do our job every day. Thank you to all residents and family members for your positive comments.



New volunteers are always welcome. Please see Sue or Raeleen.



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





## THINGS MY MOTHER USED TO SAY

You can't always have what you want.  
Wait until you have to pay the bills.  
Don't speak to me like that.



## FALLS PREVENTION

Using walking aids at all times.  
Making sure there is adequate lighting, especially at night.  
Taking only prescribed medications.



**TALKING lifestyle**  
DIGITAL | ONLINE | MOBILE  
Listen to us  
Sydney - 954 AM  
Melbourne - 1278 AM



## Good news: new free flu vaccines on the way for over-65's

By Lauren Broomham on February 23, 2018

The Federal Government has fast-tracked two "enhanced" flu vaccines that will be available for free from April onwards through the National Immunisation Program.

Last year, there were over 1,000 flu-related deaths in Australia – 90 per cent of those were people aged over 65.

We often think of the flu as a minor illness, but it can be fatal, especially if someone has a pre-existing condition.

Older people's immune systems also don't respond to flu vaccines as well as younger people so they may not work as effectively.

The Government says the new vaccines are specifically designed for older people and target the strains, particularly the mutation, which was so deadly last year.

It's welcome news. While being vaccinated doesn't guarantee you won't get the flu, it is important to cut your risk and prevent its spread to others who may be vulnerable.

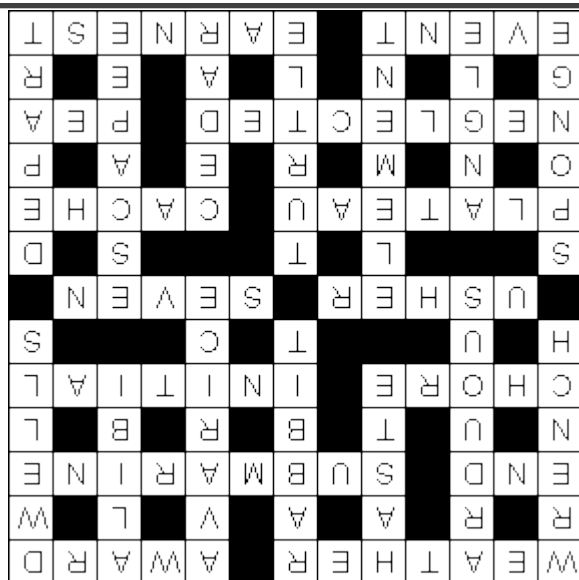
It's estimated that [up to 3.8 million Australians](#) who are eligible for free vaccinations don't have them.

Don't be one of them.

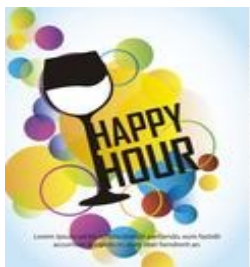
## Quiz and Crossword Solutions from page 9

## Answers to Quiz

1. John Batman.
2. A coding.
3. Dr John Flynn.
4. 1974.
5. The dog.
6. Nigel Mansell.



## GREAT THINGS TO DO



### Happy Hour Every Friday evening

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

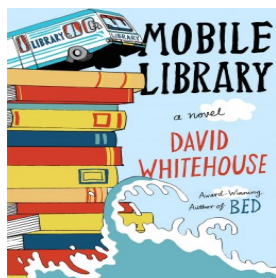
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



### Resident/Advocate Meetings

Next meeting Monday 12th March 2018 at 1.15 pm

Heath House Monday 19th March 2018 at 2pm



### Mobile Library - January Dates

Friday 2nd March & 16th March commencing 10.15 am  
Grevillea Atrium Area.

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

CHURCH OF ENGLAND - 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

### MONDAY

Nail Manicure Pamper 9.30am  
 Foot Spa 9.30am  
 Bus Trip 1.30pm—Bookings through  
 Activities Staff.  
 Bingo 1.45pm



### TUESDAY

Special Morning Tea 10am  
 Chairbics 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 9.30a.m.  
 Bingo 1.45pm  
 Craft Group 3.15pm  
 Music DVD 3.15pm



### FRIDAY

Chairbics 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  
**Heath House "CAFÉ" 3.00pm**  
 Yummy Afternoon Tea;  
 Milk Shakes; Iced Coffee



### SUNDAY

Devonshire Afternoon Tea in Main Lounge  
 3.00pm



## ***Merle Hibbins***

### **Length of time at Havilah:**

I have called Havilah my home for 2<sup>1/2</sup> years.

### **My Story:**

I was born in Maryborough, the youngest of 5 children, Primary education was gained at the 2828 East school and I then attended the Maryborough Technical College. At the age of 14 I commenced employment at the Maryborough Knitting Mills as a machinist. I met and married my husband (Bill) and had 3 children, Lorna, June and Keith (Dec). I have 4 grandchildren and 7 great grand children.

### **Things you used to do for fun:**

Over the years I loved to dance, played lawn and indoor bowls. For many years we camped in tents on the Murray and later caravanned around Australia, making some life long friendships.

### **About where you have lived:**

I have lived in Maryborough for most of my life, (actually born in Talbot). The first family home was in Clarke Street, and then we built our home in Gillies Street, and later moved to Nelson Street. Finally we built another new home in 1969 in Majorca Road, where we had many happy years.

### **Travel, sport, passions:**

When the children were growing up we spent many annual camping holidays, in retirement years I travelled through Australia with husband Bill exploring this wonderful country. I was very committed to Lawn bowls, playing socially, competitively in competitions and tournaments. In later years the winter months were spent in Merimbula with friend Marj, (playing bowls).



### **Things you enjoy to do now:**

I knit squares for charity, (Save the Children), Bingo, indoor bowls and other activities offered here at Havilah on a daily basis, mixing with other residents and having the family visit regularly.

### **Your favourite topics:**

I love having a talk about old times and experiences I have had and family and friends.

### **Favourite Food and Music:**

I thoroughly enjoy toe tapping old favourites and orchestra music.

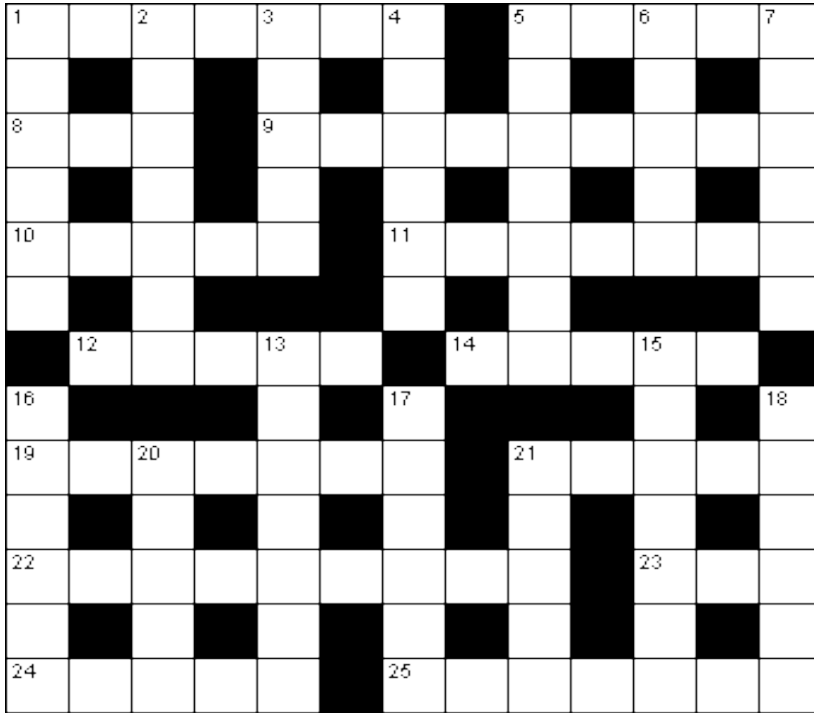
Prawn cocktail, chop casseroles and Lamb cutlets are on the list of foods I enjoy the most.

### ***March 2018***

| 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  |     |



# Mind Games



## Across:

1. Meteorological conditions (7)
5. Accolade (5)
8. Conclusion (3)
9. Submersible warship (9)
10. Task (5)
11. Alphabetic character (7)
12. Guide (5)
14. Square root of footy-nine (5)
19. Tableland (7)
21. Hoard (5)
22. Disregarded (9)
23. Small vegetable (3)
24. Happening (5)
25. Sincere (7)

## Down:

1. Twist
2. Gruelling (7)
3. Overly eager speed (5)
4. Burrowing mammal (6)
5. Greed (7)
6. Exculpation (5)
7. Resides (6)
13. Component (7)
15. Fugitive (7)
16. Parazoan (6)
17. Chelonian reptile (6)
18. Leave (6)
20. Slant (5)
21. Aromatic wood (5)

## Word Search - Olympic Games

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

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

ARCHERY, ATHLETICS, BADMINTON, BASKETBALL, BEACH VOLLEYBALL, BOXING, CANOEING, CYCLING, DIVING, EQUESTRIAN, FENCING, FOOTBALL, GYMNASTICS, HANDBALL, HOCKEY, JUDO, MODERN PETATHALON, ROWING, RUGBY SEVENS, SAILING, SHOOTING, SWIMMING, SYNCHRONIZED SWIMMING, TABLE TENNIS, TAEKWONDO, TENNIS, TRAMPOLINE, TRIATHALON, VOLLEYBALL, WATERPOLO, WEIGHTLIFTING, WRESTLING.

## QUIZ

1. Who purchased land on the western shore of Port Phillip, Melbourne from the local aborigines?
2. What is a baby cod called?
3. Who founded the Royal Flying Doctor Service?
4. In which year did Cyclone Tracey hit Darwin?
5. What animal was the Canary Islands named after?
6. Who was both and FI driver and a police officer?

Solutions can be found on page 5



## **Can being stubborn help you live longer? Jack Lemmon and Walter Matthau in the 1993 comedy ‘Grumpy Old Men’.**

By Annie Donaldson on January 12, 2018

US and Italian researchers have found that a group of Italian nonagenarians shared many common psychological traits – including a “stubborn” personality and a positive outlook on life.

Unlike most longevity studies that focus on genetics, they looked at the mental and physical health of a group of Italians aged 90 to 101 in Cilento in southern Italy – an area known for its high proportion of people aged over 90 – and their younger relatives aged 51 to 75.

Participants all shared a strong work ethic, with most still working either at home or on their land which gave them purpose in life.

And while the younger adults labelled their older relatives as “controlling” and “stubborn”, they had close relationships with their family and friends who provided a strong support network.

“(When) you surround yourself with people you like, it’s like ‘Cheers’ – you go where everybody knows your name. That makes you feel at home,” lead author and head of the University of San Diego Center of Healthy Aging Dr Dilip Jeste said.

Getting older not all doom and gloom

Interestingly, the researchers also discovered that while the oldest participants had poorer physical health compared to their younger family members, they had high levels of happiness and satisfaction with life and lower rates of depression and stress – something they attribute to their longevity.

“There is no one way to get to 90 or 100, and I don’t think it requires a radical change in personality, but this shows that there are certain attributes that are very important, including resilience, strong social support and engagement, and having confidence in yourself,” Dr Jeste adds.

AS ONE PARTICIPANT SAID: “I AM ALWAYS THINKING FOR THE BEST. THERE IS ALWAYS A SOLUTION IN LIFE. THIS IS WHAT MY FATHER HAS TAUGHT ME: TO ALWAYS FACE DIFFICULTIES AND HOPE FOR THE BEST.”

A REASON TO ALWAYS LOOK ON THE BRIGHT SIDE?



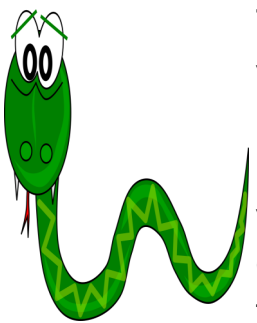
## AND SOME MORE POINTS TO PONDER:

- ◇ How come you press harder on a remote-control when you know the battery is dead?
- ◇ Why are they called buildings, when they're already finished? Shouldn't they be called built?
- ◇ Why are they called apartments, when they're all stuck together?
- ◇ Why do people without a watch look at their wrist when you ask them what time it is?
- ◇ Why does sour cream have an expiration date?
- ◇ The light went out, but where to?
- ◇ Why do banks charge you a "non-sufficient funds fee" on money they already know you don't have?
- ◇ Why is it you have a "pair" of pants and only one bra?
- ◇ Why is the alphabet in that order?
- ◇ If you got into a taxi and he started driving backwards, would the taxi driver end up owing you money?



## DOCTORS' VISITS

Residents and families are reminded to pick up paperwork from the Staff Office in your unit prior to visiting your off site GP. This information should be handed in to the Care Station on your return. This is so that Havilah can keep up to date with Doctors instructions and comments re your health.



There have been reports of snakes on the move with sightings at Havilah this week. There have also been several reports in the general community. Residents are asked to take care and keep to pathways when out walking and report any sightings to staff. Havilah has trained snake catchers on staff who work over both sites so there are always staff on hand to take action as required. Ensure when moving in and out of the building that you close doors firmly behind you.

## MONEY and VALUABLES

Residents are asked to limit the amount of money or valuables kept on their person or in their rooms. There is a locked drawer in each room for residents who have the capacity to ensure that they can keep money and valuables locked away. EFT facilities are available at reception and purchases at the kiosk, hairdressing, footcare etc can be added to the monthly accounts. Please keep your own money and valuables safe as Havilah will not assume responsibility for any lost items.

## HAV' A' LAUGH



A woman suddenly went into labour at the same time that the power went out.

Only one paramedic responded to the call. The house was very dark, so the paramedic asked the woman's five-year-old daughter, Kathleen, to hold a flashlight so he could see while he delivered the baby.

Kathleen did exactly as she was asked. The mother pushed and pushed and after a little while, the baby was born. The paramedic lifted him by his little feet and spanked him on his bottom. The baby began to cry. The paramedic thanked Kathleen for her help and asked her what she thought about what she'd just witnessed.

"Well," said Kathleen, "He shouldn't have crawled in there in the first place. Smack his bottom again."

When KFC'S sales hit a lean patch, Colonel Sanders came up with a brilliant advertising idea.

He got in touch with the Pope and asked whether he could change the words of the Lord's Prayer from "Give us this day our daily bread" to "Give us this day a daily chicken".

"I can't possibly do that," said the Pope.

"Not even for \$1 million?" asked the Colonel.

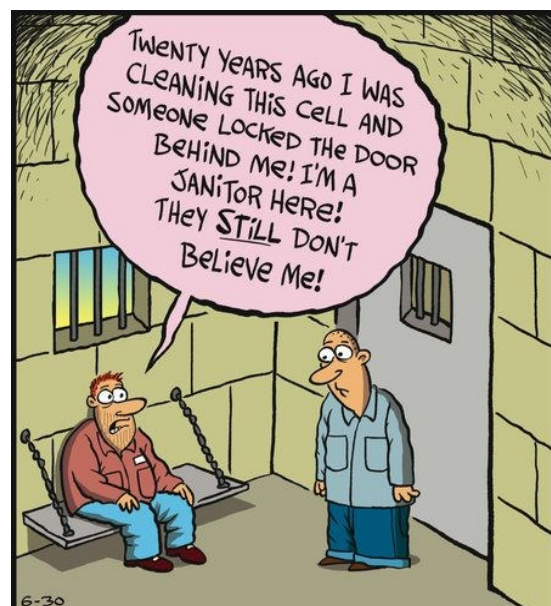
"No, not for \$1 million. The Lord's Prayer is sacred and not for corporate sponsorship," the Pope said.

"How about \$50 million?"

"OK it's a deal," said the Pope.

The next day the Pope went to a meeting of cardinals.

He said: "I have good news and bad news. The good news is, KFC is going to donate \$50 million to the Vatican. The bad news is, we lost the Tip Top account."



"In retrospect, I could have done more with my lives."



Three boys were boasting about their dads

"My dad's so fast he can fire an arrow at a tree, run like the wind and catch it before it hits it," said Micky.

"That's nothing. My dad's so fast he can drop a brick from the 10th floor of a building, run downstairs and catch it before it hits the ground," said Johnny.

"Nah, I win," said Pete

"My dad works for the council. He knocks off at 4.30, but he's always home before 3."



## 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.

## COMMENTS, COMPLIMENTS, SUGGESTIONS & COMPLAINTS

We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' form 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 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**



## 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

Please contact **Kim Davidson** for **Havilah** on **Palmerston** and **Raglan House** Phone: 5459 0169 OR **Sue Edmondson** 54617390 for **Harkness Street**



St Patrick's Day is on March the 17<sup>th</sup> and will be celebrated with a special Irish menu, consisting of Irish food and Guinness.

Easter Sunday is the 1<sup>st</sup> April and Sunday's lunch will be of Easter fare and chocolate Easter eggs.



### CARDS (500)

4th Tuesday of each month at 6.30pm  
Raglan House, 3rd Tuesday at 6.30pm Harkness

### INDOOR BOWLS

Each Wednesday 1.30pm at Harkness

### TAI CHI

Each Monday and Wednesday 10.30-11.30  
Room -7 High School Centre

### CARDS (Show Poker)

Each Tuesday 3.15 pm in Callistemon House

### STRENGTH EXERCISES

Each Wednesday 11.15 am in Callistemon House or Mondays 2.30pm Raglan House

### HAPPY HOUR

Each Friday at 4.30 pm in the Main Lounge at Harkness St or 5pm at Raglan Street

### ACTIVITIES

Bingo every Saturday at 1.30pm Callistemon House and Marbowls 10th and 24th March at 10.30am in the Correa lounge area.