

HAVACHAT

Issue April 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



HAVILAH MAJOR RAFFLE

Once again it is time for our annual major raffle.

All prizes are for Goods/ Services at Retailer/s of choice

1ST Prize \$10,000

2nd Prize \$5,000

PLUS 10 x \$500 early bird prizes

Tickets are \$100 each and payment can be made over 10 weeks

Please ask your friends and relatives if they would like a ticket or you may like to have a family Syndicate.

Only 410 tickets available so the odds are very good.

This is an important part of our fundraising program each year with the proceeds used towards capital purchases such as equipment.

We would very much appreciate your support.

To purchase a ticket or collect a book to sell, please contact Raeleen 5461 7380 or Reception 5461 7387



Easter will be celebrated with the traditional lunch on Good Friday, 19th April,
Everyone at Havilah wish you a Happy and Safe Easter.



There will be an ANZAC Service led by members of the local R.S.L. to be conducted in the Main Dining room at 10.15am on Wednesday 24th April. On Anzac Day residents will have the opportunity

to attend the ANZAC Service at McLandress Square. As in previous years the Maryborough Car Club will provide transport for residents to attend the service in vintage cars. Please discuss with Lifestyle staff if you would like to attend. Please also discuss with Lifestyle staff if you would like to organise a visit to McLandress Square to place flowers at family crosses prior to Anzac Day.

Accreditation Harkness Site

The final result from our re-accreditation assessment on 12th and 13th of February was that a decision to re-accredit for further three year period of accreditation is from 21st May 2019 to 21st May 2022 has been received from the Aged Care Quality Commission. The number of outcomes met was 44 of 44.

This result was excellent in the current environment where there is much more prevalence of services failing to meet all of the expected outcomes.

Resident Meeting - Monday 8th April 2018 at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - 15th April 2018 at 2pm in Heath House.

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



A recent bus outing took the residents to view the Tudors to Windsors exhibition held at the Bendigo Art Gallery, Everyone enjoyed a Chinese meal before attending the display, residents were very taken by the display of paintings, prints and clothing from the early royals to the current day modern royal family.

PHOTO GALLERY



The luck of the Irish was alive with the wee little Leprechans on St Patrick's Day. Residents, family, friends and staff got into the spirit of the day.



INVITATION

MOTHERS DAY LUNCH - SUNDAY 12TH MAY – 12 noon

2 Courses with Drinks.

\$15 per head.

Devonshire Afternoon Tea

At 3.00pm

RSVP: Monday 6th May

To book please email: di.jackson@havilah.org.au or at reception
in person or by telephone: 54617387

Also

For family and guests visiting on Saturday 11th May

Special Afternoon Tea - at 3.00 pm



THINGS MY MOTHER USED TO SAY

A little soap never killed anybody

I would never had talked to my mother like that.

I don't care who started it, you stop it!

How do you know if you don't like it if you haven't tasted it?

WEIRD and WONDERFUL WORDS

TRISKAIDEKAPHOBIA - extreme superstition about the number thirteen.

FALLS PREVENTION

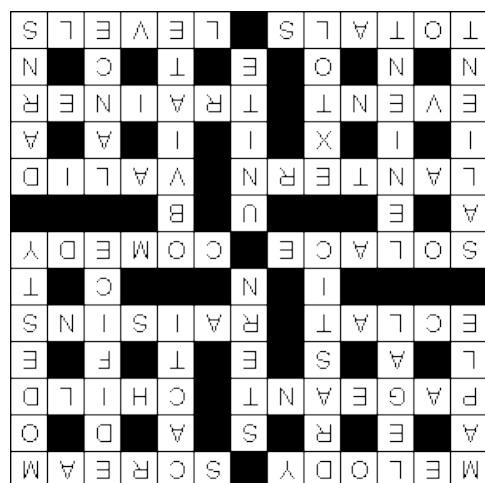
Keep maintenance up on any walking aids.

Have regular eye appointments.

Be aware of the impact your medications may
have on your balance.



If you want to make a comment, suggestion, complaint or compliment but are unsure



Quiz and Crossword Solutions from page 8



Answers to Quiz

1. Rose Hill, Sydney
2. The Spirit of Progress
3. Harry Houdini
4. Kingston S.A.

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.

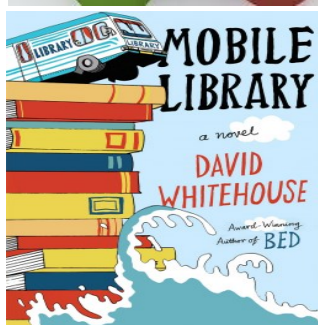
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 8th April 2019 at 1.15 pm

Heath House Monday 15th April 2019 at 2pm



Mobile Library - March and April Dates

12th and 26th April, and May 10th and 24th 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 10.30am
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

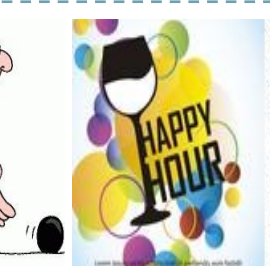
WEDNESDAY
Strength Training 11.15am
Indoor Bowls 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm

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.

Mary Cumming

Length of time at Havilah: I have experienced Havilah lifestyle for the past 2 months

My Story: I was born in England in 1930, my father was a regular army soldier, so we lived in army camps all over England. In 1937, dad was posted to Egypt and we went with him living in various army camps there. We went as refugees to Durbin in Sth Africa, when it looked as if Germany would win the desert campaign in 1941-42 we were repatriated to England in 1943. I lived in mid Wales until dad was demobbed, I finished my schooling (12 different schools) in Wales and started my nursing there in 1949, and did my 6 month midwifery training in Wales and 6 months in England. I applied to come to Australia in 1956 as a migrant—married an Australian and went to live in far East Gippsland, my 2 children were born in Orbost, we moved to Taggerty and then to Melbourne before moving to Maryborough.

Things you used to do for fun: As a child I played lots of board games, never really got into playing cards, tried Majong, enjoyed concerts and dancing.

About where you have lived: Over the years I have lived in many parts of England and Wales, Egypt, Sth Africa and ended in Australia, mostly in Victoria. Spent a 3 month stint in Sydney but returned to Melbourne. Have visited Western Australia, South Australia, Queensland and Tasmania.

Travel, sport, passions: I have travelled widely, over the years, to Italy, Germany, Switzerland, America, Canada, Sth Africa and Egypt, mostly on my own as I like to meet new people and see how the local people live, rather than sight seeing. I played hockey, tennis, golf over the years, all reasonably well. I love music of sorts and was a regular ballroom dancer.

Things you enjoy to do now: I enjoy a good book, especially autobiographies, mysteries and historical novels. I am a little tech savvy using an Ipad, mainly to keep in touch with my widely dispersed family, the 5 grandchildren and 3 great grandchildren.

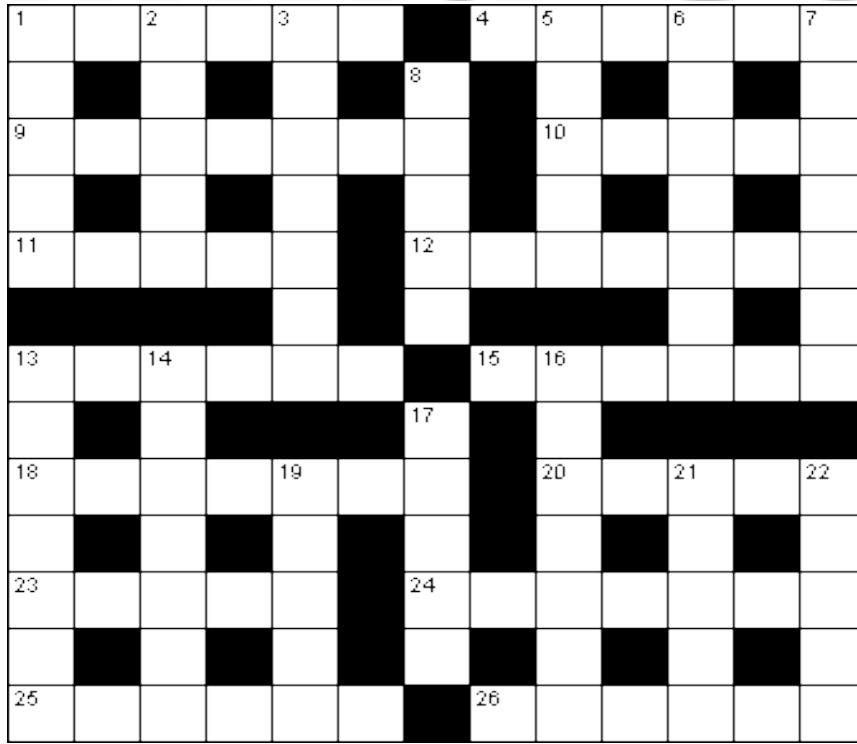


Your favourite topics: I am interested in a variety of things and am always up for a good discussion, politics, religion, history, travel, but will not get involved in any arguments.

Favourite Food and Music: I particularly enjoy listening to classical music, but will listen to other genres. Salmon, salads and fresh fruit would be my favourite foods, over the years I would indulge in having a gin and tonic.

April 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					



Across:

1. Tune (6)
4. Shriek (6)
9. Elaborate ceremony (7)
10. Youngster (5)
11. Plaudit (5)
12. Dried grape (7)
13. Comfort (6)
15. Slapstick (6)
18. Lamp (7)
20. Legally acceptable (5)
23. Happening (5)
24. Coach (7)
25. Tallies (6)
26. Tiers (6)

Down:

1. Tree (5)
2. Licit (5)
3. Extreme (7)
5. Desert plants (5)
6. Building (7)
7. Freedom from vanity or conceit (7)
8. Rear part of the ship (5)
13. Prominent (7)
14. Soft or indulgent (7)
16. Avert (7)
17. Combine (5)
19. Laud (5)
21. Spear (5)
22. Sews (5)

WORD SEARCH - Horsing Around

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

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

APPALOOSA, ARABIAN, BANGTAIL, BAY, BRONCO, CANTER,
 CHESTNUT, CLYDESDALE, COLT, CROSSBRED, DRAFT HORSE,
 FILLY, FOAL, GALLOP, GELDING, LIPIZZANER, MARE, MORGAN,
 MOUNT, MUSTANG, PALOMINO, PINTO, PONY, QUARTER
 HORSE, RACEHORSE, SADDLEBRED, SADDLE HORSE, SHETLAND
 POINY, SHIRE, SORREL, STALLION, STEED, SUFFOLK, TARPAN,
 THROUGHbred, TROT.

Solution's to puzzles on page 4

QUIZ

1. Where was James Ruse's successful farm?
2. Which royal blue luxury train started running between Sydney and Melbourne in 1937?
3. Who was the first man to make a controlled powered flight in Australia?
4. Where would you find the Big Lobster?

Children in the back seat cause accidents, accidents in the back seat cause children!

I'd like to help you out today. Which way did you come in?

You never truly understand something until you can explain it to your grandmother.

Experience is a wonderful thing. It enables you to recognise a mistake when you make it again.

You can't have everything, where would you put it?

If your parents never had children, chances are you won't either.



The AFL season has kicked off with 2 rounds already played. There has been a mixed bag of scores throughout the tipping competition. In first place leading on 14 points is Audrey Harris. There are 5 tipsters sitting on

12 points, they are Gwen Nicholson, Ted Lack, Moureen Emery, Betty Bishop and Hazel Dewhirst. In third place we have Faye Share, Judy Britten, Leo Cramer, Olive Clark, Nancey McQuienn, Gwen Maffescioni, and Betty Fleming, they are sitting on 11 points. In last position is Jean McLean.

Prize pool: 1st - \$50.00, 2nd - \$30.00 3rd - \$20.00 and last place \$10.00.

Weekly prizes are also awarded for tipping all the winners in the round.

RESIDENT SURVEYS - February 2018



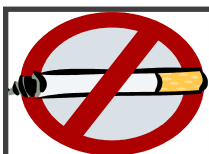
Of the 45 residents surveyed at Harkness:

100% of residents surveyed indicated that most of the time or always there is sufficient areas provided to talk to visitors in private.

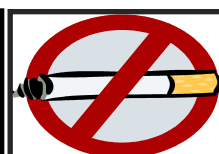
98% of surveyed residents stated that their room is cleaned to their satisfaction most of the time or always.

45% of residents agreed or strongly agreed that the staff who serve their meals are neat and clean.

93% of surveyed residents agreed or strongly agreed that their medications are provided in a timely manner.



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





It is coming up to the time of year where we will be organising Influenza Vaccinations for residents and staff. It is extremely important to get an influenza vaccination each year as the virus changes annually Your

•B: a B/Phuket/3073/2013 like virus

We will possibly be looking at around mid April to commence the vaccinations, and residents will be kept up to date once we receive the confirmed start date. The vaccinations will be provided free of charge to all Havilah residents and these will be provided onsite - the same as last year.

Any questions in relation to the Influenza Vaccination please feel free to email Kelsey Hooper DOC, kelsey.hooper@havilah.org.au

protection provided against the previous years influenza vaccination diminishes over time.

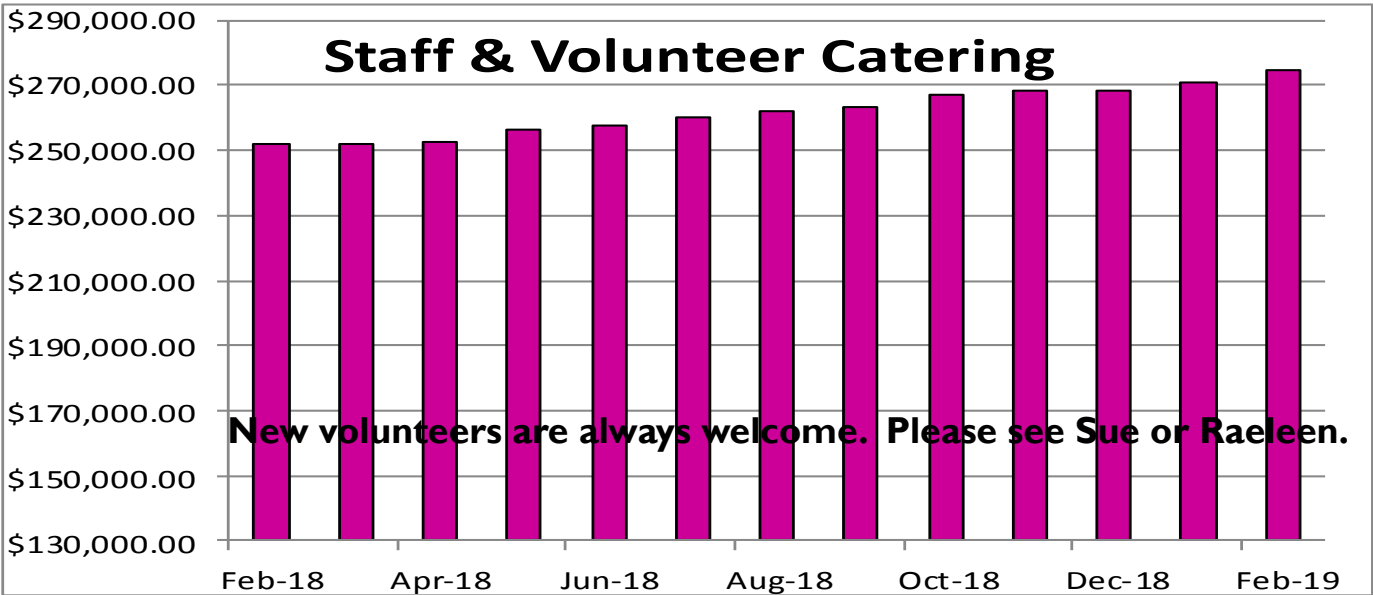
- This year there is a new A strain (H3N2) and a new strain for the B Victoria lineage. Influenza virus strains included in the 2019 seasonal influenza vaccines are:
- A (H1N1): an A/Michigan/45/2015 (H1N1)pdm09 like virus
 - A (H3N2): an A/Switzerland/8060/2017 (H3N2) like virus
 - B: a B/Colorado/06/2017 like virus (not included in the trivalent vaccine)



Auto Lock Down:

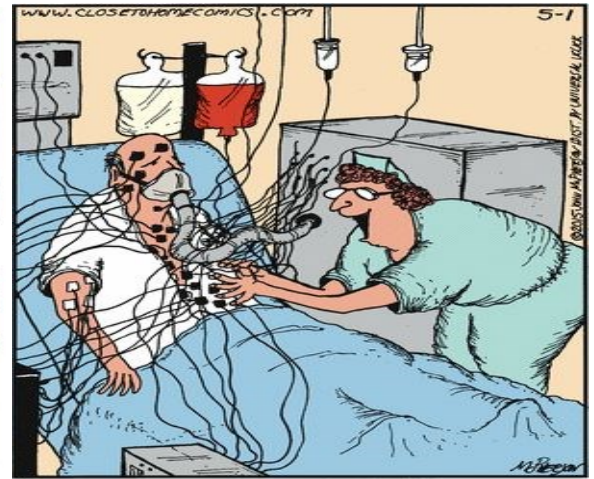
Due to the change of seasons and daylight savings coming to an end, auto lock down has moved to **6pm**.

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.





"Any plastic ones? She's recovering from cosmetic surgery."



"Sorry to be a nuisance, but I think my phone charger got mixed up in here somehow."

Harry walked over to the minister after Sunday service.

"You know, reverend, I am really stuck in a quandary," he said.

"I would like to attend church next week but I just

can't miss the big game next Sunday, it's just out of the question."

"Oh Harry, Harry," said the minister.

"You know with modern technology now you can watch it on catch-up TV."

Four football fans go rock climbing one afternoon—a Collingwood fan, a Geelong fan, and Essendon fan, and a St Kilda fan.

They argued all the way up the mountain about who among them was the most "diehard" supporter.

Reaching the top of the mountain, the Geelong fan said he'd show them how diehard he was and announced, "This is for the Cats!" and promptly threw himself off the mountain as a form of sacrifice.

Not to be outdone by the Geelong fan, the St Kilda fan jumped and said "this is for the Saints!" and threw himself off the mountain as a form of sacrifice.

Refusing to be outdone by the Geelong and St Kilda fans, the Collingwood fan rose to his feet and yelled at the top of his lungs, "This is for the Pies!" and pushed the Essendon fan off the mountain.

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they laid down for the night, and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up at the sky and tell me what you see." Watson replied, "I see millions and millions of stars." "What does that tell you?" Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies, and potentially billions

of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?" Holmes was silent for a minute, then spoke. "It tells me that someone has stolen our tent."

A Fiat 500 pulled alongside a Rolls-Royce at a traffic light. "Do you have a car phone?" asked the driver of the Fiat. "Of course I do," replied the haughty deluxe-car driver. "Well, do you have a fax machine?" The driver of the Rolls sighed, "I have that too." "Then do you have a double bed in the trunk?" the Fiat driver wanted to know. Embarrassed, the Rolls driver sped off. That afternoon, he ordered a mechanic to install a double bed in the trunk. A week later the Rolls

driver passed the same Fiat 500 parked on the side of the road with the back windows fogged up and steam pouring out. The arrogant driver pulls over, gets out of the Rolls, and bangs on the Fiat's back window until the driver sticks his head out. "I wanted to tell you I have a double bed installed," says the proud Rolls driver. The Fiat driver is unimpressed, "You got me out of the shower to tell me that?!"

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.

Additional 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 and breads 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

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

External Complaints through the Aged Care Quality and Safety Commission: 1800 951 822

Elders Rights Advocacy (ERA): 1800 700 600 Email: era@era.asn.au www.era.asn.au

ERA is a member of OPAN the Older Persons Advocacy Network, delivering the National Aged Care Advocacy Program, an Australian Government Initiative providing advocacy services to recipients of Australian Government Aged Care Services.

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 and smoke compartments, and sprinklers and remain where you are and wait for staff to instruct smoke alarms. Should evacuation be required you on evacuation. If you can see the fire you only residents in the affected compartment would should move away from the immediate area and be affected In the first instance. The fire alarm wait for instruction from staff. If the fire is in your automatically alarms to the brigade who are here room you should leave the room and close the within minutes.

door behind you. Havilah is a very safe facility **YOU WILL BE KEPT INFORMED**

and has many measures in place to stop the **BY STAFF AND THROUGH THE**

spread of fire and smoke and to provide for safe **PUBLIC ADDRESS SYSTEM.**

evacuation in the case of a fire – this includes fire



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	



Easter: Good Friday 19th April
 Wednesday 24th April: Service in Main Lounge area at 10.15am

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 16th April
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