

HAVACHAT

Issue May 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

There have been three early bird draws conducted for our Major Raffle
Lucky Winners to date are;

Week one: Alan Duffin Week two: Sharelle Mortlock Week three:
Wendy and Ivy Johnson



All Tickets have been sold . this year. **A big Thank you to Raeleen for another year of organising this fundraiser and to all of our supporters who bought and sold tickets.**

INVITATION

MOTHERS DAY LUNCH - SUNDAY 12TH MAY – 12 noon

2 Courses with Drinks.

\$15 per head.

Devonshire Afternoon Tea

At 3.00pm

RSVP: Wednesday 8th 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

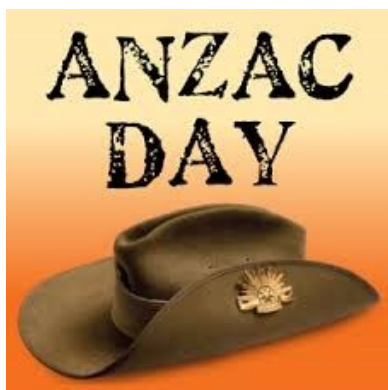
Auto Lock Down:

Due to the change of seasons, auto lock down has moved to 6.00pm.

Resident Meeting - Monday 13th May 2019 at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - 20th May 2019 at 2pm in Heath House.

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



Residents travelled to the ANZAC service at McLandress Square in vintage style, courtesy of the Maryborough Car Club. This has been a tradition over many years and we certainly appreciate the continued support and generosity of the car club members.



PHOTO GALLERY



Easter was a fun time in the cooking session, everyone having a laugh making iced biscuit easter eggs.

Lifestyle staff got into the spirit with technology doing snapchats, the residents thought it was very novel.





THINGS MY MOTHER USED TO SAY

Be Good.

Don't make me get up!

Bored! How can you be bored? I was never bored at your age.

Clean up after yourself!

WEIRD and WONDERFUL WORDS

ZOOLATRY - the worship of animals



FALLS PREVENTION

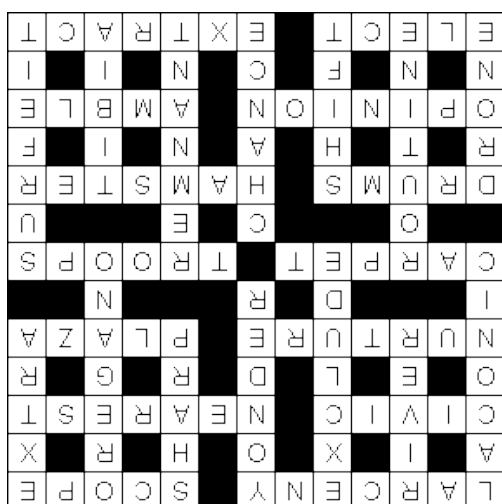
Be active everyday, - go for a walk with a friend.

Consider participating in exercises classes.

Wear comfortable, firm fitting shoes with a low heel, laces, buckles or Velcro fasteners.



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. George Adams.
2. Corps.
3. The Silver City.
4. An Australian Bird.
5. A fish.
6. 1853.

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.

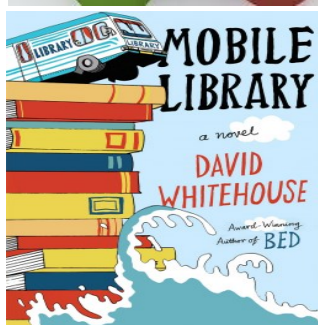
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 13th May 2019 at 1.15 pm

Heath House Monday 20th May 2019 at 2pm



Mobile Library - May and June Dates

May 10th and 24th, June 7th and 21st 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

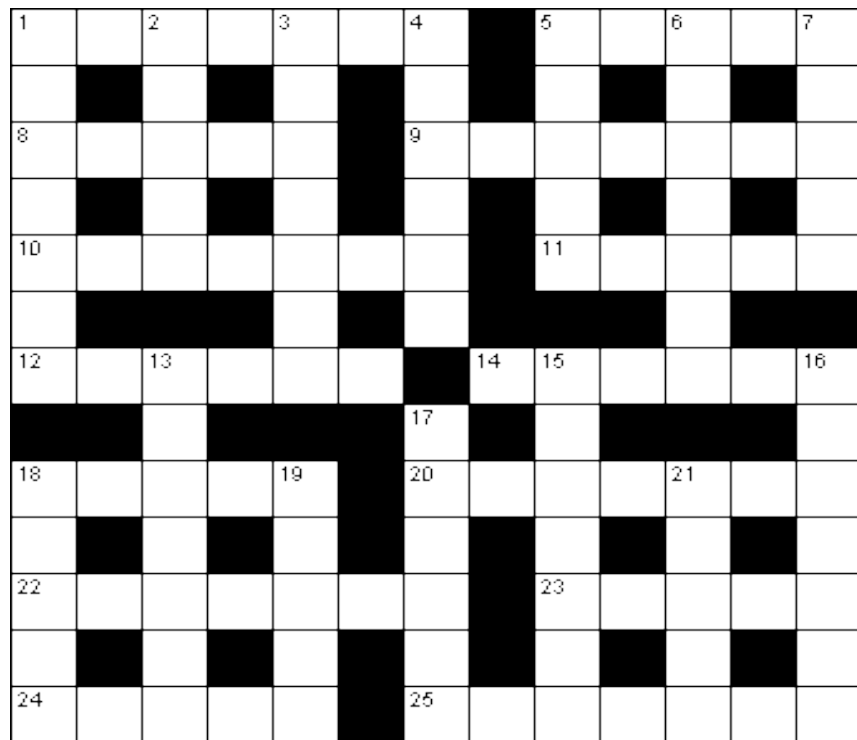
THURSDAY
Activity Time 10.30am,
1.45pm & 6.00pm
Cooking 1.30pm
Sonas 4.00pm

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.



Across:

1. Theft (7)
5. Ambit (5)
8. Relating to a city (5)
9. Closet (7)
10. Foster (7)
11. Public Square (5)
12. Floor covering (6)
14. Soldiers (6)
18. Percussion instruments (5)
20. Burrowing rodent (7)
22. View (7)
23. Stroll (5)
24. Choose (5)
25. Pull out (7)

Down:

1. Curt (7)
2. Watercourse (5)
3. Leave out (7)
4. Distant but visible (6)
5. Acute (5)
6. Aromatic herb (7)
7. Additional (5)
13. Habitual method (7)
15. Oddment (7)
16. Excess (7)
17. Opportunity (6)
18. Stingless male bee (5)
19. Change position (5)
21. Shinbone (5)

WORD SEARCH - Out There

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

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

ASTEROID, ASTRONAUT, ASTRONOMY, ASTROPHYSICS, ATMOSPHERE, BLACKHOLE, CAPSULE, COSMOS, COUNT-DOWN, CREW, EXPLORATION, FLIGHT, GALAXY, GRAVITY, LAUNCH, LIGHT YEAR, METEOR, MISSION, MODULE, MOON, NEBULA, ORBIT, PLANET, PULSAR, ROCKET, SATELLITE, SOLAR SYSTEM, SPACECRAFT, SPACE STATION, STAR, SUPER-NOVA, TAKEOFF, TRAJECTORY, UNIVERSE, VOYAGE

QUIZ

1. Who started Tattersalls lotteries?
2. What does the C stand for in ANZAC?
3. What is Broken Hill's nickname?
4. What is a bustard?
5. What is a snoek?
6. When did Cobb & Co start operating?

Joyleen Walker

Length of time at Havilah: I have been a resident here at Havilah for the past 8 months

My Story: I was born and raised in Maryborough, I was an only child to Joyce and Terence Doyle, attended primary school 2828 and later for my secondary years the Maryborough Technical College. When I finished school I gained employment at Lucas's, haberdashery store in High Street where the Guardian chemist is now. I married and had 3 sons, Shane, Troy and Dean and have 9 grandchildren, (one in heaven). In later years I worked at McPhersons Printing, a little Deli in High Street and Havilah.

Things you used to do for fun: When growing up I played hockey, enjoyed going to the local swimming pool, and looked forward to bonfire nights. When the boys were at school I was involved in the mothers club at 2828, made many a ginger fluff, couldn't say how many I made.

About where you have lived: I haven't moved from town, born and bred Maryborough, but when I was young I enjoyed going to my cousins in Donald for every school holidays.

Travel, sport, passions: I haven't travelled too far, have been on a cruise to Fiji with my cousin, I am a one eyed Collingwood supporter and always say that there are only two colours in this world which are black and white. My family are very important to me, I was always on call to baby sit, transport kids to school and their sporting commitments.

Things you enjoy to do now: Living at Havilah, I enjoy going on the bus outings with other residents, and pamper myself with a foot spa every week. I go on outings with the family and spend every second Friday night with son Dean for a fish and chip tea.



Your favourite topics: My family is the main topic of conversation, I get a lot of enjoyment from my grandchildren, they vary in age, from young adults to very young primary school students.

Favourite Food and Music: I enjoy the music of the Jersey boys and Elvis Presley. Favourite foods would have to be icecream and chocolate and a good meal of fish and chips.

May 2019

	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		

Why do people say heads up, when you should duck?

Why can't donuts be square?

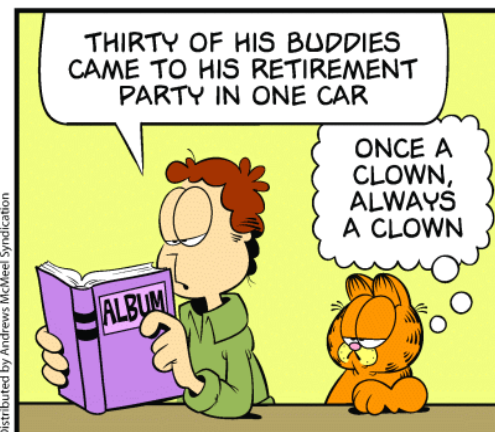
If you blew a bubble in space, would it ever pop?

Why is it that no matter what colour bubble bath you use, the bubbles are always white?

At a picture theatre, which arm rest is yours?

Why is the Lone ranger called "Lone" if he always has his friend Tonto with him?

If ghosts can walk through walls and glide down stairs, why don't they fall through the floor?



The AFL Footy season is well on its way with 6 rounds already been played. The scores have been varied from the tipsters with different residents showing that skill of picking the winners.

After round 6 the leader in the competition is Trish Reed with a total of 35 points, followed by Hazel De-

whirst in second place with 34. Closely in third position is Bill Maher with 33 points. Jean McLean is holding up the ladder with a total of 20 points.

Jackie Mason proved to be clever in round 6 picking a full house for the week.

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 - March 2018



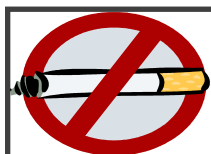
Of the 31 residents surveyed at Harkness:

100% of surveyed residents stated that their room is appropriately lit for them to sleep at night most of the time or always.

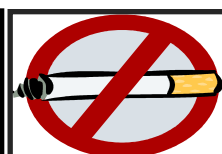
87% of surveyed residents indicated that most of the time or always they feel comfortable to make a complaint about the care or facilities at Havilah.

94% surveyed residents agree, strongly agree or answered neutral that they felt welcomed by the staff when they first moved in.

100% of residents surveyed agreed or strongly agreed that they are aware that family and friends are welcome to visit.



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



Published in October 2018, originally as a gift for his children Anne and David, Ted Tarrant's book *Rainbows and Opals* is an insightful, at times amusing, and very real commentary on what living in an aged care home is really like.

Why *Rainbows and Opals*?

With increasing dependence on each other and declining health issues, Ted and Edna Tarrant decided they wanted to move into an Opal Aged Care home at a time when their life journey needed a new direction and a "rainbow vision" to follow.

According to Ted they found their end of the rainbow at Opal South Valley in Highton, Victoria – 8kms south of Geelong – on 22 April 2018.

Having written a series of humorous short stories on request for the Geelong Advertiser in 2006, Ted began taking notes on "The Funny Side of Life at Opal". However, with concern about the ever-threatening "spectre of litigation" making writing humorous stories impractical, Ted changed his mind to writing a series of essays to help his children and close friends realise that Edna and he were happy with their new life.

When Edna unexpectedly passed away in June 2018, four months short of their 50th wedding anniversary, Ted, who was still dealing with his grief, became concerned that his children might think that he would not cope with the separation and the lack of meaningful relationships.

He became determined to allay their concerns and show them that a new vocation in life was opening up for him at Opal.

Expressing his thoughts and experiences, he developed a series of chapters "involving the Opal Administration to check the balance of humour with real liv-

ing as he knew it."

"A few photos here and there to brighten up the presentation and a catchy title to bring it to life. The rest is history. It became a short book and so the first edition was born," says Ted.

Ted explains "it was meant to be for my kids. It was never meant to be for sale; I never thought it to be an advert for Opal; or, some sort of propaganda piece for nursing homes."

"In an age of suspicion about aged care nursing homes we need an uplift, understanding, respect and community support."

Ted has made his contribution as meaningful conversations about living in an Australian aged care home. Edward J Tarrant was born in 1930 in Rosanna, VIC and spent 44 years working in Secondary Education and Administration. Ted qualified for three Olympic events in 1948 for the London Games, formerly known as the Olympiad XIV – but refused due to conflicting dates with final Secondary studies. Ted played VFL (now AFL) football for Collingwood 'Curtain Raiser Games' in 1944.



Pictured: Ted Tarrant (left) and his son David

Sydney Aged Care Royal Commission hearing begins on Monday 6 May and will run over two weeks. This hearing will inquire into the quality and safety of residential aged care, with a focus on care for people living with dementia.

Australia's population is ageing and there are increasing numbers of older Australians living with dementia. This hearing will provide insights into whether the residential aged care system is coping with these challenges and, if not, what is going wrong. There will be a focus on the key elements of quality dementia care.

The hearing will begin with direct accounts of the experiences of people living in the residential aged care system, and accounts from people living with dementia and their carers. These personal accounts are expected to provide powerful and compelling insights into the experience of residential aged care, particu-

larly for those living with dementia.

The first four days of the hearing will inquire into allegations of poor care and mistreatment by certain providers, and will hear evidence from those providers. These case studies are expected to shed light on particular issues relevant to the quality and safety of care provided to residents living with dementia. In its second week (**13-17 May**), the Commission will hear from aged care workers, nurses, clinical experts, innovative provider organisations, policy advocates and representatives from the Department of Health and the Aged Care Quality and Safety Commission.

Please arrange to speak to the Director of Care or the CEO if you are concerned or have questions in relation to any matters raised in the Royal Commission or in the Media.



Jack strode into 'John's Stable' looking to buy a horse. "Listen here" said John, "I've got just the horse you are looking for, the only thing is, he was trained by an interesting fellow. He doesn't go and stop the usual way. The way to get him to stop is to scream heyhey the way to get him to go is to scream Thank God. Jim nodded his head, "fine with me, can I take him for a test run?" Jim was having the time of his life this horse sure could

run he thought to himself. Jim was speeding down the dirt road when he suddenly saw a cliff up ahead "stop!" screamed Jim, but the horse kept on going. No matter how much he tried he could not remember the words to get it to stop. "yoyo" screamed Jim but the horse just kept on speeding ahead. It was 5 feet from the cliff when Jim suddenly remembered "heyhey!" Jim screamed. The horse skidded to a halt just 1 inch from the cliff. Jim could not believe his good fortune, he looked up to the sky, raise his hands in the air, breathed a deep sigh of relief and said with conviction "Thank God."

A fellow walked into a bank in the middle of Melbourne asking for a loan for \$4,000 dollars. "Well, before we lend you the money we are going to need some kind of security" the bank teller said. "No problem" the man responded here are the keys to my car "you'll see it, it's a black Porsche parked in the back of the parking lot." A few weeks later the man returned to pay off his loan. While he was paying it up, along with the interest

of \$11 dollars, the manager came over, "sir, we are very happy to have your business, but if you don't mind me asking, after you left we looked into you and found out that you are a millionaire, why would you need to borrow \$4,000 dollars?" "Well, the fellow responded it's quite simple, where else can I park my car for three weeks in Melbourne for \$11 dollars?"

Jim's car is swerving all over the road so a policeman pulls him over, "Step out of the car" says the policeman, "I am going to need you to take a breathalyser test." "I can't", Jim responds "You see I have very bad asthma and that can set off an attack." "Alright," says the policeman, "then you're going to have to take a blood test." "Can't do that either," Jim responds, "I am a haemophiliac, if a wound is opened, I won't stop bleeding,

and I could bleed to death." "Ok," the policeman answers "then I will need a urine sample." "Sorry," says Jim "I also have diabetes, that could push my sugar count really low." "Fine, so just come on out, and walk a straight line for me." "Can't do that either" responds Jim. "Why not?" Demanded the exasperated policeman. "Well, because I'm drunk!"



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.

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.

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 needed

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 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	
	<p>Mother's Day Sunday 12th May 2019 2 Course Lunch & Drinks \$15.00 Devonshire Afternoon Tea 3.00pm Saturday 11th May Special Afternoon Tea 3.00pm</p>
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