

# HAVACHAT

Issue July 2019

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 MAJOR RAFFLE

Week one - Alan Duffin

Week two - Sharelle Mortlock

Week three - Wendy and  
Ivy Johnson

Week four - Ernie Bandy

Week five - James Prime



Week six - Peter Hooper

Week seven - Marita Turner

Week eight - Red Shirts

Syndicate

Week nine - Maryborough Floor Coverings

Week ten - Bev Dawson

The lucky winner of the \$10,000.00 was **Tom Freeman** and the \$5,000.00 went to **Maragaret Rumpff and Lyn Bond**. Congratulations to both winners and Havilah give a huge thankyou to everyone who supported this fundraiser.

The winter weather is setting in with the rain and heavy frost since the beginning of June, please be mindful that when venturing outdoors for a walk, an activity or for an appointment that you are dressed appropriately to suit the conditions, Staff will ensure that resident rooms are at a comfortable temperature during the day and night. Please don't hesitate to ask staff if you need assistance in adjusting the heating in your room or in public areas.



To be held

**Wednesday 17th July**

Variety of festive foods for main and sweets, activities  
staff will be busy decorating tables for the occasion.

**Resident Meeting - Monday 8th July 2019 at 1.15pm in Callistemon Activities Room.**

**Resident Meeting Heath House - 18th July 2019 at 2pm in Heath House.**

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

## THINGS MY MOTHER USED TO SAY

Don't put that in your mouth, you don't know where it's been.

Always wear clean underwear in case you have an accident.

Don't use that tone of voice with me!

Don't you have anything better to do?



## WEIRD and WONDERFUL WORDS

**BLATHERSKITE** - A person who talks at great length without making much sense.



## FALLS PREVENTION

### Things to consider

Is there enough light in my room to see at night?

Can I see my way to get to get to the toilet?



**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.**

## LIFESTYLE

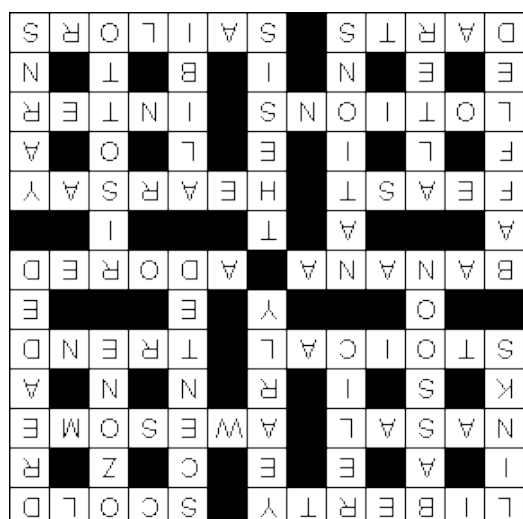
Havilah have their own Resident masseur who is available for massages at a cost of \$30 per session. If you would like to enquire about booking a session please contact Sue or Jo on 5461 7390.

## Quiz and Crossword Solutions from page 8



## Answers to Quiz

1. Sir Edmund Barton
2. A one shilling coin (The equivalent of today's 10 cents)
3. John Macarthur
4. 1930
5. 1917





## PHOTO GALLERY



Queen Pat, a bit of naughtiness in this grand lady.



Bob admiring the lady during lunch.



Mary thought she was the queen of Havilah for the day.



Recent cooking activity in Heath House where cup cakes were made and residents decorated the finish product ready for their afternoon tea.



As well as her book being an entertaining read, Josephine Moon shines the spotlight on the joys and difficulties facing a heart transplant recipient.

Mother of three, Gabby McPhee, who owns a Melbourne cafe and coffee roasting house called The Tin Man, had a heart transplant three years ago and now wants to discover the donor.

Meanwhile Krystal, who was widowed after husband Evan was killed in a mysterious hit and run car accident in Sydney, believes Gabby is the recipient of his heart.

A newspaper story about Gabby's cafe and her transplant inadvertently connects the dates and provides a contact.

Krystal, who was left alone to bring up two young boys, must cope with Evan's ruthless sister, lawyer Cordelia-Aurora Arthur. Head of the family law firm, Cordelia-Aurora resented her brother's quick decision to abandon his legal career and become a sommelier.

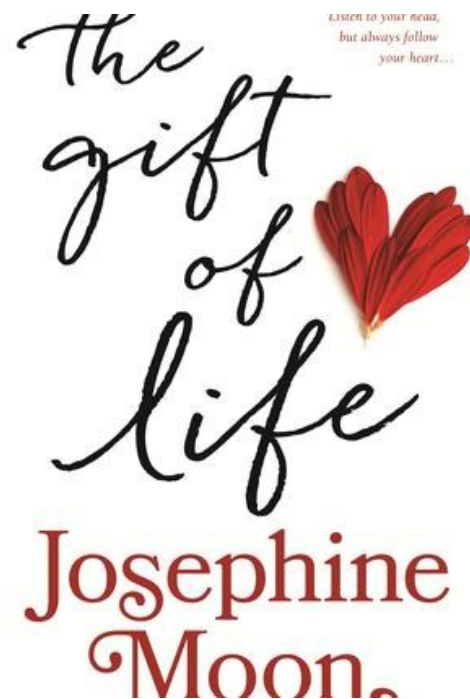
Krystal has many unanswered questions, including why Evan was in Sydney that fateful night, and believes Gabby can provide the answers via Evan's heart.

Gabby, who has researched the possibilities of cellular

memories from a donor's heart, wants to help Krystal, but they discover several unpleasant secrets in their quest to leave the past behind.

It is a moving novel that makes you smile and feel sympathy for the well-rounded characters that are both likeable, believable and vibrant.

Themes of the priceless gift of life, loss, grief, love and friendship run through the engrossing book which is hard to put down.



A special High tea was held as a thankyou of appreciation to the tireless efforts that is put into Havilah by our Auxiliary ladies. The contribution from the ladies from the beginnings of Havilah have shown by the way of funding for equipment, furniture, the resident bus outing and other special occasions.

In the 23 years the auxiliary have raised in excess of \$332K which is an amazing effort. A huge thanks goes to these volunteers.

**Why is it called a HAMBURGER when its made out of BEEF?**

**Why does SOUR CREAM have an expiry date?**

**Why is QUITE A FEW the same as QUITE A LOT?**

**If it was only a 3 hour cruise, why did MRS HOWELL have so many clothes?**

**Why buy a product that it takes 2000 flushes to get rid of?**

**Why don't sheep shrink in the rain?**

**If the cops arrest a mime, do they tell him he has the right to remain silent?**

**If you choke a smurf, what colour does it turn?**

### **Signing In and Out**

We ask that all residents and their families please complete the details in the Sign Out Book when leaving Havilah and when returning.

**The information required includes: Residents Name, Where they are going, Who with, Time out, Approximate time due back, Returned time, Signature and Date.**

## 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.

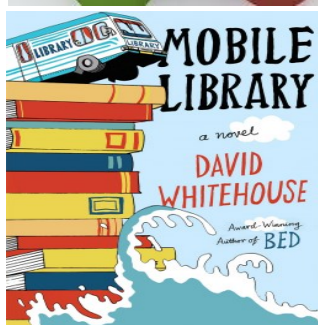
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



### Resident/Advocate Meetings

Next meeting Monday 12th August 2019 at 1.15 pm

Heath House Monday 19th August 2019 at 2pm



### Mobile Library - July and August Dates:

July 19th

August 2nd, 16th and 30th 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 -	None for the months of July & August
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  
Chairobics 11.15am  
Marbowls 1.30pm  
Street Walk 1.30pm  
Bingo 1.45pm  
Afternoon Cards 3.15pm

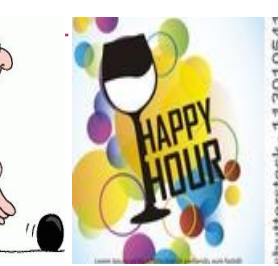
**WEDNESDAY**  
Strength Training 11.15am  
Indoor Bowls 1.30pm  
Movie Afternoon 1.30pm  
Bus Trip (Heath House) 1.30pm  
Cooking classes 3.15pm

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

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

**SATURDAY** Morning Activities 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

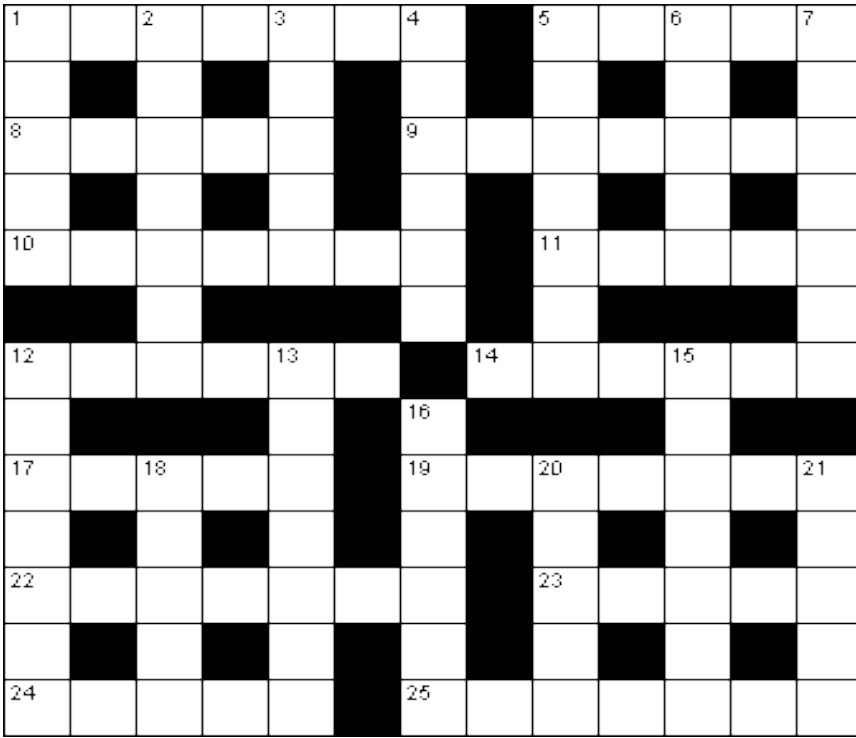
**SATURDAY**  
Activity Time 10.30am,  
1.30pm & 6.00pm  
Delta Dogs (2nd & 3rd Sat)  
1.30pm  
Café 3.00pm  
Sonas 4.00pm

**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. Just ask for Lifestyle Staff and they will come and attend you.

# Mind Games

7



## Across:

1. Freedom (7)
2. Berate (5)
8. Rhinal (5)
9. Amazing (7)
10. Impassive (7)
11. Tendency (5)
12. Fruit (6)
14. Loved (6)
17. Banquet (5)
19. Gossip (7)
22. Embrocations (7)
23. Entomb (5)
24. Arrows (5)
25. Mariners (7)

## Down:

1. Golf course (5)
2. Woodwind instrument (7)
3. Object surviving the past (5)
4. Annual (6)
5. Perfumed (7)
6. Earth's protective layer (5)
7. Feared (7)
12. Perplexed (7)
13. Countries (7)
15. Rice dish (7)
16. Dissertation (6)
18. Change (5)
20. Legal excuse (5)
21. Tall tales (5)

## WORD SEARCH - Wide open Spaces

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

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

BUSH, CHAMPAIGN, COMMON, COUNTRYSIDE, DESERT, FILED, GRASSLAND, GREEN, HAYFIELD, HINTERLAND, LEA, LLANO, MEADOW, MOOR, OUTBREAK, PADDOCK, PAMPAS, PARK, PASTURELAND, PLAIN, RURAL, SALT FLATS, SVANNA, SNOWFIELD, STEPPES, TUNDRA, WASTELAND, WILDERNESS.

## QUIZ

1. Who was Australia's first Prime Minister?
2. What was a 'deener'?
3. Who owned the mansion 'Camden Park'?
4. In which year did the British Empire Games begin?
5. When was daylight savings introduced to Australia?



## *Shirley Nicholson*

**Length of time at Havilah:** I have lived very happily at Havilah for 9 years.

**My Story:** I was born in Maryborough and have lived here most of my life. I am the eldest of 3 children. I have two brothers and we grew up in a very happy home and did lots of fun things together as a family.

**Things you used to do for fun:** I have always loved to sing and dance to my favourite music and spent many hours doing that. I enjoyed visiting family and friends, especially for morning tea and also spent lots of time riding my bike. I liked to look after our pets. We had a King Charles Cavalier who I took for walks around the paddocks at home and I also used to help feed the horses with Dad.

**About where you have lived:** I have lived in Maryborough all my life except for a few years when I was young and my parents had a mixed business in Balarat and we lived behind the shop. I used to love sneaking lollies, biscuits and ice creams from the shop.

**Travel, sport, passions:** As a child I looked forward to holidays with my family in the caravan at the beach. I liked going on outings and I loved to go shopping with my Mum. I have always had a passion for buying bags of all shapes and sizes.

**Things you enjoy to do now:** I still like to do jigsaw puzzles, as I have done all my life. I participate in as many activities at Havilah as I can. I look forward to the bus trips around the Maryborough district each week, Happy Hour and street walk. I enjoy social time with other residents and always look forward to visits and phone calls from my family. I go to the Kalparrin group one day every week and I have fun catching up with my friends and doing various activities there.



**Your favourite topics:** I just like spending time with people and talking about my two brothers; my nephews and nieces and their families.

**Favourite Food and Music:** I like all music, but am especially keen on rock and roll and 1960's music. I have a big collection of CD's that I spend a lot of time listening to. I love going to morning melodies and any musical event. I am always keen to get up and dance. I like most food but am very partial to sweets. My mum was a beautiful cook and I loved her sponge cakes and pavlovas.



### *July 2019*

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





**Rhonda James our physio will be away for 6 weeks, Monday 15th July and returning to work on Monday 26th August. During Rhonda's time away activities will run an extra session of chairyobics each Wednesday to replace the strength training sessions.**



The AFL Footy season is well and truly into its second half of the season with already 15 rounds being played. The ladder is starting to show some consistency within the tipping circle. Brian Dam has taken over the leader board with 78 points.

In second position Faye Share, Phillip Ervin and Graham Milne with 77 points, Holding third position on her own is Gwen Maffescioni on 76 points.

The wooden spooner, lucky last holding up the ladder

is Shirley Nicholson with a score of 56 points.

From the 15 rounds already played there has been 15 tipsters who have picked a full house in the rounds that have been played.

**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.

Winners for the overall competition will be awarded with their winnings and certificate at Happy Hour prior to the AFL grandfinal.



### **RESIDENT SURVEYS - May 2019**

**Of the 26 residents surveyed at Harkness:**

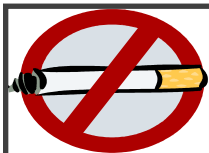
97% of residents surveyed stated that they can most of the time or always go to bed when they like.

97% of residents surveyed indicated

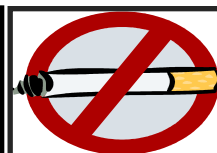
that their room is well maintained most of the time or always with any repairs completed promptly.

97% of residents agreed or strongly agreed that the staff have the skills to do their job.

100% of surveyed residents agreed or strongly agreed that staff call them by their preferred name.



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



# PHOTO GALLERY



Bus Outing to the Creswick Woollen Mills, residents took particular interest in the surrounds

Top Left: Elaine took a fancy to the cuddly toy.

Top Right: Flo inspecting the fleece.

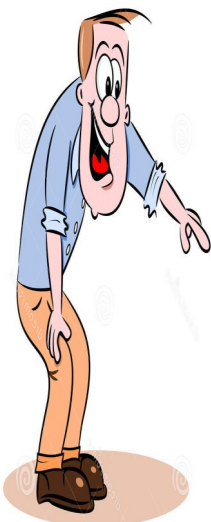
Left: Ted all smiles with the Alpaca statue.

Right: Joyleen getting friendly.





# HAV' A' LAUGH



A couple go on a fishing holiday to a lovely lake.

The husband likes to fish at the crack of dawn,. The wife likes to read.

One morning the husband returns after fishing and takes a nap and the wife decides to take the boat out. She anchors and continues to read her book.

A fisheries officer pull up alongside and asks to see her fishing licence.

"I'm sorry officer, but I'm not fishing, I'm reading."

"Yes, but you have all the equipment, I'll have to take you in and book you."

"If you do that, I'll have you charge you with sexual assault," she says.

"But I haven't even touched you," the officer replies.

"That's true, but you have all the equipment," she says.

Barry rings the local cop shop.

"I'm calling to report about my neighbour, Wazza. He's hiding marijuana inside his firewood."

The next day, police officers descend on Wazza's house.

They search the house and then go out to the shed where the firewood is kept.

Using axes, they bust open every piece of firewood but they find no marijuana.

They swear at Wazza and leave. The phone rings at Wazz's house. It's Barry.

Hey Wazz, did the cops come.

"Yeah" he replied.

"Did they chop up your firewood?"

"Yep."

"Happy Birthday Mate."



Q: What did the Cinderella fish wear to the ball?

A: Glass flippers.

Q: Why was the mouse afraid of the water?

A: Catfish

Q: What happened when the lion ate the comedian?

A: He felt funny.

Q: What's black and white and red all over?

A: A blushing zebra.

Q: What kind of mouse does not eat, drink, or even walk?

A: A computer mouse.

Q: What do you call a dog with a Rolex?

A: A watch dog.





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](mailto: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 Allison O'Connell**

**54 617383 email:**

**allison.o'connell@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](mailto:mail@havilah.org.au) or Telephone: 54617387. 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

<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>	Each SATURDAY at 1.30 pm
<b>BINGO</b>	Alternate SATURDAYS 10.30 a.m. Correa Lounge
<b>MARBOWLS</b>	
	Wednesday 17th July Variety of festive foods for main and sweets
<b>HAVILAH ON PALMERSTON</b>	
	2nd WEDNESDAY of the month 10.00AM START Great chance for the men to get together and chat about secrets men's business, first floor Raglan House.
<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