



Abuse can happen to any older person. If you, your client or someone you know is experiencing elder abuse contact the Seniors Rights Victoria **FREE** confidential Helpline - Phone: **1300 368 821**
10.00 am - 5.00 pm Monday – Friday
www.seniorsrights.org.au



UPCOMING EVENTS THIS QUARTER

July 2018

2. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
3. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
4. Cobden SSG
5. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
6. Timboon Care Respite SSG, Speech Pathology
8. National Diabetes Week
9. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
10. Men's Shed, Cobden SSG, Dietitian
11. Cobden SSG, Friendlies
12. Men's Shed, Timboon SSG, Occupational therapy
13. Timboon Care Respite SSG
16. Walking Group, Swimming Car, Bounce Back with Babes
17. Men's Shed, Cobden SSG
16. Walking Group
17. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
18. Cobden SSG, Diabetes Educator, Life Program - Session 3, Dietitian
19. Men's Shed, Timboon SSG, Occupational therapy
20. Timboon Care Respite SSG
23. Well Women's Clinic – Cobden Walking Group, Swimming Car, Bounce Back with Babes
24. Stress Down Day – Lifeline, Men's Shed, Cobden SSG, Dietitian
25. Cobden SSG, Friendlies, Dietitian
26. Men's Shed, Timboon SSG, Continence Clinic, Occupational therapy
27. Timboon Care Respite SSG
28. World Hepatitis Day
30. Walking Group
31. Men's Shed / Cobden SSG

August 2018

1. Cobden SSG, Diabetes Educator, Cobden Diabetes Support Group, Life Program – Session 4
2. Men's Shed, Timboon SSG, Occupational therapy
3. Timboon Care Respite SSG, Jeans 4 genes Day
6. Walking Group, Swimming Car, Bounce Back with Babes, Dietitian, Healthy Bones Week, Dental Health Week
7. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
8. Cobden SSG, Friendlies
9. Men's Shed, Timboon SSG, Occupational therapy
10. Timboon Care Respite SSG
12. Speech Pathology Week
13. Walking Group, Swimming Car, Bounce Back with Babes, Well Women's Clinic – Cobden, Dietitian
14. Men's Shed, Cobden SSG, Dietitian
15. Men's Shed, Cobden SSG
16. Men's Shed, Timboon SSG, Occupational therapy
17. Timboon Care Respite SSG
20. Well Women's Clinic – Cobden, Walking Group, Swimming Car, Bounce Back with Babes, Dietitian
21. Men's Shed, Cobden SSG, Dietitian
22. Cobden SSG, Friendlies
23. Men's Shed, Timboon SSG, Continence Clinic, Occupational therapy
24. Daffodil Day
27. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
29. Meals on Wheels Day
30. Men's Shed, Timboon SSG
31. Timboon Care Respite SSG, Speech Pathology, Dietitian



8.00 am every

Saturday in Timboon.

Meet at the Timboon rail trail

Remember to register before you take part.

<http://www.parkrun.com.au/register/>

For more info contact Event Director:

Donna Ellis: 0408 529 543

Great Ocean Road Walk

Monday 16th July 2018

FREE EVENT
Registrations
Essential

Meet at the Timboon senior citizens centre car park at 10.00am sharp, or the 12 Apostles car park at 10.30am

Enquiries & RSVP:

5558 6043 or

5558 6000

