



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

September 2018

3. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Physiotherapy, Women's Health Week, Stroke Awareness Week
4. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
5. Cobden SSG, Women's Health Night, Friendlies
6. Timboon SSG, Occupational therapy, Men's Shed, Speech Pathology
7. Timboon Care Respite SSG, Speech Pathology
8. World Physiotherapy Day
10. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Physiotherapy
11. Men's Shed, Cobden SSG, Dietitian, Physiotherapy
12. Cobden SSG, Friendlies
13. R U OK Day?, Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
14. Timboon Care Respite SSG
16. Parkinson's Walk
17. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Physiotherapy
18. Men's Shed, Cobden SSG, Public Podiatry
19. Cobden SSG, Friendlies,
20. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
21. Timboon Care Respite SSG, Speech Pathology
24. Sleep Awareness Week, Cobden Well Women's Clinic, Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Physiotherapy
25. Men's Shed, Cobden SSG, Dietitian,
26. Cobden SSG
27. Men's Shed, Timboon SSG, Occupational therapy
28. **Public Holiday**

October 2018

1. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
2. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
3. Cobden SSG
4. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
5. Timboon Care Respite SSG, Speech Pathology
8. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
9. Men's Shed, Cobden SSG, Dietitian, Continence Clinic
10. Cobden SSG, Friendlies
11. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
12. Timboon Care Respite SSG
15. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian, Well Women's Clinic
16. Men's Shed, Cobden SSG, Dietitian
17. Men's Shed, Cobden SSG, Dietitian, Public Podiatry
18. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
19. Timboon Care Respite SSG, Speech Pathology
22. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
23. Men's Shed, Cobden SSG, Dietitian
24. Cobden SSG, Friendlies, Dietitian
25. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
26. Timboon Care Respite SSG
29. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
30. Men's Shed / Cobden SSG, Continence Clinic
31. Cobden SSG

November 2018

November – Men's Health, Epilepsy Awareness Month

1. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
2. Timboon Care Respite SSG, Speech Pathology
5. Walking Group, Swimming Car, Bounce Back with Babes, Dietitian, Speech Pathology
6. **Public Holiday** – Melbourne Cup
7. Cobden SSG
8. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
12. Walking Group, Swimming Car, Bounce Back with Babes, Well Women's Clinic – Cobden, Dietitian, Speech Pathology
13. Men's Shed, Cobden SSG, Dietitian, Continence Clinic,
14. World Diabetes Day, Cobden SSG, Friendlies
15. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
16. Timboon Care Respite SSG
19. Walking Group, Swimming Car, Bounce Back with Babes, Dietitian, Speech Pathology
20. Men's Shed, Cobden SSG, Dietitian
21. Cobden SSG
22. Men's Shed, Timboon SSG, Continence Clinic, Occupational therapy, Speech Pathology
23. Timboon Care Respite SSG, Speech Pathology, Dietitian
25. White Ribbon Day
26. Walking Group, Swimming Car, Bounce Back with Babes, Speech Pathology, Dietitian
27. Men's Shed, Cobden SSG
28. Cobden SSG
29. Men's Shed, Timboon SSG, Occupational therapy, Speech Pathology
30. Timboon Care Respite SSG, Speech Pathology

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**

