

July 2021





ROSEWALL

Barwon Health Social Support Program
36 Sharland Rd Corio



All cancellations to be made by 9:00am on day of attendance on
0447 515 507 or 4215 7049

Program subject to change

Monday	Tuesday	Wednesday
<p>5</p> <p>Morning tea outing to The Aviary \$12</p> <p>Brain gym at the Centre</p> <p>Kite flying</p> <p>Cup decorating time again. Let's personalize our Covid19 safe mugs</p> 	<p>6</p> <p>Morning drive to Buckley Falls</p>  <p>Activities of choice. Feel free to grab a game, complete a puzzle or two or just have a chat with friends</p>	<p>7</p> <p>Morning outing to the Art Gallery. Do you have a favorite masterpiece?</p> <p><u>Fish and chips lunch \$15</u> or would you prefer Barwon Health meal? It's your choice.</p> <p>Afternoon activities of choice with friends. Would you like to do a puzzles or play a game of cards?</p>
<p>12</p> <p>Morning stretching and movement followed by relaxation and meditation</p> <p><u>Lunch outing to OPPY'S BISTRO (Seniors meals \$17.90)</u> or would you prefer to stay at the Centre for a Barwon Health meal? It's your choice.</p> <p>Afternoon mystery drive or cuppa with a game or two back at the Centre</p>	<p>13</p> <p>Art Gallery - Art + Memory. What will your guide talk about today?</p> <p>Afternoon stretching and movement followed by relaxation and meditation</p> <p>Bird feeder craft with our pine cones we collected last week.</p>	<p>14</p> <p>Morning tea at Millars Café in Lara \$12</p> <p>Countryside drive</p> <p>Late lunch</p> <p>Afternoon kite flying</p> <p>Mind games – Let's get our brains working</p> 
<p>19</p> <p>Monthly trip to Cheap As Chips or the Op Shop. Which one would we prefer this month?</p> <p>Late lunch</p> <p>Afternoon bird feeder craft. Would you like to make a bird feeder to try attract some birds to your yard?</p>	<p>20</p> <p>ALL DAY OUTING Exploring Queenscliff's Op shops and second hand shops for the day. <u>Lunch at Rip View Bistro \$20 to \$25</u></p> <p>Enjoy a meal whilst watching ships go through the heads</p> 	<p>21</p> <p>Morning stretching and movement followed by relaxation and meditation.</p> <p>Games of choice or whiteboard games</p> <p>Early lunch</p> <p>Afternoon drive to Torquay for a McDonalds ice cream \$1</p>
<p>26</p> <p>UNSEEN EXHIBITION at Deakin Geelong Waterfront. Come along to see works from our much loved staff member Ingrid.</p> <p>Late lunch</p> <p>Afternoon bingo or other activities of choice.</p>	<p>27</p> <p>Morning stretching and movement followed by relaxation and meditation</p> <p>Trev's Tour De France Game – Flamme Rouge</p> <p>Afternoon drive to the Waterfront and CBD – Has anything changed since you went there last? Or would you like to have a look at the UNSEEN Exhibition?</p>	<p>28</p> <p>ALL DAY OUTING MORNING MELODIES AT THE SPHINX HOTEL Paul Hogan with Christmas in July Morning tea, show and 2 course lunch \$29</p> 