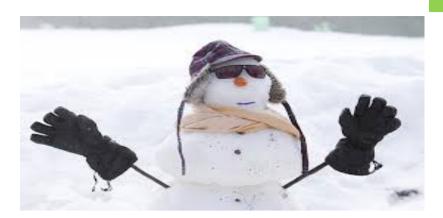
## July 2021 ROSEWALL

choice.

## Barwon Health Social Support Program 36 Sharland Rd Corio



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

Program subject to change

Monday	Tuesday	Wednesday
5	6	7
Morning tea outing to The Aviary \$12  Brain gym at the Centre	Morning drive to Buckley Falls	Morning outing to the Art Gallery. Do you have a favorite masterpiece?
Kite flying		Fish and chips lunch \$15 or would you prefer Barwon Health meal? It's your choice.
Cup decorating time again. Let's personalize our Covid19 safe mugs	Activities of choice. Feel free to grab a game, complete a puzzle or two or just have a chat with friends	Afternoon activities of choice with friends. Would you like to do a puzzles or play a game of cards?
12	13	14
Morning stretching and movement followed by relaxation and meditation  Lunch outing to OPPY'S BISTRO (Seniors meals \$17.90) or would you prefer to stay at the Centre for a Barwon Health meal? It's your choice.  Afternoon mystery drive or cuppa with a game or two back at the Centre	Art Gallery - Art + Memory. What will your guide talk about today?  Afternoon stretching and movement followed by relaxation and meditation  Bird feeder craft with our pine cones we collected last week.	Morning tea at Millars Café in Lara \$12  Countryside drive  Late lunch  Afternoon kite flying  Mind games – Let's get our brains working
19	20	21
Monthly trip to Cheap As Chips or the Op Shop. Which one would we prefer this month?	ALL DAY OUTING  Exploring Queenscliff's Op shops and second hand shops for the day.  Lunch at Rip View Bistro \$20 to \$25	Morning stretching and movement followed by relaxation and meditation.  Games of choice or whiteboard games
Late lunch  Afternoon bird feeder craft. Would you like to make a bird feeder to try attract some birds to your yard?	Enjoy a meal whilst watching ships go through the heads	Early lunch  Afternoon drive to Torquay for a McDonalds ice cream \$1
26	27	28
UNSEEN EXHIBITION at Deakin Geelong Waterfront. Come along to see works from our much loved staff member Ingrid.	Morning stretching and movement followed by relaxation and meditation  Trev's Tour De France Game – Flamme	ALL DAY OUTING  MORNING MELODIES AT THE SPHINX HOTEL  Paul Hogan with Christmas in July  Morning tea, show and 2 course lunch \$29
Late lunch	Rouge	<b>CHRISTMAS</b> 59
Afternoon bingo or other activities of	Afternoon drive to the Waterfront and CBD – Has anything changed since you went	

Has anything changed since you went

at the UNSEEN Exhibition?

there last? Or would you like to have a look