

# September 2021

Barwon Health  
Social Support Program  
36 Sharland Rd Corio



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

Monday	Tuesday	Wednesday
		1 Visit to the Geelong Library or Geelong Art Gallery <b>Brain gym at the Centre or activity</b> <b>10 Pin bowling at the Centre</b>
6 Memories of Father's Day <b>Qi Gung 10:45am to 11:45am</b> Gentle movement / meditation  <b>Footy festivities. Who is going to win the Grand Final?</b>	7 Geelong Art Gallery – Art + Memory session 11:00am  <b>Football festivities. Who is going to win the Grand Final?</b>	8 Morning Botanical Gardens guided walk or sit and enjoy your surroundings. <b>Brain gym at the Centre</b> <b>Footy festivities. Who is going to win the Grand Final?</b> Afternoon paper plane making. Who can make the best plane?
13 Pottery session 10:30am to 12pm. Please come and give it a try. What are we going to make? <b>Brain gym at the Centre</b> Afternoon origami with Andy. Let's see what you can make.	14 <b>ALL DAY OUTING</b> Portarlington Daniel's Donuts \$10 Walk and look around the seaside Lunch at Leopold Sportsman's Club from \$15	15  <b>Op Shop / Cheap As Chips morning visit</b> <b>Brain Gym</b> Paper plane showdown with Belmont. Who is going to be the winning team? Go Rosewall team!
20 Walk or sit and admire at the Botanical Gardens. Feel free to grab a coffee at the café. Word finds or puzzles at the Centre Kite flying. How high can we get it today?	21 <b>Morning drive to Batesford.</b>  <b>Afternoon games with friends. Or just sit back and chat.</b>	22 Morning discussion group. What are we going to chat about today? Qi Gung 10:45am to 11:45am Gentle movements and meditation Afternoon drive then walk or sit and admire Moorpanyal Park
27 Morning trip to Roraima Nursery with the Belmont Big Day Out group.  Afternoon Bingo bonanza or other games of choice	28 Morning discussion group. What's the topic today? Qi Gung 10:45am to 11:45am Gentle movement and meditation  <b>Waterfront walk, sit or drive.</b> <b>Games of choice</b>	29 Morning Melodies at the Sphinx Hotel <b>DANCING THROUGH THE DECADE</b> <b>Morning tea and show \$15</b> 