

what's on



MOVEMBER

The much anticipated Moustache Season is upon us again, so it's time to groom, trim and wax your way into the annals of fine moustachery and change the face of men's health for November.



Our aim is to get the Men of the Timboon and district on board for a good cause. What better excuse do you need to grow the Mo you have always wanted but your partner, family, friends or workmates have not allowed! To top off a good Mo Season and celebrate the moustache journeys of fellow team members a "Mo Party" will be held at the end of November. Prizes will be available for the business with the most representatives, the best individual Mo in town, the most money raised by a Mo Bro, the Mo-tivational encouragement award for he who's hair follicles were unable to produce the quality Mo they strived for and the peer selected "Man of Movember". It is set to be a fantastic event, we just need you and your business, friends or family to join the team.



WHITE RIBBON DAY

On 25th November, community members from across Corangamite Shire are invited to help raise awareness and important funds for White Ribbon Day. All those participating will agree to support the 'My Oath' campaign for White Ribbon, by 'swearing' to stop violence against women.

Timboon and District Healthcare Service is proud to be supporting White Ribbon Day.

One in three Australian women has experienced physical or sexual violence in her lifetime. This could be your mother, sister, daughter or friend. So by supporting White Ribbon Day you will be joining us on the path of prevention and change.

White Ribbon Day, 25 November, the UN Day for the Elimination of Violence against Women.

Ribbons and wristbands will be available for just \$2 each. www.whiteribbon.org.au or at Timboon and District Healthcare Service.

You can also take part in the 'My Oath' campaign by visiting www.whiteribbon.org.au/myoath and swearing never to commit, excuse or remain silent about violence against women.



calendar of events November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BBWB, Rehab 31 Public Podiatry Walking Group SWIMMING CAR	PUBLIC HOLIDAY 1	Chiropractor 2 Strength, Circuit, Rehab Diabetes Education Cobden Planned Activity Gp	BOOKWORMS 3 Men's Shed Speech, Physio Timboon Planned Activity Gp CHIPS	Private Podiatry 4 Young Mum's Group Timboon Planned Activity Gp	Private Dental 5	6
BBWB, Rehab 7 Walking Group SWIMMING CAR	Tai Chi, Gentle Ex 8 Physio, Public Dental Men's Shed 9.30-3 Cobden Planned Activity Gp	Chiropractor 9 Rehab, Better Balance Circuit, Strength Tr Friendlies, Diabetes Support Gp Cobden Planned Activity	Speech 10 Physio Men's Shed Timboon Planned Activity Gp CHIPS	Speech, Tai Chi 11 Strength Training Private Podiatry Dietitian Young Mum's Group Timboon Planned Activity Gp	12	13
BBWB, Rehab 14 Continence Nurse Public Podiatry Walking Group SWIMMING CAR	Public Dental 15 Tai Chi, Gentle Ex Physio, Men's Shed 9.30-3 Cobden Planned Activity Gp	Chiro. Circuit, 16 Strength Training, Rehab, Better Balance Diabetes Education Cobden Planned Activity Gp	Physio 17 Speech Men's Shed Timboon Planned Activity Gp CHIPS	Tai Chi 18 Strength Training Private Podiatry Young Mum's Group Timboon Planned Activity	Private Dental 19	20
BBWB, Rehab 21 Walking Group SWIMMING CAR Continence Nurse	Public Dental 22 Physio, Tai Chi, Gentle Ex Men's Shed 9.30-3 Cobden Planned Activity Gp	Chiropractor 23 Strength Training, Circuit, Rehab Better Balance Friendlies, Cobden Planned Activity Gp	Physio 24 Speech Men's Shed Timboon Planned Activity Gp CHIPS	Speech 25 Tai Chi Strength Training Dietitian Young Mum's Group Timboon Planned Activity Gp	26	27
BBWB, Rehab 28 Continence Nurse Public 5 Podiatry Walking Group SWIMMING CAR	Public Dental, 29 Tai Chi, Gentle Ex Physio Men's Shed 9.30-3 Cobden Planned Activity Gp	Chiropractor 30 Strength Training Circuit, Rehab Better Balance Diabetes Education Cobden Planned Activity Gp	BOOKWORMS 1 Physio, Speech Men's Shed Timboon Planned Activity Gp CHIPS	Tai Chi, 2 Strength Training, Private Podiatry Young Mum's Group Timboon Planned Activity Gp	Private Dental 3	4

DECEMBER



ANNUAL GENERAL MEETING



Well Women's Clinic

A nurse skilled in the area of Women's Health conducts this **FREE** service.

TIMBOON:

Monday—Thursday

COBDEN:

Wed 2nd November

Wed 7th December

Appointments can be made by telephoning
5558 6000



TIMBOON
AND DISTRICT
HEALTHCARE
SERVICE

The Chairman of the Board of Management
Mr John Renyard
and the Chief Executive Officer
Mr Wayne Weaire

cordially invite you to the

TIMBOON AND DISTRICT HEALTHCARE
SERVICE

55th ANNUAL GENERAL MEETING
on
Thursday 17th November 2011 at 7.30 pm

Timboon Bowling Club
Fox Street (off Hospital Road)
Timboon

Quest Speaker
Dr Heather Wellington
Medical Practitioner and lawyer,
Chairman Peter MacCallum Centre and
former Geelong City Councillor;

Quality and Governance
in Healthcare Services
RSVP by 11th November 2011

timboon@swarh.vic.gov.au or 5558 6000



Timboon Diabetes Support Group



Meeting



12 noon Wednesday 9th November, 2011

At Mrs. Loxley's house
27 Leahy's Lane, Timboon

Guest Speaker Carly Dennis on Healthy Cooking

Come along and enjoy a delicious lunch (supplied) and
stimulating conversation

For more information please contact:

Hilary Loxley – 03 5598 3656

Ingrid Rial – 03 5558 6000



community noticeboard

SWIMMING

AT AQUAZONE EVERY MONDAY

AQUA AEROBICS, SWIM or GYM

Car Departs for Aquazone 9.00 am sharp
from Timboon Bowling Club carpark (Fox St)

Return to Timboon approx 12.30

Cost - Aquazone Pool Charges

Bookings Essential on 5558 6000

**CAR WILL NOT RUN ON
PUBLIC HOLIDAYS**



WALKING GROUP

Every Monday at 10.30am.
Meet on the corner of Wark
Street and Hospital Road.
HAIL, RAIN or SHINE. Well
sheltered walk. First Monday
of month meet at rail trail.



BOOKWORMS



Next Sessions at
Timboon Library

Thursday 3rd November
9.30am—10.30am

Thursday 1st December
9.30am—10.30am

SUNSMART
SCREENINGS



Osteopath

Timboon Osteopathic
Clinic

**Bobbie French is
working on Tuesdays**

For appointments call
Timboon Clinic
5558 6088

Cobden, ph 5595 3100

Monday, 14th Nov 10am – 8pm

Tuesday, 15th Nov 10am – 8pm

Timboon, ph 5558 6000

Thursday, 17th Nov 10am – 8pm

Friday, 18th Nov 10am – 8pm

Simpson, ph 5594 3448

Tuesday, 22nd Nov 12md – 8pm

Timboon Arthritis Support Group

Next Meeting

Friday 11th November

The Timboon Hotel

at 12 midday

Christmas Breakup

FOR MORE INFORMATION

Paula Steen 5598 3179 or

Robyn Drake 5598 3190

EXERCISE TO MUSIC

Timboon Hall Supper Room
Fridays from 10.00—11.30,
with a cuppa in between

EVERYBODY WELCOME

SWIMMING COLAC

Every Wednesday

Departs Timboon 8.30am via

Cobden and Camperdown

Returns 1pm

\$5 plus pool costs

FEED BACK & CONTRIBUTIONS

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