

# what's on



## National Youth Week 1—10 April 2011 How will you 'Own It'?

National Youth Week is the largest celebration of young people in Australia. Thousands of young people aged 12–25 all across Australia get involved in National Youth Week each year. It is an opportunity for young people to:

- share ideas
- attend live events
- have their voices heard on issues of concern to them
- showcase their talents
- celebrate their contribution to the community
- take part in competitions, and
- have fun!

Timboon and District Healthcare are celebrating National Youth Week by showcasing the contribution young people make to our community. Displays will be placed in Main St and at the hospital showing young people contributing to our community through both paid and volunteer work.

Thank you to all the young people who participated in our displays.



## strength training

**Timboon and District Healthcare Service would like to invite you to attend our Strength Training Program.**



**A MEN ONLY COME AND TRY SESSION ON FRIDAY 29th APRIL 2011 at 2.00pm**

The session will cover an introduction to Strength Training (ST) principles and offer the chance to try out some of the equipment and exercises that would typically make up a men's ST program.

Programs are individually written to work towards the aims of each participants, for example, improve upper or lower body strength, lose weight, improve posture.

**For more information or to book your place, contact Kirsty on 5558 6049**



## calendar of events April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>March</b> 28 BBWB, Rehab Walking Group SWIMMING BUS Speech Continence Nurse	Tai Chi, Gentle Ex 29 Public Dental Dietitian Physio Men's Shed 9.30 –3 Cobden Planned Activity Gp	Strength, 30 Circuit, Rehab Cobden Planned Activity Gp <b>NO Chiropractor</b>	Physio 31 Men's Shed Timboon Planned Activity Gp	Private Podiatry 9am 1 Speech Timboon Planned Activity Gp	Private Dental 2	3
BBWB, Rehab 4 Walking Group SWIMMING BUS Speech	Tai Chi, Gentle Ex 5 School Dental Men's Shed 9.30-3 Physio Public Podiatry Cobden Planned Activity Gp	Chiropractor 6 Rehab, Better Balance Circuit, Strength Training Diabetes Education Diabetes Support Group Cobden Planned Activity Gp	Physio 7 BOOKWORMS Men's Shed Timboon Planned Activity	Tai Chi 8 Strength Training Private Podiatry Timboon Planned Activity Gp	9	10
BBWB, Rehab 11 Walking Group SWIMMING BUS Speech Continence Nurse	Public Dental 12 Dietitian, Tai Chi Gentle Exercises Men's Shed 9.30 –3 Cobden Planned Activity Gp	Chiropractor 13 Strength Training, Circuit, Rehab Better Balance Friendlies Cobden Planned Activity Gp	Men's Shed 14 Timboon Planned Activity Gp	Tai Chi 15 Strength Training Private Podiatry Speech Timboon Planned Activity Gp	Private Dental 16	17
BBWB, Rehab 18 Walking Group SWIMMING BUS	Public Dental 19 Public podiatry Physio Tai Chi, Gentle Ex Men's Shed 9.30 –3 Cobden Planned Activity Gp	Chiropractor 20 Strength Training, Circuit, Rehab Better Balance Diabetes Ed Cobden Planned Activity Gp	Physio 21 Men's Shed Speech Timboon Planned Activity Gp	22 <b>GOOD FRIDAY</b>	23 <b>EASTER SATURDAY</b>	24 <b>EASTER SUNDAY</b>
25 <b>EASTER MONDAY</b>	ANZAC DAY 26 <b>PUBLIC HOLIDAY</b>	Chiropractor 27 Strength Training Circuit, Rehab Better Balance Friendlies Cobden Planned Activity Gp	Physio 28 Men's Shed Speech Timboon Planned Activity Gp	Tai Chi, 29 Strength Training, Speech Timboon Planned Activity Gp <b>NO Private Podiatry</b>	30	6



## new program

# CHIPPEROOS

A fun, exciting 5 week program for kids living with parents or siblings who have a chronic illness is starting up in Timboon from Thursday 5<sup>th</sup> May

The peer lead program gives members the opportunity to have some fun and form further friendships with people their own age; young people who understand the limitations and isolation that living with a chronic illness imposes. Activities include cooking, air hockey, ping pong, art and so much more; afternoon tea is provided.



Thursday's 4.30 – 5.30pm  
at Timboon Baptist Church  
(Bailey St)



For more information or to register your child please call Kirsty on 5558 6049



## women's health night

Guest Presenter **Kerry Cue**

Come and join us for a night of laughs with one of Australia's foremost humorists, best selling author, columnist and electrifying speaker as she entertains and energises by showing you how to unburden the heart, unclutter the brain and have fun

Wednesday 11th May  
7pm

Tables 10, Tickets \$30

For more information and bookings phone 55586049



## Timboon Diabetes Support Group



First Meeting:



12 noon Wednesday 6<sup>th</sup> April, 2011  
At Mrs. Loxley's house  
27 Leahy's Lane, Timboon

Guest Speaker: Silke from Diabetes Victoria

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

For more information please contact:  
Hilary Loxley – 03 5598 3656  
Ingrid Rial – 03 5558 6049



## community noticeboard

### SWIMMING BUS

#### TO AQUAZONE EVERY MONDAY

AQUA AEROBICS, SWIM or GYM  
Bus Departs for Aquazone 9.00 am sharp  
from bowling club car park  
Return to Timboon approx 12.30  
Cost - Aquazone Pool Charges



Bookings Essential on 5558 6049  
BUS DOES NOT RUN  
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 7th April  
9.30am—10.30am  
Thursday 5th May  
9.30am—10.30am

### Well women's clinic

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

**TIMBOON:**

Available anytime

**COBDEN:**

Wed 4th May | Thurs 16th June

Appointments can be made by telephoning 5558 6049



### Osteopath

Timboon Osteopathic Clinic

Bobbie French is working on Tuesdays

For appointments call  
Timboon Clinic  
5558 6088

### Timboon Arthritis Support Group

Next Meeting  
Friday 8th April,  
Lunch at Cobden Golf Club  
Cars leaving Rail Yard at 11.30am

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

Phone: (03) 5558 6049 Fax: (03) 5598 3565

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