

# what's on



## National Healthy Bones Week

WAKE UP YOUR BONES WITH BREAKFAST

NATIONAL HEALTHY BONES WEEK, 1 - 7 AUGUST 2011

Dairy Australia is calling on all active Australians to 'wake up their bones with breakfast' during National Healthy Bones Week this August, by enjoying a dairy-rich breakfast each morning — be it a protein-packed tub of yogurt before exercise or a post-workout smoothie. This follows a new Australian study which showed participants who skipped breakfast were less likely to meet the dietary recommendations for dairy foods such as milk, cheese and yogurt, which are the major contributors of calcium to the diet. Glenys Zucco dietitian Dairy Australia said if your intake of calcium is low, your body will take calcium from your bones to use for other important functions. A long term lack of dietary calcium can result in osteoporosis later in life. "This is why it is so crucial to have a daily supply of calcium-rich dairy foods at all ages. Breakfast is an ideal opportunity to kick off your calcium quota by ensuring you have at least one of the recommended three daily serves of dairy foods."

An Australian study showed reaching for milk instead of a fruit drink at breakfast helps you feel fuller and eat less at lunchtime," she said. But despite its proven benefits, only 62 per cent of women and 57 percent of men are having breakfast every day. "Eating calcium-rich foods, getting regular weight-bearing exercise and adequate vitamin D will help minimise bone loss so you can still be active later in life," she said.

This year Dairy Australia is making it easy to meet your daily recommended calcium intake, with an online calcium meal planner to download at [www.healthybones.com.au](http://www.healthybones.com.au)



## Luncheon

### HIGH CALCIUM LUNCHEON

Guest speaker **Steffi Persson**  
**'Social Worker'**

DATE: THURSDAY 25TH AUGUST 2011

TIME: FROM 12 NOON

VENUE: TIMBOON SENIOR CITIZENS BUILDING

RSVP: THURSDAY 22ND AUGUST 2011

PHONE: 5558 6000

ALL WELCOME

GOLD COIN DONATION



## calendar of events August

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

SEPTEMBER



## EXERCISES CLASSES

### The Timboon and District Healthcare Service Exercise Program Classes

#### Commence Back in the Redeveloped Physiotherapy Gymnasium Monday 8th August Timetable Below

<b>Monday</b>	<b>10.30-12:00</b> <b>1-2pm</b>	Bounce Back with Babes Rehab/Individual
<b>Tuesday</b>	<b>10-12md</b> <b>12-1pm</b> <b>1-2:30</b>	Gentle Exercise ( TDHS) Tai Chi beginners (Timboon Hall) Tai Chi advanced (Timboon Hall)
<b>Wednesday</b>	<b>9-10am</b> <b>10-11am</b> <b>11-12:30</b> <b>1-2:15pm</b>	Strength Training Rehab/Individual Balance Plus Circuit
<b>Friday</b>	<b>11-12md</b> <b>1-2:00pm</b> <b>2 – 3.15pm</b>	Tai Chi (Timboon Hall) Strength Training Mens Strength

Please telephone Kirsty on 5558 6000 for more information



## Speech Pathology

Timboon and District Healthcare Service has a new visiting Speech Pathologist outreaching from South West Healthcare—Warrnambool

Catherine Turland will be visiting weekly on a Thursday and fortnightly on a Friday

She commences Thursday 4th August  
For appointments call 55631531



## Timboon Diabetes Support Group



### Meeting



**12 noon Wednesday 10<sup>th</sup> August, 2011**  
At Mrs. Loxley's house  
27 Leahy's Lane, Timboon

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 6049



## community noticeboard

### SWIMMING

#### TO AQUAZONE EVERY MONDAY

AQUA AEROBICS, SWIM or GYM  
Car Departs for Aquazone 9.00 am sharp  
from Timboon Healthcare Service Foyer  
Return to Timboon approx 12.30  
Cost - Aquazone Pool Charges



Bookings Essential on 5558 6049  
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 4th August**  
9.30am—10.30am  
**Thursday 1st September**  
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 7th Sept

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 July  
FAT COW at 12 midday  
Guest Speaker  
Health Promotion Officer  
Carly Dennis  
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 6000 Fax: (03) 5598 3565

Email: mgreen@swarh.vic.gov.au anash@swarh.vic.gov.au cjdennis@swarh.vic.gov.au

