

What's On

@ Active Living Services, Whitehorse Home & Community Services Department

'Together we make a difference'

July - September 2022



Station Street Box Hill 1890

Contact us

Current clients: Call Mountainview Cottage
25 Mountainview Road, Nunawading) on,
Phone: 9877 6311

New enquiries:

If you are under 65 years of age contact Intake:

Phone: 9262 6110

Email:

WHACS.consumerintake@whitehorse.vic.gov.au

Mail: WHACS Department

Whitehorse City Council

Locked Bag 2

Nunawading Delivery Centre 3131

If you are 65 years or over contact My Age Care:

Phone 1800 200 422

For more information visit their website at:

www.myagedcare.gov.au

Hearing or speech impaired? Call us via the National Relay Service on 133 677 then quote 9262 6333

TIS: 131 450 (This service will provide you with an interpreter who will help you to speak to us in your preferred language. Please call and ask to be connected to Whitehorse City Council)

如果你想向市政府員工瞭解這些服務和計劃，可通過下列方式與市政府聯繫：

1. 撥打免費的翻譯服務(TIS)電話 131 450
2. 告訴接線員你講哪種語言
3. 然後讓他們給你接通白馬市政府電話 03 98776311

翻譯員會協助你與市政府員工溝通。

Welcome!



Whitehorse Home and Community Services (WHACS) recognise and acknowledge the diversity of the community and the range of needs and characteristics within it, including (but not limited to) cultural diversity, sexual and gender diversity, age, health, socio-economic status, faith and spirituality, and those of Aboriginal or Torres Strait Islander background, WHACS consider these aspects in relation to service provision and planning.

How to access services: (Refer to the 'Contact us' - information on front page)

After you contact the My Aged Care and the Regional Assessment Service, one of our consumer access and support officers will develop a care plan based on

- What you can do for yourself,
- What you need help with to stay safe and well at home and
- What you want to be able to do or keep doing.

The plan will include what you want to achieve, the supports and services available to help maintain and strengthen your ability to remain living at home and in your community. We will regularly review your plan with you. We aim to work in partnership with you and other people who support you such as family, friends, local community groups, your doctor and other health professionals. We prioritise services to those most in need.

Depending on what is important to you and what is available, Active Living Services at Whitehorse can help connect you with meals delivered at home or provided at a centre, an interest group or social opportunities and help you get to places you want to go. Sometimes our support will only need to be for a short while until you get back on your feet. Sometimes our support will be ongoing. It can change over time as your circumstances change.

During the COVID-19 crisis, Active Living Services at Whitehorse provides meals, essential assisted transport and remote social support activities. We are now ready to resume some face-to-face activities too.

Who is eligible for services?

You may be eligible under the Commonwealth Home Support Programme (CHSP) if you are:

- Frail, 65 years and over, or 50 years or older and identify as an Aboriginal or Torres Strait Islander person, who needs assistance with daily living to remain living independently at home and in the community, or who needs planned respite services, to provide their carer with a break from their usual caring duties.
- Frail older people or prematurely aged 50 years and over or 45 years or older and identify as Aboriginal and Torres Strait Islander people, and on a low income, homeless or at risk of being homeless.



Our COVID-19 Safety Plan

Mountainview Cottage is very excited to advise of the resumption of face-to-face programs. Like all businesses and service providers, we are making important changes for everyone's health and safety. Please view our COVID Safe Plan below to ensure you are up to date with the changes and new safety protocols prior to booking the services. Please note that changes to the implementation of programs may change as the situation continues to unfold.

We appreciate your support and patience during this time.

Before attending the program:

Inform us if:

- You or anyone in your household is feeling unwell,
- Within 7 days, you or anyone in your household who has a confirmed case of COVID-19 or
- You or anyone in your household is in self-isolation directed by a doctor.

Please do not attend programs if you or anyone in your household are unwell or are waiting for a COVID-19 test result. Anyone showing symptoms of illness will not be able to participate in the program.

Please ensure that the emergency contact details that you have provided us are up to date.

During the program

- Program sizes are currently not capped at this stage. Please note, capping group numbers may be re-introduced in response to a changing situation or where COVID restrictions apply.
- Please sanitise your hands before entering our vehicles and building. Hand sanitiser will be made available by our staff.
- You will be required to wear a mask at all times when travelling in our vehicles and you are encouraged to wear a face mask when not being able to socially distance 1.5m from each other (as per government guidelines).
- Our staff will be wearing a mask at all times, unless when eating or drinking
- Throughout attendance at the program you will need to:
 - Observe appropriate hand washing and hygiene practices.
 - Sneeze and cough into disposable tissue or elbow.
 - Maintain social distancing where possible throughout program (minimum of 1.5m)
 - Avoid sharing resources such as playing cards, board games, art and craft supplies, etc.
 - Avoid hugs or hand shaking and no changing seat.
 - Avoid sharing of food or drink. Staff will be catering for morning or afternoon tea.
 - Avoid leaving the room (at Mountainview Cottage) where the program is being provided.

Following the program

At the end of each program our staff will change tablecloths, disinfect all high touch surface areas in the building and vehicles.

The fee for the service will be the usual cost. Please note that a cancellation fee will apply if you do not provide 24 hours' notice, unless the service cancellation is due to an emergency. By informing us of a cancellation as early as possible, you will provide the opportunity for someone else to occupy the seat on the bus.

Scheduled changes

We will be resuming the program with a different schedule than what you are used to. This will accommodate the new government regulations and allow safe social distancing, extra time for cleaning between sessions and to facilitate transportation. We will be reviewing the schedule based on demand and changes to restrictions and we ask for your understanding during those times.

Home Support Services Update

Accompanied Activities – Shopping and Appointments

After suspending accompanied activities more than two years ago we are planning to recommence these services beginning in July. Existing clients will be contacted to understand if your needs or requirements have changed and new clients will be able to commence the service in the coming months.

The service is used mostly to take clients to and from shopping centres on a fortnightly basis and occasional other trips for appointments, activities or other commitments. A staff member stays with you and supports you during the outing. Shopping is arranged regularly while clients can phone in to arrange one-off or other appointments.

Due to the ongoing high rates of COVID in the community and so that social distance can be maintained staff will be asking clients to sit in the back seat wherever possible. We require clients and staff to wear a mask while in vehicles to reduce the chance of COVID transmission. Staff will apply infection control procedures in between clients and clean the surfaces of their vehicle to ensure client safety.

If you do not require the support of a staff member with you during the service, but would still like assistance getting to and from shopping or appointments, see pages 17 & 19 for details about our Assisted Transport and Community Transport services.

Assistance at home

Assistance at home

Services to support you at home are available however we are currently experiencing strong demand in combination with staff shortages due to the pandemic.

Personal care, meal preparation and respite services are available however there are significant waiting times for new services to commence. Staff can assist you with hygiene, preparing meals or providing care for a client while a carer has a break or has time to do other things.

Staff are continuing to wear personal protective equipment (PPE) when providing services in client homes.

Our home maintenance and home modifications services are available as usual and can assist with safety-related maintenance and minor repairs in addition to installing approved modifications.

Talk to us directly on 9262 6110 to find out more about any of our Home Support services.



Weekly Social Support Groups

Our weekly face-to-face programs continue to occur weekly with the number of participants in attendance per day not capped (up to 14 clients per day). Yet, this may change due to the situation changing and where COVID restrictions are re-introduced. Please read our COVID safety plan on page 3 so you know what to expect when you attend.

Weekly Social Support Groups (WSSG) are provided to older people who live in the City of Whitehorse. Activities are designed to provide mental and physical stimulation, support emotional wellbeing and socialisation.

Some of the activities offered include: Art and craft, reminiscence and discussion groups, outings/short day trips, guest speakers and entertainers, sing-a-longs/musical groups, ethnic specific activities, games/quizzes gardening, cooking, gentle exercises and functions.

Our WSSG are located at Mountainview Cottage, 25 Mountain View Road, Nunawading. To access this service, please refer to page 2 for more information.

Many factors are used to determine the most appropriate WSSG program for you including: physical capabilities, likes, interests, preferences, health, social isolation, and carer and community supports.

Existing clients: Call **9877 6311** between 10am to 3pm Monday to Friday.

New Enquiries: Refer to information on the front page.

Days/Times: Monday to Friday excluding public holidays from 9am to 3pm.

Asian Group (SSG)

Participants who are over 65 years old and speak mainly Vietnamese, Mandarin and Cantonese. However, anyone from an Asian background is welcome.

Meets every Monday
(excludes public holidays)

Pick up time from 9am

Return time from 2pm

Activities include: outings, light chair based exercise, crafts, discussion groups, games, bingo, and more

Venue: Mountainview Cottage

Note: Transport is provided



Monday Marvels (SSG)

Participants are over 65 years old with mild to moderate cognitive impairment who may require assistance with activities of daily living.

Meets every Monday
(excludes public holidays)

Pick up time from 9am

Return time from 2.30pm

Activities include: active games, craft, cultural inclusion activities, discussion groups, sing-a-longs.

Venue: Mountainview Cottage

Note: Transport is provided



Explorers – Dementia (SSG)

Participants are over 65 years old with mild to moderate cognitive impairment.

Meets every Wednesday
(excludes public holidays)

Pick up time from 9am.
Return time from 2.30pm

Activities include: games, storytelling, craft, sensory activities, outings, and movies

Venue: Mountainview Cottage

Note: Transport is provided.



Over 65 SSG Groups

Participants are over 65 years old with no to minimal cognitive impairment and who may require some assistance with activities of daily living.

Meets: Treasures - Tuesdays
Debonaires - Thursdays and
Fun and Frolics & Firecrackers -
Fridays (excludes public holidays)

Pick up time from 9am
Return time from 2.30pm

Activities include: Games, craft, outings, cultural inclusion activities, discussion groups, kitting (Tuesdays), sing-a-longs.

Venue: Mountainview Cottage

Note: Transport is provided



Happy Wanderers (SSG)

Participants are females over 65 years old with none to minimal cognitive impairment and who may require some assistance with activities of daily living.

Meets: Wednesdays (excludes public holidays)

Pick up time from 9am
Return time from 2.30pm

Activities include: active games, craft, outings, movie trips, cultural inclusion activities, discussion groups.

Venue: Mountainview Cottage

Note: Transport is provided



Blokes Group (SSG)

Participants are male over 65 years old with none to minimal cognitive impairment who may require some assistance with activities of daily living.

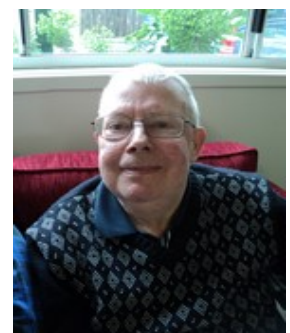
Meets: Thursdays (excludes public holidays)

Pick Up time from 9am
Return time from 2.30pm

Activities include: Hobby carpentry, craft projects, discussions, reminiscence, outings, and culturally specific activities.

Venue: Mountainview Cottage

Note: Transport is provided



Top Ten (SSG)

Participants that attend are over 90 y/o male and female with non to mild cognitive impairment and who may or may not require some assistance with activities of daily living.

Meets: Third Friday of the month (excludes public holidays)

Pick up time from 9am

Return time from 2.30pm

Activities include: lunch and outings

Venue: Places of interest around Melbourne

Note: Transport is provided

SOCIAL SUPPORT GROUP OUTINGS

Time to have fun and be with friends!





What's On - Gentle Exercise



This gentle exercise program consists of 45 minutes of light strength building exercises developed by a qualified gym instructor to promote health and wellbeing. You will participate while sitting in chairs and the instructor will modify the exercises to suit individuals. A staff member is in attendance.

To participate you need to be able to walk independently with or without mobility aids and have no or minimal cognitive impairment. A hoist bus may be available on request for transportation. This venue is not suitable for clients that are likely to wander. You will need to provide a letter from your doctor giving you clearance to participate in this program.

Transport: You can make your own way to the venue or we will pick you up (availability is limited).

Time: Body Revival: Wednesday mornings - Pick up from 9am; class start 10am - Return from 11:15am.
Movement to Music: Wednesday afternoons - Pick up from 12:45pm; class starts at 1:30pm - Return from 2:45pm

Where: Sportlink, 2 Hanover Road, Vermont South (Melways ref 62 G7)

Cost: \$10.70 (low income), \$13.40 (medium income) and \$16.15 (high income)

Enquiries call: 9877 6311 Between 10am to 3pm Monday to Friday.

Please read our COVID Safe plan on page 3 so you know what to expect when you attend.



July 2022 Day Trips

Berwick Inn Hotel

Enjoy Morning tea a morning tea stop along the way before a scenic drive to Berwick for lunch

Pick up between 9am and 10am
Return between 2:30 and 3:20pm

Costs: Senior meals from \$14.00

Areas 1 and 2 (map page 19)

Date: Monday 4th July

Bookings open: Wed. 29th June



Areas 3 and 4 (map page 19)

Date: Monday 11th July

Bookings open: Wed. 6th July



Dorset Gardens Hotel

Enjoy morning tea a morning tea stop along the way before heading to Croydon and the hotel for lunch

Pick up between 9am and 10am
Return between 2:30 and 3:20pm

Costs: Senior meals from \$18.50

Areas 3 and 4 (map page 19)

Date: Tuesday 5th July

Bookings open: Wed. 29th June



Areas 1 and 2 (map page 19)

Date: Tuesday 12th July

Bookings open: Wed. 6th July



Cardinia Park Hotel

Have a scenic drive and morning tea at before heading to Beaconsfield for lunch.

Pick up between 9am and 10am
Return: between 2:30 and 3:20pm

Costs: Approx. \$25.00 Xmas lunch

Areas 1 and 2 (map page 19)

Date: Wednesday 6th July

Bookings open: Wed. 29th June



Areas 3 and 4 (map page 19)

Date: Wednesday 13th July

Bookings open: Wed. 6th July



July 2022 Day Trips

Elsternwick Hotel

Morning tea at Mulgrave McDonald's before heading to the Elsternwick Hotel for lunch

Pick up: between 9am and 10am
Return: between 2:30 and 3:20pm

Costs: Senior meals from \$13.00

Areas 1 and 2 (map page 19)

Date: Monday 18th July

Bookings open: Wed. 13th July



Areas 3 and 4 (map page 19)

Date: Monday 25th July

Bookings open: Wed. 20th July



Club Officer

Have a lovely day out, touring through the Upper Beaconsfield valleys to Officer.

Pick up between 9am and 10am
Return: between 2:30 and 3:20pm

Costs: Lunch options from \$12.00

Areas 3 and 4 (map page 19)

Date: Tuesday 19th July

Bookings open: Wed. 13th July



Areas 1 and 2 (map page 19)

Date: Tuesday 26th July

Bookings open: Wed. 20th July



Mulgrave Country Club

Enjoy morning tea at a mystery destination & a drive around the old Waverly Park.

Pick up between 9am and 10am
Return: between 2:30 and 3:20pm

Costs: Two course Seniors meals \$16.95

Areas 1 and 2 (map page 19)

Date: Wednesday 20th July

Booking open: Wed. 13th July



Areas 3 and 4 (map page 19)

Date: Wednesday 27th July

Bookings open: Wed. 20th July



August 2022 Day Trips

Kelly's Hotel

Enjoy a scenic drive and morning tea
before heading to Cranbourne for lunch.

Pick up between 9am and 10am

Costs: Senior meals from \$20.00

Return: between 2:30 and 3:20pm

Areas 1 and 2 (map page 19)

Date: Monday 1st August

Bookings open: Wed. 27th July



Areas 3 and 4 (map page 19)

Date: Monday 8th August

Booking open: Wed. 3rd August



Seaford RSL

Enjoy morning tea with a scenic drive to Seaford

Pick up between 9am and 10am

Costs: Senior meals from \$ 20.00

Return: between 2:30 and 3:20pm

Areas 3 and 4 (map page 19)

Date: Tuesday 2nd August

Booking open: Wed. 27th July



Areas 1 and 2 (map page 19)

Date: Tuesday 9th August

Bookings open: Wed. 3rd August



Fortnum's Restaurant

Enjoy a scenic up the Dandenong's to the small township of Sassafras

Pick up between 9am and 10am

Costs: Meals from \$ 25.00

Return: between 2:30 and 3:20pm

Areas 1 and 2 (map page 19)

Date: Wednesday 3rd August

Booking open: Wed. 27th July



Areas 3 and 4 (map page 19)

Date: Wednesday 10th August

Bookings open: Wed. 3rd August



August 2022 Day Trips

Old England Hotel

Enjoy morning tea at Bulleen Park (weather permitting) before heading to The Old England Hotel in Heidelberg for lunch

Pick up: between 9am and 10am
Return: between 2:30 and 3:20pm

Costs: Senior meals from \$20-\$30

Areas 1 and 2 (map page 19)

Date: Monday 15th August

Bookings open: Wed. 10th August



Areas 3 and 4 (map page 19)

Date: Monday 22nd August

Bookings open: Wed. 17th August



Westernport Hotel

Enjoy a scenic drive south to the bayside township of Hastings

Pick up between 9am and 10am
Return: between 2:30 and 3:20pm

Costs: Lunch options from \$19.00

Areas 3 and 4 (map page 19)

Date: Tuesday 16th August

Bookings open: Wed. 10th August



Areas 1 and 2 (map page 19)

Date: Tuesday 23rd August

Bookings open: Wed. 17th August



Somerville Hotel

Enjoy morning tea and a scenic drive South to Somerville

Pick up between 9am and 10am
Return: between 2:30 and 3:20pm

Costs: Senior meals from \$ 9.95

Areas 1 and 2 (map page 19)

Date: Wednesday 17 August

Booking open: Wed. 10th August



Areas 3 and 4 (map page 19)

Date: Wednesday 24th August

Bookings open: Wed. 17th August



August/September 2022 Day Trips

Paradise Valley Hotel

Enjoy a scenic drive in the hills, through Belgrave to Clematis for lunch.

Pick up between 9am and 10am

Costs: Senior meals from \$25.00

Return: between 2:30 and 3:20pm

Areas 1 and 2 (map page 19)

Date: Monday 29th August

Bookings open: Wed. 24th August



Areas 3 and 4 (map page 19)

Date: Monday 5th September

Booking open: Wed. 31st August



Watsonia RSL

Enjoy morning tea at Banksia Park Bulleen (weather permitting)
then head to Watsonia

Pick up between 9am and 10am

Costs: Two Course Seniors \$18.50

Areas 3 and 4 (map page 19)

Date: Tuesday 30th August

Booking open: Wed. 24th August



Areas 1 and 2 (map page 19)

Date: Tuesday 6th September

Bookings open: Wed. 31st August



Sands Hotel

Enjoy morning tea at Chelsea Beach (weather permitting) overlooking the bay
before having lunch in Carrum Downs

Pick up between 9am and 10am

Costs: Senior meals from \$ 13.00

Return: between 2:30 and 3:20pm

Areas 1 and 2 (map page 19)

Date: Wednesday 31st August

Booking open: Wed. 24th August



Areas 3 and 4 (map page 19)

Date: Wednesday 7th September

Bookings open: Wed. 31st August



September 2022 Day Trips

Sandringham Hotel

Enjoy a drive through the bayside area of Port Phillip Bay to Sandringham

Pick up: between 9am and 10am

Costs: Senior meals from \$14.00

Return: between 2:30 and 3:20pm

Areas 1 and 2 (map page 19)

Date: Monday 12th September

Bookings open: Wed. 7th September



Areas 3 and 4 (map page 19)

Date: Monday 19th September

Bookings open: Wed. 14th September



Diamond Creek Hotel

Have a lovely day out, with morning tea at Westerfold's Park (weather permitting) and lunch at Diamond Creek.

Pick up between 9am and 10am

Costs: Main meal options from \$18.00

Return: between 2:30 and 3:20pm

Areas 3 and 4 (map page 19)

Date: Tuesday 13th September

Bookings open: Wed. 7th September



Areas 1 and 2 (map page 19)

Date: Tuesday 20th September

Bookings open: Wed. 14th September



Village Green Hotel

Enjoy morning tea at Surry dive Park then heading Mulgrave

Pick up between 9am and 10am

Costs: Senior buffet \$ 20.00

Return: between 2:30 and 3:20pm

Areas 1 and 2 (map page 19)

Date: Wednesday 14th September

Booking open: Wed. 7th September



Areas 3 and 4 (map page 19)

Date: Wednesday 21st September

Bookings open: Wed. 14th September



September 2022 Day Trips

Knox Tavern

Enjoy morning tea at Jell's Park (weather permitting) and lunch at the Knox Tavern

Pick up between 9am and 10am

Costs: Senior meals from \$13.50

Areas 1 and 2 (map page 19)

Date: Monday 26th September

Bookings open: Wed. 21st September



Return: between 2:30 and 3:20pm



Mordialloc Sporting Club

Enjoy morning tea bayside before heading to the Mordialloc for lunch.

Pick up between 9am and 10am

Costs: Senior meals from \$ 20.00

Return: between 2:30 and 3:20pm

Areas 3 and 4 (map page 19)

Date: Tuesday 27th September

Booking open: Wed. 21st September



Moreland Hotel

Enjoy morning tea at Queens Park in Moonee Ponds

Pick up between 9am and 10am

Costs: Senior meals from \$ 9.95

Return: between 2:30 and 3:20pm

Areas 1 and 2 (map page 19)

Date: Wednesday 28th September

Booking open: Wed. 21st September



Accessibility Rating Scale

The accessibility rating scale can be used as a guide to how challenging an outing may be:

- Next to each of the Easy, Medium, or Hard icons we will give an example of some of the features of the environment which you may experience on your outing
- If you wish to know more information about an outing please call Mountainview Cottage on 9877 6311
- For your safety and independence, it is important to bring your four wheeled walker or walking stick on outings if you have one

Easy



- Well lit venue
- Facilities clearly signed
- Low glare
- Close by, accessible toilet with grab rails
- High seating, lots of areas to take a rest break
- Level, wide pathways, 1-2 steps

Medium



- Venue mostly well lit
- Some areas of glare
- Facilities not always signed
- Medium noise levels
- Short walk to toilet, toilet doesn't have grab rails
- Moderate height seating
- Some uneven and narrow paths
- Moderately steep walkways
- 2-4 steps

Hard



- Venue mostly dark or high glare
- Facilities not signed
- Loud noise levels
- Toilet is 50-100 metres away
- Toilet is low, no grab rails
- Low seating, limited seating
- Uneven, steep, narrow paths
- 4 or more steps



Assisted Transport

Assisted transport service is available to Whitehorse residents who are unable to access other forms of transport due to frailty. Transport is provided in cars, however, where capacity allows, minibuses with a wheelchair hoist may be provided

You need to be registered with My Aged Care and have a Care Plan developed by one of our consumer access and support officers in order to access this program.

Examples of the type of activities that essential assisted transport may be used for include transport to medical appointments and rehabilitation, shopping, social activities, etc.

Medical appointments to general practitioners or specialists are a priority of this service. Hospital treatment visits are not a priority (people who needing this service can access non-emergency patient transport through the hospitals).

There are limits on the amount of assisted transport services you can receive depending on your need. This is determined when you call to make the booking and is driven by demand.

A maximum of six trips per month may be accommodated depending on the availability of resources.

To participate you need to be self-reliant when you are dropped off at your appointment (or have a carer to support you) and able to walk independently with or without mobility aids for a minimum of 100 metres. You should be able to transfer in and out of the vehicle with minimum assistance.

Carers are able to travel for free when accompanying a client that needs support.

Contact us on 9877 6311 to make arrangements before the trip.

Carers over 65 also need to be registered with My Aged Care as well as having a Care Plan to access this service.

How to book:

Existing clients: call **9877 6311** between 10am to 3pm Monday to Friday.

New enquiries: refer to front page of this issue for details.

Due to the high demand for this service, you are encouraged to book early (minimum of one week before the appointment).

You will need to tell us time and location of your appointment. Please call to let us know if you need to use a wheelchair.

Service hours and costs:

Times: Monday to Friday 8.15am and 3.30pm

Cost per trip: \$6.95 low income, \$11.30 medium income, \$40.10 high (a charge of \$1.00 per kilometre travelled applies)

Please read our COVID safety plan in page 3 so you know what to expect when you attend.

Service is provided in the vicinity of the municipality.



Food Services

Our food service provides home delivered meals.

Home Delivered Meals

We provide chilled and frozen meals delivered contact - free to your home between 9am and 12pm Monday to Friday. Weekend meals are delivered on the Friday.

You or your representative need to be home to receive the meals. Arrangements can be made to receive multiple frozen meals on days that are convenient to you, excluding weekends.

Our meals are inviting, satisfying and nutritious. Please advise prior to commencement of any special dietary requirements and/or food allergies.

Meals are to be heated as per the instructions on the package.

Each week you will receive a menu to select your meals. You will need to fill in the menu and give the coloured copy to your Meals on Wheels delivery staff at your next delivery.

Enquiries:

If you are under 65 years of age contact Intake on **9262 6110**

If you are 65 years or over contact My Age Care on **1800 200 422**

Centre Based Meals

We provide meals at two dining rooms in the Whitehorse municipality. These are located at:

The Carrington Centre
79 Carrington Road,
Box Hill

Nunawading Community Hub
96-106 Springvale Road,
Nunawading

**Bookings are essential to attend the centre based meals.
Bookings are required at least two days prior.**

To book call:

Box Hill: 9898 2977

Nunawading: 9894 0134



Please read our COVID safety plan in page 3 so you know what to expect when you attend.

Cost per meal:

\$9.90 (low income);

\$14.15 (medium income);

\$18.90 (high income)



Community Transport

The community transport service offers transport to a number of venues in the community such as shopping centres, Morning Melodies, etc. During COVID we will resume our shopping trips initially with other trips resuming gradually. Participants are picked up from and returned to their homes.

Please note that community transport programs may be changed if unforeseen circumstances occur. We hope you enjoy the new calendar and please feel free to provide us feedback on improvements we can make to future calendars.

The cost of the Community Transport is \$3.80 each way for low income, \$6.30 each way for medium income and \$8.75 each way for high income range which will appear on your monthly account.

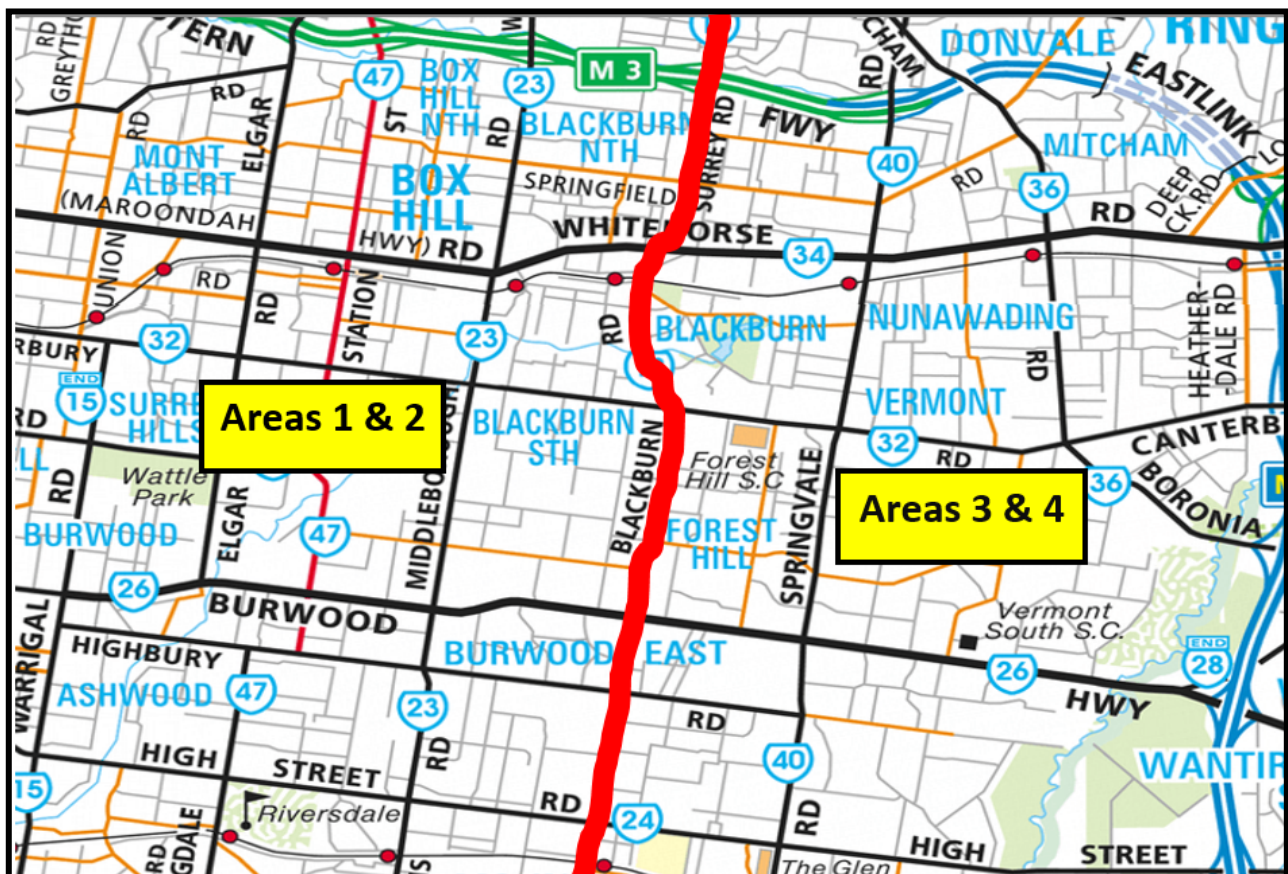
To participate you need to be self-reliant when you are dropped off at your destination and be able to walk independently with or without mobility aids for a minimum of 100 metres. You should be able to transfer in/out of the bus with minimum assistance.

For shopping trips shoppers are able to bring a **maximum of two shopping bags back in the bus**. For additional shopping arrangements, you may need to arrange home delivery by the supermarket if required.

To book, call 9877 6311 Booking hours are 10am to 3pm Monday to Friday.

Please read our COVID safety plan on page 3 so you know what to expect when you attend.

Areas for Community Transport



Shopping at Forest Hill and Box Hill

You will be collected from your home and taken to these shopping centres to shop for approximately two hours.

Both one-way and return trips are available. Please let us know your preference at the time of booking.

Areas 1 and 2

Pick up from 9am and return 12:30pm

Areas 3 and 4

Pick up from 10:30am and return 2:00pm

Box Hill Central Shopping Centre

Thursdays

July	Aug	Sept
7	4	1
14	11	8
21	18	15
28	25	22
-	-	29

Forest Hill Shopping Centre

Fridays

July	Aug	Sept
1	5	2
8	N/A	9
15	19	16
22	26	23
29	-	N/A

Morning Melodies

Enjoy at Morning Melodies Mountain View Hotel, Glen Waverley

Wednesday - all areas

Pick up time from 9:30am/ Return time 2:00pm

Clients are responsible for contacting the venue on 98142000 to book Morning Melodies Shows.

July	Aug	Sept
6	3	7
20	17	21
	N/A	



Keeping Active at AQUALINK

Community Transport to Aqualink is available each Tuesday.
Bookings are essential on 9877 6311.

For information on Aqualink programs contact :

Aqualink Box Hill on 9843 2900

Aqualink Nunawading on 9878 4576



July	Aug	Sept
5	2	6
12	9	N/A
19	16	20
26	23	27
-	30	-

Aqualink Nunawading

Tuesday Areas 3 and 4

Pick up from 10:30am and
return 2:00pm

Aqualink Box Hill

Tuesday Areas 1 and 2

Pick up from 9am and return
12:30pm

Waverley Cinema

Be picked up by our Community Transport , watch a movie and enjoy a stroll around the shops or have lunch at one of the cafes or bakeries.

Wednesday - all areas

Pick up time from 9am / return time 2pm

Approximate cost: \$11 for a movie.

Clients are responsible for contacting
Waverley Cinema on 9803 3671
regarding movies showing and booking tickets.
Program is subject to change and it
depends on numbers and movie times

July	Aug	Sept
13	10	14
27	24	28
	31	



Home and Community Services CHSP/HACCPYP Fees and Charges

Effective from July 2022

Income Range	Assisted Transport	Community Transport	Social Support (Group)					Food Services (meals)
			Transport per day	Activity	Meal	Total Centre	Total Comm + lunch	
Low	\$6.95 each way	\$3.80 each way	\$3.80	\$6.90	\$9.90	\$20.60	\$10.70	\$9.90
Medium	\$11.30 each way	\$6.30 each way	\$3.80	\$9.60	\$9.90	\$23.30	\$13.40	\$14.15
High	\$40.15 each way	\$8.75 each way	\$3.80	\$12.35	\$9.90	\$26.05	\$16.15	\$18.90
Linkages	\$6.95 each way	\$3.80 each way	\$3.80	\$6.90	\$9.90	\$20.60	\$10.70	\$9.90
HCP*	\$40.15 each way	\$8.75 each way	Centre-based		Community-based			\$22.40
			\$37.90		\$10.70			
HCP full Cost recovery	\$40.15 each way	\$15.00 each way	\$119.65		\$97.75			\$27.20
Per Km	\$1.00	N/A	N/A					N/A

*HCP clients can only attend Social Support if they were on a package prior to August 2016 or where clients already attending the social support program from 1 July 2020 and transition to a Home Care Package can continue to attend the program as stated in the Commonwealth Home Support Program (CHSP) manual section 4.1.1.

Income Range	Low	Medium	High
Individual	Less than \$39,089	\$39,089 to \$86,208	More than \$86,208
Couple	Less than \$59,802	\$59,802 to \$115,245	More than \$115,245
Family (1 child)	Less than \$66,009	\$66,009 to \$118,546	More than \$118,546
	For each additional child add \$6,206		

Participants' feedback

Is our service meeting your needs?

To assist us improve the service that we provide you, we are seeking feedback from our participants for services delivered during COVID-19 restrictions.

Services include:

- Meal on Wheels
- Meals served at a center-assisted transport
- Community transport
- Delivery of weekly social calls and activity packs
- Day outings
- Exercise groups
- Weekly social groups
- Functions

We want to hear from you!

Please help us serve you better by taking a few minutes to tell us about the service you have received so far.

We appreciate your participation in our programs and we want to make sure we are meeting your needs.

Attached, you will find two surveys that we hope you will take the time to complete and return to us.

The first form is the Active Living Programs Feedback Form that asks you questions about social contact calls, activity pack deliveries and the activities, outings or transport trips you have attended and your experience of those programs.

The second form is the Food Services Program Feedback Form that asks you questions about the meals that you have received either at home, at functions or at our centers.

Please note that you do not have to provide your name or contact details. However, you are welcome to provide these if you are comfortable doing so.

We are very grateful for your assistance.

If you prefer to contact us to provide feedback please call us on **9877 6311**.



ACTIVE LIVING PROGRAM FEEDBACK FORM



I attended: **(please tick the service relating to this feedback)** Date: _____

Weekly Social Call ☐

Activity Pack Delivery ☐

Community Transport Shopping ☐

Assisted Transport ☐

Weekly Social Groups ☐

Other: _____

Considering the vehicle used for the activity, how would you rate?

(please cross one)

Great

Good

Okay

Bad

Terrible

Accessibility



Cleanliness



Tell us why?

How would you rate the venue for the activity? **(please cross one)**

Great

Good

Okay

Bad

Terrible

Accessibility



Cleanliness



Ambience



Tell us why?

How would you rate the activity overall? **(please cross one)**

Great

Good

Okay

Bad

Terrible

Length



Enjoyment



Please **tick** the areas that you feel the activity has help you with

Confidence ☐

Having a purpose ☐

Sense of belonging ☐

Independence ☐

Choice ☐

Being valued ☐

Meeting people ☐

Decision making ☐

Wellbeing ☐

Going out ☐

Recognition ☐

Trying new things ☐

Tell us why?

If I could change one thing it will be.....

Name (optional):





ACTIVE LIVING PROGRAM FEEDBACK FORM

Please rate your overall customer service experience (*please cross one*)

Great



Good



Okay



Bad



Terrible



Thinking about your most recent contact with Mountainview Cottage: (*please tick answers*)

Did we make you feel...	Respected	Understood	That your needs were met	Other
When making a booking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
When talking to us on the phone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
When receiving an activity pack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Tell us why?

Thinking about Mountainview Cottage staff, did you find them to be: (*please tick answers*)

Was the Person?	Courteous	Efficient	Knowledgeable	Other
An office staff Member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
A support staff member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Tell us why?

Thinking about your most recent inquiry, please rate the following: (*please cross one*)

Waiting time for having my issue addressed

Great



Good



Okay



Bad



Terrible



My issue was handled by the person who could best address it



Tell us why?

Thank you for your feedback. We sincerely appreciate your opinion and will consider your input when providing and planning services in the future. If you have any questions about this survey please contact the Active Living Services Coordinator on **9877 6311**.



FOOD SERVICES PROGRAM FEEDBACK FORM

Date: _____ I receive meals at home

How would you rate: *(please cross one)*

	Love it	Like it	Okay	Dislike it	Hate it
The overall meal					
The taste					
The choices available (dietary requirements, texture modified, etc.)					
The presentation					
The Packaging					

Tell us why?

How did you find the size of the meals? *(please cross one)*

Too big Just right Too small



Tell us why?

If I could change one thing it will be.....

Name (optional):





FOOD SERVICES PROGRAM FEEDBACK FORM



Please rate your overall customer service experience (*please cross one*)

Great	Good	Okay	Bad	Terrible

Thinking about your most recent contact with Food Services: (*please tick answers*)

Did we make you feel...	Respected	Understood	That your needs were met	Other
When we deliver your meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
When talking to us on the phone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Tell us why?

Thinking about Food Services staff/volunteers. Did you find them to be: (*please tick answers*)

Was the Person?	Courteous	Efficient	Knowledgeable	Other
An office staff Member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
A volunteer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
A support staff member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Tell us why?

Thinking about your most recent inquiry, please rate the following: (*please cross one*)

	Great	Good	Okay	Bad	Terrible
Waiting time for having my issue addressed					
My issue was handled by the person who could best address it					

Tell us why?

Thank you for your feedback. We sincerely appreciate your opinion and will consider your input when providing and planning services in the future. If you have any questions about this survey please contact the Active Living Services Coordinator on **9877 6311**.



Good Nutrition Ideas

Individual serves: 4
Preparation Time: 5 minutes
Cooking : 20 minutes

One-pot Vegetarian Spaghetti

METHOD

1. Heat olive oil in pot and sauté onion and mushrooms for 5-7 minutes over medium heat.
2. Add garlic and season with salt and pepper.
3. Increase heat to high and add canned tomatoes and vegetable stock. Bring to a boil.
4. Add spaghetti noodles and stir until they wilt and fit in the pot. Cover the pot and reduce to medium heat. Cook for 5 minutes.
5. Remove lid and add fresh spinach (add a couple of handfuls at a time, stirring so that the spinach wilts).
6. Remove from heat and let spaghetti sit covered for a few minutes.
7. Serve with fresh basil or parsley and parmesan to taste!

Ingredients

- 2 teaspoons extra virgin olive oil
- 1/2 medium onion, chopped
- 200g (1 punnet) button mushrooms, sliced
- 2 cloves garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups low-sodium vegetable stock
- 1 can diced tomatoes
- 250g (or half a packet) of wholemeal spaghetti
- 3 cups of baby spinach
- Parmesan cheese, basil or parsley to serve

Tip! You can add any extra veggies you have on hand! Just add them at the same time as the onion and mushrooms and sauté until tender.



Scams Prevention

If in doubt, don't

That's the message Consumer Affairs Victoria (CAV) – the state's fair trading regulator – is giving older Victorians when it comes to staying safe online.

Many older Victorians are attractive targets for scammers because they often own substantial assets and have access to life savings and superannuation.

Older Victorians are also the fastest growing online user group in the country. Many of you go online to keep in touch with your children, family and friends, to correspond via email, watch YouTube videos or catch-up on TV, or to research and book travel, to name a few.

Life events such as financial hardship and recovering from illness, loss and trauma can also leave you more vulnerable to scams.

CAV is working with the Public Libraries Victoria Network to reduce the detriment caused by scammers by building greater awareness and understanding of online scams amongst older Victorians.

Scammers are professional criminals. Anyone can fall for a scam because scammers are getting smarter and using more sophisticated tricks to dupe thousands of older Victorians every year.

Here are some tips for staying safe online:

- Do not open suspicious text messages, pop-up windows, or emails
- Be wary of any emails or requests on social media from people you do not know
- Avoid sending money, personal or financial details to someone you have never met in person, especially if you are online dating.

And remember, if in doubt, don't.

Think you're a scam savvy senior? Take CAV's quiz and find out at **consumer.vic.gov.au/scamsquiz**

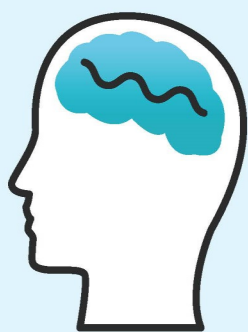
For more information on common types of scams, and tips on how to identify, avoid or report them, visit

consumer.vic.gov.au/scamsavvy

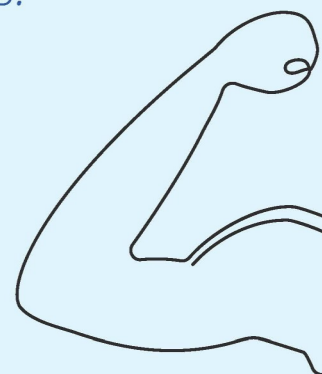


Are you aged 60+ years and interested in maximising your **brain health and wellbeing?**

*St. Vincent's Hospital Melbourne is pioneering a **free 12 week** educational program focusing on 6 key domains:*



Brain health
Diet
Sleep
Social engagement
Physical fitness
Managing stress



Sessions run for 2 hours every fortnight and can be attended in person at St Vincent's Hospital or from the comfort of your own home (via Zoom)



To find out more or register your interest in the program,

Send us an email:
cogntion@svha.org

or give us a call:
9231 2071





Australian Government



COVID-19 vaccine

The Australian Government wrote this fact sheet. When you see the word 'we', it means the Australian Government.

What is the COVID-19 vaccine?

A **vaccine** is medicine that:

- helps people fight a virus if they come into contact with it
- can stop people from getting very sick from the virus.

The COVID-19 vaccine is a safe way to protect:

- you
- your family
- the community.

A **vaccination** is when you receive an injection of the vaccine. This is done with a needle.

Many people have questions about the COVID-19 vaccine.

We answer lots of these questions on the following pages.

You can also talk to someone you trust if you have questions about the COVID-19 vaccine.

Is the COVID-19 vaccine safe?

Scientists around the world have made different COVID-19 vaccines. In Australia, the **Therapeutic Goods Administration (TGA)** approves all vaccines before they can be used.

The TGA is part of the Australian Government.



The TGA makes sure the medicine we use in Australia is safe.

The TGA only approves vaccines that:

- are safe
- work well.

After they approve a vaccine, the TGA:

- keeps a list of the vaccines they approve
- keeps track of the way the vaccine is working in the community.

This includes how:

- well the vaccine works
- safe the vaccine is.

The TGA has already approved 2 COVID-19 vaccines in Australia.

They are called the:

- Pfizer vaccine – it is also known as the Comirnaty vaccine
- COVID-19 AstraZeneca vaccine.

To have the Pfizer vaccination, you must be 16 or older.

To have the AstraZeneca vaccination, you must be 18 or older.

The TGA might also approve more COVID-19 vaccines later this year. You can find more information about what is in the different COVID-19 vaccines on the [Therapeutic Goods Administration website](https://www.tga.gov.au).

Do you need to have the COVID-19 vaccination?

You can choose to have the COVID-19 vaccination. But you don't need to have it if you don't want to.

In the future, you might need to have the vaccination if you:

- want to travel
- work in an aged care home or a hospital.

But if you have a medical reason, you won't need to have the vaccination.

Do you have to pay for the COVID-19 vaccination?

The COVID-19 vaccination is free. You don't need to:

- pay for it
- use your NDIS funding to pay for it.

When can you get the vaccine?

Some people will have the COVID-19 vaccination first, including people who are more at risk of:

- catching the virus
- getting very sick if they catch the virus.

We call these **priority groups**.

If you are part of one of these priority groups, you can:

- choose to have the vaccine now
- have the vaccine later if you choose not to have it now.

Who will get the vaccine?

There is a team of medical experts called the Australian Technical Advisory Group on Immunisation (ATAGI). They decide who is in a priority group.

The first priority group includes people with disability who live in with at least one other person with disability.

The first priority group also includes:

- people who work in disability accommodation
- people who live in aged care
- people who work in aged care
- doctors and health workers who are more at risk of catching the virus
- **quarantine** workers.

The second priority group includes:

- people aged 70 years or older
- Aboriginal and Torres Strait Islander peoples aged 55 years or older
- people with disability who have serious health problems
- other people who have serious health problems
- other doctors and health workers
- other people who work in certain jobs, such as police and firefighters.

To find out if you are in a priority group, you can talk to:

- your doctor
- the people who support you.

There is more information about these types of vaccine on our website.

Family members and carers of people with disability have not been put in a priority group. But they might belong in a priority groups for another reason, such as:

- a health problem
- their job.

You can find out more about priority groups on the [Department of Health website](#).

Who will know you had the COVID-19 vaccination?

In Australia, the law says the government must keep a record of who has vaccinations. This includes the COVID-19 vaccination.

The person giving you the vaccination must ask you some questions before they start. The government will use this information in the **Australian Immunisation Register (the Register)**.

The Register is a record of everyone who has vaccinations in Australia. You can see what information the government has about you in the Register on your vaccination record.

Your vaccination record includes information about all of the vaccinations you have had. After you have the COVID-19 vaccination, your vaccination record will include it.

You can see your vaccination record online in your:

- Medicare account
- MyGov account
- MyHealthRecord account.

Giving your consent

When you go to your COVID-19 vaccination appointment, they will ask you for your **consent**.

When you give your consent, you say it is ok for someone to do something.

They will ask you for your consent to have your:

- first COVID-19 vaccination today
- second COVID-19 vaccination later.

You can choose to have the vaccination. But you don't have to have it if you don't want to.

The person giving you the COVID-19 vaccination must ask you for consent before they do this.

They need to tell you:

- why you should get the vaccine
- why it's safe
- what will happen when you have it.

They might give you an information sheet to read. And they can answer any questions you have about the COVID-19 vaccination.

They tell you this so you can decide if you want to have the COVID-19 vaccination. They also want to make sure you feel ok if you choose to have the vaccination.

You can talk to your doctor before you decide if you will have a COVID-19 vaccination. You might want to ask your doctor questions about the COVID-19 vaccine, such as:

- how it might affect any health problems you have
- if there are any risks for you.

You can also talk to the person doing your vaccination if you have any questions, such as:

- what will happen when I get the vaccination?
- why do I need it?
- how will I feel after I have it?
- what could go wrong?
- what will happen if I say no?

How do you give consent?

You can give your consent in different ways.

You can:

- say 'Yes' or 'No'
- use sign language
- use pictures
- sign a consent form.

You can speak up and say 'No' if you don't want the vaccination.

You can bring someone you trust with you when you have the vaccination.

If you can't give consent, your **guardian** can give consent for you.

A guardian is a person who acts and makes decisions for you.

Your guardian might be:

- a member of your family
- a friend
- chosen for you by the government.

Getting ready for the vaccination

You should make sure your Medicare details are up to date.

You can ask someone you trust to help you, such as a family member or friend.

You can check your Medicare details:

- on the [MyGov website](#)
- in the Express Plus Medicare app on your phone or tablet
- by calling Medicare on **131 011**.

If you don't have a Medicare account set up yet, you can:

- sign up for Medicare
- set up your online account on the [MyGov website](#)

If you can't take part in Medicare, you can apply to get an Individual Health Identifier (IHI) on the [Services Australia website](#).

Talk to your doctor

You might want to talk to your doctor before you have your COVID-19 vaccination.

You should talk to your doctor first if you:

- are pregnant or breastfeeding
- have had COVID-19 before
- are taking medicine to thin your blood.

You should talk to your doctor if you have:

- any allergies, particularly to any vaccines in the past
- **anaphylaxis**.

Anaphylaxis is a very strong allergic reaction. If you need an EpiPen, you have had a strong allergic reaction before.

You should also talk to your doctor if you are **immunocompromised**.

If you are immunocompromised, it is harder for your body to fight:

- infections
- other diseases.

You might want to talk to your doctor if you have questions about the COVID-19 vaccine, such as:

- how it might affect other health problems you have
- what risks there are.

Things to bring to your appointment

You need to bring some things with you to your COVID-19 vaccination appointment.

If you have one, you need to bring:

- photo ID, such as your driver's licence or companion card
- your Medicare card
- a work ID, if you are having the vaccination because of your job.

You need to tell the person doing your vaccination:

- who your doctor is
- if you see any specialists.

You also need to tell them if you have:

- any health problems, such as allergies
- had any other COVID-19 vaccines
- had a reaction to other vaccines in the past, such as the flu vaccine.

You also might need to wear a face mask if your state or territory says you need to.

If you need to change your appointment

You might need to change your appointment to a different day if you:

- have had any other vaccines in the last 14 days
- are waiting for COVID-19 test results
- have COVID-19
- were told to stay home and **self-isolate**.

When you self-isolate, you stay at home until:

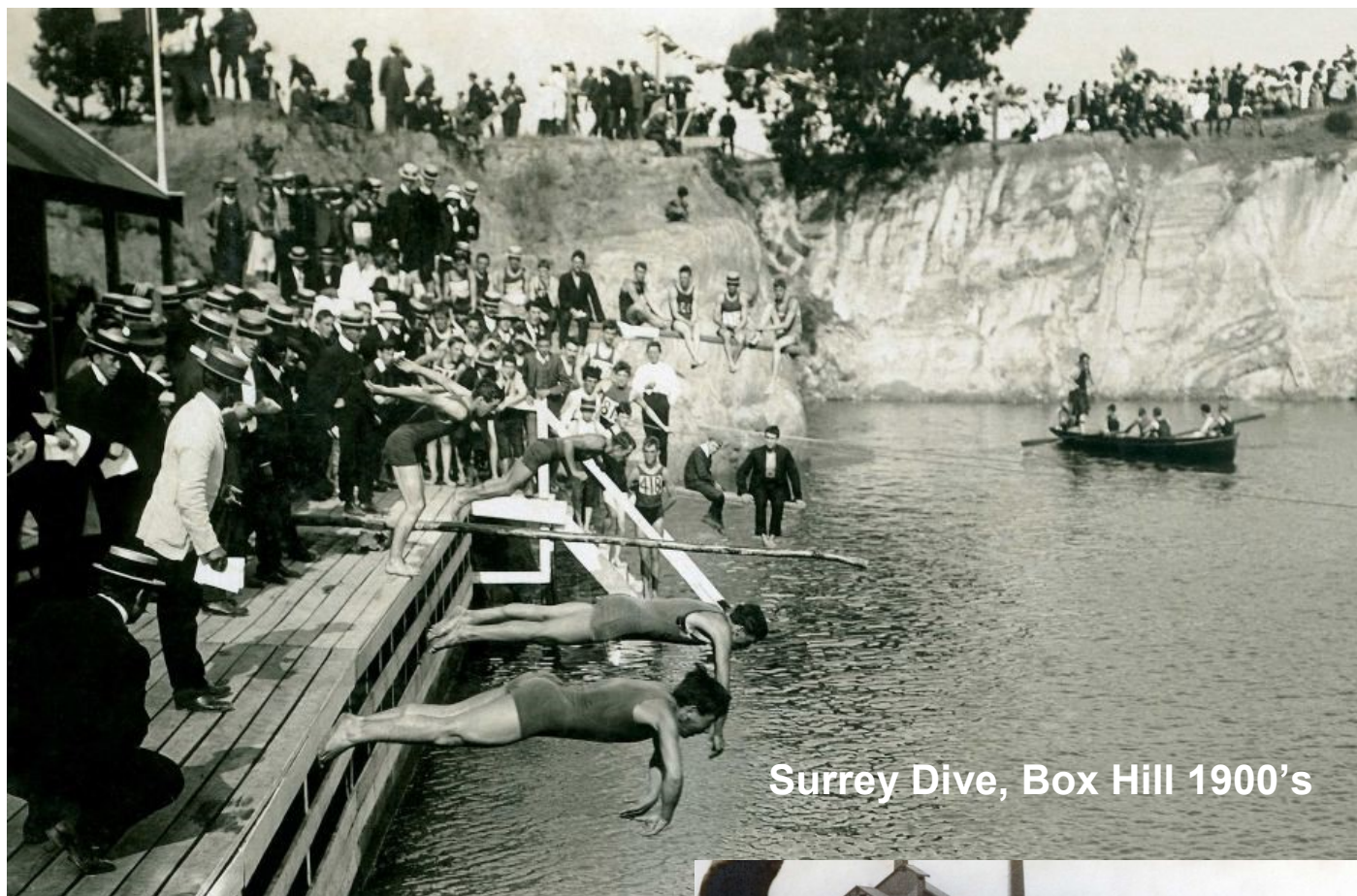
- you feel well
- a doctor says you don't need to anymore.

You might need to change your appointment if someone you have seen lately has COVID-19.

You might need to change your appointment if you have any symptoms of COVID-19, including:

- fever
- sore throat
- cough
- tiredness
- shortness of breath

In its heyday up to 5,000 spectators would line the cliffs to watch the country's best swimmers in action.



Surrey Dive, Box Hill 1900's



<https://www.abc.net.au/news/2018-01-12/curious-melbourne-history-of-surrey-dive-veritable-death-trap/9285176?nw=0&r=HtmlFragment>

Station Street, Box Hill 1956



Station Street, Today



2001



White Horse Hotel, Whitehorse road and Alma Road 1935

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fun & Frolics SSG Firecrackers SSG Forest Hill
4 Asian SSG Marvels SSG Berwick Inn	5 Treasures SSG Dorset gardens hotel Aqualink	6 Wanderers SSG Explorers SSG Exercise Programs Cardinia Park Hotel Morning Melodies	7 Debonaires SSG Blokes SSG Box Hill Central	8 Fun & Frolics SSG Firecrackers SSG Forest Hill
11 Asian SSG Marvels SSG Berwick Inn	12 Treasures SSG Dorset gardens hotel Aqualink	13 Wanderers SSG Explorers SSG Exercise Programs Cardinia Park Hotel Pinewood Cinemas	14 Debonaires SSG Blokes SSG Box Hill Central	15 Fun & Frolics SSG Firecrackers SSG Forest Hill
18 Asian SSG Marvels SSG Elsternwick Hotel	19 Treasures SSG Club Officer Aqualink	20 Wanderers SSG Explorers SSG Exercise Programs Mulgrave Club Morning Melodies	21 Debonaires SSG Blokes SSG Box Hill Central	22 Fun & Frolics SSG Firecrackers SSG Forest Hill
25 Asian SSG Marvels SSG Elsternwick Hotel	26 Treasures SSG Club Officer Aqualink	27 Wanderers SSG Explorers SSG Exercise Programs Mulgrave Club Pinewood Cinemas	28 Debonaires SSG Blokes SSG Box Hill Central	29 Fun & Frolics SSG Firecrackers SSG Forest Hill

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Asian SSG Marvels SSG Kelly's Hotel	2 Treasures SSG Seaford RSL Aqualink	3 Wanderers SSG Explorers SSG Exercise Programs Fortnum's Sassafras Morning Melodies	4 Debonaires SSG Blokes SSG Box Hill Central	5 Fun & Frolics SSG Firecrackers SSG Forest Hill
8 Asian SSG Marvels SSG Kelly's Hotel	9 Treasures SSG Seaford RSL Aqualink	10 Wanderers SSG Explorers SSG Exercise Programs Fortnum's Sassafras Pinewood Cinemas	11 Debonaires SSG Blokes SSG Box Hill Central	12 No programs Staff Training Day
15 Asian SSG Marvels SSG Old England Hotel	16 Treasures SSG Westernport Hotel Aqualink	17 Wanderers SSG Explorers SSG Exercise Programs Somerville Hotel Morning Melodies	18 Debonaires SSG Blokes SSG Box Hill Central	19 Fun & Frolics SSG Firecrackers SSG Forest Hill
22 Asian SSG Marvels SSG Old England Hotel	23 Treasures SSG Westernport Hotel Aqualink	24 Wanderers SSG Explorers SSG Exercise Programs Somerville Hotel Pinewood Cinemas	25 Debonaires SSG Blokes SSG Box Hill Central	26 Fun & Frolics SSG Firecrackers SSG Forest Hill
29 Asian SSG Marvels SSG Paradise Valley Hotel	30 Treasures SSG Watsonia RSL Aqualink	31 Wanderers SSG Explorers SSG Exercise Programs Sands Hotel Pinewood Cinemas		

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Debonaires SSG Blokes SSG Box Hill Central	2 Fun & Frolics SSG Firecrackers SSG Forest Hill
5 Asian SSG Marvels SSG Paradise Valley Hotel	6 Treasures SSG Watsonia RSL Aqualink	7 Wanderers SSG Explorers SSG Exercise Programs Sands Hotel Morning Melodies	8 Debonaires SSG Blokes SSG Box Hill Central	9 Fun & Frolics SSG Firecrackers SSG Forest Hill
12 Asian SSG Marvels SSG Sandringham Hotel	13 Treasures SSG Diamond Creek Hotel Aqualink	14 Wanderers SSG Explorers SSG Exercise Programs Village Green Hotel Pinewood Cinemas	15 Debonaires SSG Blokes SSG Box Hill Central	16 Fun & Frolics SSG Firecrackers SSG Forest Hill
19 Asian SSG Marvels SSG Sandringham Hotel	20 Treasures SSG Diamond Creek Hotel Aqualink	21 Wanderers SSG Explorers SSG Exercise Programs Village Green Hotel Morning Melodies	22 Debonaires SSG Blokes SSG Box Hill Central	23 Public Holiday No Programs
26 Asian SSG Marvels SSG Knox Tavern	27 Treasures SSG Mordiallic club Aqualink	28 Wanderers SSG Explorers SSG Exercise Programs Moreland Hotel Pinewood Cinemas	29 Debonaires SSG Blokes SSG Box Hill Central	30 Fun & Frolics SSG Firecrackers SSG Forest Hill



Christmas in July

WORD SEARCH

Can you find these Christmas words?

L	C	A	R	O	L	I	N	G	L	F	C	E	R
S	I	D	T	E	E	H	O	L	L	Y	T	D	C
O	R	L	S	F	E	C	D	N	A	L	R	A	G
O	S	N	L	L	I	G	N	I	D	A	A	R	D
R	D	A	L	E	O	G	G	F	E	R	R	M	N
N	R	N	E	N	A	N	R	N	C	L	E	N	L
A	A	B	B	A	L	D	E	N	O	S	E	S	R
M	C	R	E	C	F	I	B	G	R	G	D	S	O
E	A	L	L	Y	E	A	M	J	A	T	N	A	S
N	N	I	G	D	M	N	E	E	T	E	I	E	N
T	G	G	N	N	N	I	C	R	I	E	E	N	O
S	E	H	I	A	E	O	E	S	O	R	R	I	A
O	L	T	J	C	T	N	D	T	N	T	L	N	C
E	N	S	H	D	N	H	L	N	S	E	A	A	H

JINGLE BELLS
CAROLING
REINDEER
HOLLY
GIFT
SANTA
DECORATIONS
DECEMBER
CANDY CANE
CARDS
LIGHTS
TREE
ORNAMENTS
ANGEL
GARLAND
EGGNOG

Name: _____

Score: _____



