



WHAT'S ON AT THE DEREEL COMMUNITY CENTRE

September 2015

The Community Centre is open Tuesdays and Thursdays from 8:30am when the community nurse is in attendance. To make contact with the community nurse please use the details below.

Walking in Dereel: The walking group is always looking for new members. They meet each **Tuesday and Thursday at 8:30am** and enjoy either a short or long walk dependent on the health levels of the walkers and the weather. Following the walk there is a healthy morning tea.

Community Breakfast: held on the first Tuesday of each month from 7:15 – 8:30am the breakfast is a good opportunity to catch up with neighbours and friends. **September's breakfast will be Tuesday 1st. Breakfast will be piping hot porridge followed by eggs benedict.** There is cereal and fruit for those not fans of porridge.

Men's Kitchen: There are not enough men attending the lunch at this time so we will cancel it for the next few months. If you are keen to be involved please contact Bennita.

Speakers and events in September

Trailblazers Walking Group: Thursday September 3rd. This month they will be walking along the **Historic Park walk at Stieglitz.** Meeting at 10:00am at the **Bert Boardman's Reserve car park.** Please indicate your participation by contacting Jacinta on Tel: 53211500 or Mob: 0458384080. Remember to dress appropriately for the weather and carry any medications required.

Dietician: Joanne will be in attendance at the Community Centre, **Tuesday September 16th from 9:30am.** The topic,

Food Forum: Tuesday September 22nd from 9:30am. The two forums that took place in August at Bannockburn and Smythesdale are over and the results are in. Belinda Hynes who has worked with the project from the beginning will be in Dereel to talk about the workshops and the ensuing ideas generated by the participants. It would be good to see what action might be taken by those communities who attended and what we can add to those learnings. This is open to all members of the community.

Card and games morning: Tuesday 29th from 9:30am. Just a bit of fun in a warm and friendly environment.

Seniors Week 4th – 11th October. For information about shire events please look at the shire website or contact **Kim Boyd on telephone number: 53427000 or via e-mail: kboyd@gplains.vic.gov.au**

Please e-mail Bennita with suggestions for speakers, see below

For more information contact Bennita Hough

P 0427 095 998 or at the Centre on 5346 1521 (Tuesday & Thursday)

E commnurse@bdnh.com.au

The Dereel Community Health and Wellbeing Program is delivered in partnership with Ballarat District Nursing and HealthCare and Golden Plains Shire Council.



DEREEL COMMUNITY HEALTH AND WELLBEING PROGRAM