

# Dereel October Community Wellbeing Program

*~ working together for a happy, healthy and resilient community ~*

## What's happening in October:

Date / Time	What	Who
Tue 4 <sup>th</sup> / 12pm	Footy Lunch – Join the Dereel Walking Group for a farewell to footy season old fashioned pie lunch as part of the Victoria Seniors Festival ~ Gold coin donation ~ replacing the Monthly Breakfast for October	Walking Group Book now with Lorraine 5342 0492
Wed 5 <sup>th</sup> / 10-3	Healthy Aging Expo, Ballarat ~ Mercure Hotel, Main Road	Local Service Providers
Tue 18 <sup>th</sup> / 9.30am	Tech Savvy Seniors ~ Online Buying and Selling	Geelong Regional Library

## Regular Activities (All welcome):

- **Book Exchange Book Club:** Monday 1-3pm, come to the Dereel Community Centre to exchange a book or chat about a recent good read you have had.
- **Community Breakfast:** First Tuesday of month, 8am, the next Breakfast will be held in **November**
- **Walking Group:** Tuesday 8.30am followed by a cuppa and a chat
- **Hub Café:** Saturday 2-4pm (with various activities)
- **Mobile Library:** Thurs 2.15-3.00pm (weekly, but not the last Thurs of month)
- **Men's Shed:** Wednesday and Saturday, 11am-3pm

## What's coming up:

- Tuesday 1<sup>st</sup> Nov, 8am: **Community Breakfast**  
Contact: Lorraine on 5342 0492.
- Tuesday 8<sup>th</sup> Nov, 9.30am: **Food for Life Dietician**  
Contact: BDNH Group on 5334 1500
- Tuesday 15<sup>th</sup> Nov, 10.30am: **Safe Driving for Seniors** (bookings essential)  
Contact: BDNH Group on 5334 1500
- Thursday 1<sup>st</sup> Dec, 10am: **Trailblazers** - walk followed by lunch  
Contact: Jacinta on 5321 1500

## Hesse Health, Rokewood: (5267 1280)

- Nurse: Mon to Fri
- Physio: Tue morning
- Dietician: Last Wed
- Podiatry 1<sup>st</sup> & 3<sup>rd</sup> Wed
- Well Women's Clinic: Leigh Community Centre, Friday October 14th from 10am-12pm call 5267 1280 for appointments.