









Our Community At Work Calendar of Events 2017

ourcommunityatwork@gmail.com

DATE	SEPTEMBER
<u>Sun 3rd</u>	<p style="text-align: center;">Happy Fathers Day</p> 
<u>Mon 4th</u>	 <p>MOBILE LIBRARY comes to TARWIN LOWER - Fortnightly</p> <p>Look for mobile library truck parked outside Tarwin Lower Mechanics Institute Hall from 3 pm –4:30pm Free books, & more</p>
<u>Every Mon</u>	 <p>TAI CHI - EVERY Monday at 10am Tarwin Lower Health Centre - \$7 per class phone 5667 5680 to book your place</p>
<u>Every Mon</u>	 <p>Gentle Yoga + Plus is continuing EVERY Monday @ 7pm - 8:30pm at the Tarwin Lower Health Centre. \$15 call 0407676027</p>
<u>Every Wed</u>	<p>Meditation: every Wednesday @ 9am - 10:30am at Tarwin Lower Health Centre Cost \$7. Call Penny 0402 131 330 or email penfred@bigpond.com to book your place</p>
<u>Every Wed</u>	 <p>Gentle Yoga + Plus is continuing every Wednesday @ 2 -3:30pm at the Tarwin Lower Health Centre. \$15 beginners, Long time no doers and post injury (6-12mths). Please call to confirm place 0407676027 bring mat, water and wear clothes that let you move easily.</p>
<u>Every Wed & Sat</u>	<div style="display: flex; justify-content: space-between;"> <div data-bbox="424 1715 788 1917" style="text-align: center;">  <p>The Men's Shed Venus Bay, Tarwin Lower & District Men's Shed 190 Lees Road Venus Bay A0057129V</p> </div> <div data-bbox="874 1704 1410 1951" style="text-align: center;"> <p><u>190 Lees Road Venus Bay</u></p> <p><u>MEMBERSHIP DRIVE</u></p> <p>see FLYER for further details</p> <p><u>COME AND TRY OUR MEN'S SHED</u></p> </div> </div>

<p><u>Fri 8th</u></p>	 <p>Venus Bay Angling Club Fishing 8th - 10th .5day Competition Further details contact Tony 0418 333 292, John 0409 255 015 or www.venusbayanglingclub.org.au</p>
<p><u>Mon 18th</u></p>	 <p><u>MOBILE LIBRARY comes to TARWIN LOWER - Fortnightly</u></p> <p>Look for mobile library truck parked outside Tarwin Lower Mechanics Institute Hall from 3 pm –4:30pm Free books, & more</p>
<p><u>Wed 20th</u></p>	<p><u>COMMUNITY LUNCHEON</u></p> <p>114 Jupiter Boulevard Venus Bay</p>  <p>Everyone welcome</p> <p>Bookings Essential</p> <p>Contact Wendy 0409 811 157 or ourcommunityatwork@gmail.com \$18 Two Course Meal from 12 noon – 2:30pm</p>
<p><u>Thurs 21st</u></p>	<p>Aging Well Forum</p> <p>Tarwin Lower & District Community Health Centre</p> <p>See flyer for further details</p>
<p><u>Sat 30th</u></p>	 <p>LIVE ENTERTAINMENT TARWIN RIVERVIEW HOTEL - River Drive ERIC COLLIER 7:30PM</p>
<p><u>Sat 30th</u></p>	 <p>GRAND FINAL DAY Check out whats on at CAVITY</p>
<p>ADDITIONAL INFORMATION</p>	

BUS ABOUT TOWN “B.A.T”

Presently runs Thursday to
Wonthaggi

Pick up from 2nd estate, 1st
estate Venus Bay and Tarwin
Lower



Join Membership or Club now
Book your seat or further
information by calling

0487 543 632

Aging Well Forum



Topics

- Healthy Aging
- Changes to the Aged Care system
 - My Aged Care system
- Services to assist you remain at home
 - Aged Care Facilities

Speakers from:

Gippsland Southern Health Service

Tarwin Lower Community Health Centre

Thursday 21st September 2017

1pm-3pm

To book a place please contact Jenny on 5667 5643





Venus Bay, Tarwin Lower & District Men's Shed
190 Lees Road Venus Bay
A0057129V

190 Lees Road Venus Bay
Shed open hours as follows:

Wednesday 10am till 1pm

Saturday 10am till 1pm

Contact details: Membership Coordinator - Don Kennedy 0414 392 363

donandotkennedy@gmail.com

President - John Hyett 0425 743 802 john.hyett@aanet.com.au

MEMBERSHIP DRIVE

AN OVERVIEW Men's Sheds are places for men to come together, to capture and share their skills and experiences.

A place of creativity, of teamwork, and for celebrating community spirit. It's a place to build on health and wellbeing of men. More than just a 'Shed', we meet new friends, relate our experiences, mostly with a laugh, sometimes with compassion for someone going through hard time, but we always leave feeling better than when we came. There's an open invitation for all men to come and share in our camaraderie.

WHO'S A MEN'S SHED FOR? A shed is for blokes of all age, though we realise that Men's Sheds traditionally attract older men, particularly those close to their retirement. However many have programs for working men or those with mobility, mental health or other health issues.

We're keen to involve men who have particular skills and who'd gladly help teach others.

Or maybe you just want to come along for a cuppa and a chat. Whether you're a resident, or a casual visitor to the area, you are welcome.

WHAT DOES THE SHED OFFER? We aim to offer a variety of programs and activities to suit a range of Men's interests and needs.

HEALTH ISSUES ADDRESSED Men's Sheds aim to raise awareness of health issues, and provide some valuable ways to reduce the risks, and ultimately help men 'shed' any apprehension about facing up to their health and wellbeing.

Here are some men's health facts:



Men die on average five years earlier



Half of men are overweight compared to one third of women



Sixty percent more men die of cancer



Heart disease kills sixty three percent more men than women

By having healthier and happier men we're helping to strengthen them, their families and community.

COME AND TRY OUR MEN'S SHED