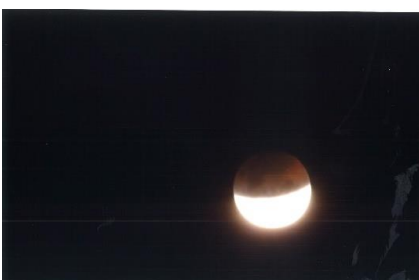
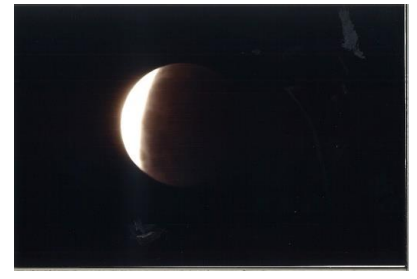


Village Newsletter

Lourdes Village June 2021 Edition



VILLAGE MANAGEMENT OFFICE

Phone: (02) 6584 3515

Opening Hours: Monday to Friday, 8:30am to 4:30pm

Email: reception.villageliving@stagneparish.org.au

Message from the Editor

Dear Residents,

Welcome to the June 2021 Village Newsletter and the official start of Winter. How the year is flying by. We are already half-way into the year! The photos on the front cover are of the Total Lunar Eclipse (super blood moon) which occurred on 26th May 2021. The photos were taken by St Agnes' Village resident, Barry Jennings. The photos have been placed in order of the eclipse which I hope is the case. Thank you to Barry for providing me with these photos.

This month will be a busy month with residents invited to attend the following:

- Stage Meetings
- Social Committee Annual General Meeting
- Social Committee Luncheon

Further details are noted in this edition of the newsletter.

Last month the Village Management Office staff hosted 'The Biggest Morning Tea' charity fundraiser for the Cancer Council with a High Tea event. This was a fantastic morning with an abundance of sandwiches/ cakes/slices. Photos are shown in this edition of the newsletter.

"Scammers": There is a significant increase in scam-based activity with scammers still using the COVID pandemic to take advantage of people. The most common scams look like emails or texts from the ATO, Centrelink, Telstra and myGov. They ask you to click a link that looks real but will take you to a scam page that will steal your personal information. Many people who do get scammed are too ashamed and embarrassed to report it. If you think you have been scammed, or want more information about scams, please visit www.scamwatch.gov.au/.

Until next month, stay safe, healthy, happy and keep warm.

The Village Office will be closed on the Queen's Birthday Public Holiday, Monday, 14th June 2021

Jody, Editor.

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Pastoral Ponderings

JUNE 2021



Seasons
for Growth®



WORKSHOP

Understanding Change, Loss and Grief

(2 hours + morning tea)

9.30am – 12.00pm)

An innovative Australian grief and loss education program that uses **the imagery of the seasons to illustrate the experience of change, loss and grief. It does not provide counselling or therapy.**

It is an educative program learning the skills of healthy grieving.

Who is it for?

Anyone who is living with the effects of change and loss.

Many factors can cause change such as:

- Loss of someone or something you love
- Leaving your home and possessions, losing a beloved pet, retiring from work, handing in your license...
- Families separation
- Factors around ageing
- Impact of illness

Change effects everyone differently, as does grief.

It's the impact of the change, not the event itself that

Seasons for Growth focuses on.

Wednesday 16th June

Tenison Woods Centre

RSVP – 11TH June call 65 899 814



What is change, loss and grief?

With any change we have a loss, be the change good or not so good. With any loss we have grief. Grief describes how a person feels after the loss of someone or something that is very important to them. The grief experienced from a loss affects the whole person, including their mind, spirit, and body, as well as the relationships they have with other people. It is important to understand grief within the social (e.g. family relationships) and cultural context in which it takes place. Grief can occur with the loss of:

- personal relationships (e.g. relationship breakup)
- good health
- a job
- someone important due to death
- retirement
- mobility
- the diagnosis of a terminal illness
- someone important because of a drug or alcohol problem, which causes them to not always be there for others in the family.



If this grief stays unresolved, it may build up and even be passed on through the generations of a family; this is called intergenerational grief.

Grief is different for every person and a time limit cannot be put on it. Grief is an unfortunate part of life, but too much grief is not good for a person. How a person grieves will depend on:

- their personality
- the nature of the event that has led to the grief
- who they can share their grief with
- how many times they have had to deal with grief and loss
- their physical wellbeing
- the emotional support available to them.

An opportunity to learn/review the skills of dealing with grief will be available on Wednesday, June 16. Information is included in this edition of Pastoral Ponderings advertising this opportunity. Bookings can be made on telephone 6589 9814 to RSVP by June 11, 2021.

I would love to hear your feedback, so please share your ideas. Contributions to the 'Village Newsletter' are always welcome! If you have a story, poem, joke, photos or travel news, please either deliver to the Village Management Office or email to Jody.Munro@stagneparish.org.au



LOURDES VILLAGE STAGE MEETINGS

The first Stage Meeting for 2021 will be held on Thursday, 3rd June 2021 in the John Worner Centre. Village residents have been provided with a letter notifying the relevant details.

POP UP CARD SHOP

Sue "The Card Lady" is excited to be back again. Sue will be bringing her *Flamingo Paperie* eco-friendly greeting cards and stationery giftware back to the village during Coffee Shop. Residents will still get their 10% discount on all purchases.

Sue will be at the John Worner Centre on **Friday, 11th June 2021 between 9:30am and 11:30am.** Please drop by to say hello and have a look.

Sue will also be bringing a small selection of Nutrimetics special offers for the residents to browse.

LOURDES VILLAGE SOCIAL COMMITTEE ANNUAL GENERAL MEETING (AGM)

Lourdes Village Social Committee will hold an Annual General Meeting on Tuesday, 29th June 2021 in the John Worner Centre. Nomination forms will be forthcoming to residents in the coming week for the election of positions on the 2021/2022 Social Committee. New members are needed.

Please give serious consideration to joining the Social Committee to ensure continuation of this worthwhile committee and its function of providing social activities and events to entertain and uplift residents. As a Committee Member, you will bring ideas/suggestions on what types of social events are held, how they are organised and help plan and carry out social events.

The Social Committee will also hold their monthly luncheon at 12:30pm prior to the AGM. Your attendance would be greatly appreciated at the luncheon and AGM meeting.

Thank You



Lourdes Village Biggest Morning Tea – 21/5/21

On behalf of the Village Management Office staff, thank you to residents, family and friends for their donations for the *Biggest Morning Tea*. Your support was very much appreciated. The Village raised \$538.10 for the Cancer Council.

Resident News



Best wishes to residents celebrating birthdays.

We wish residents who are experiencing poor health a speedy recovery.

We extend our condolences to residents who have lost a loved one.

May Our Lord bless and comfort you and your family during this time of grief.



We welcome any new residents who have recently moved into the village. We hope you enjoy living here.

JUSTICE OF THE PEACE

Village residents were advised in the May edition Village Newsletter, that we no longer have a Justice of Peace in our villages. We have been informed that a St Agnes' Village resident, who is a registered NSW Justice of the Peace, is available to sign documents should residents require the services of a Justice of the Peace. Please phone the Village Office to obtain contact details.

ST AGOSTINA CAFÉ

Modifications to weather-proof St Agostina Café located in St Agnes' Village have commenced. These modifications will ensure protection from the elements for all patrons. Photos of the construction works are shown below.



Exercises for Seniors

In the May edition Village Newsletter, residents were informed that a variety of online exercises, designed specifically for seniors by MoreLifeHealth Seniors, will be available on a weekly basis for residents to participate. These exercises will be viewed on the large projector screen and can be undertaken by standing or sitting. To begin with, the following routines will be shown:

Warm up routine – 7 minutes

Morning Stretch routine – 7 minutes

Warm down routine – 5 minutes

Come along to the John Worner Centre, between 9:30am and 10:00am, each Tuesday morning, commencing on 8 June 2021.

Alternatively, these exercises can be done in the privacy of your own home, with the link provided to you by phoning the Village Office on 6584 3515. Keep an eye out for a flyer detailing more information.

St Agnes' Village resident, Barbara Westwood, has been invited to speak at the Port Macquarie Library on her published Poetry Book. Residents are invited to attend. Details are shown below.

The Village Management Office staff planned to hold a Book Launch for Barbara's Poetry Book, however due to COVID restrictions in place in the Tenison Woods Centre, this was postponed. We do look forward to holding this Book Launch at a later date for village residents to attend. Village residents will receive further information in due course. Congratulations Barbara.



Please join us for an author chat with poet

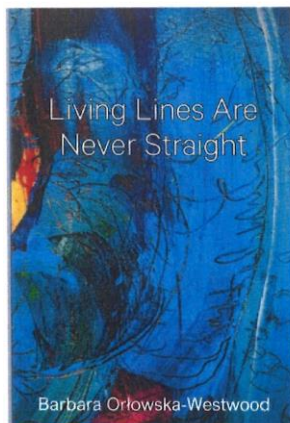
Barbara Orlowska-Westwood

Wednesday 16th June at 10.30am



Born in Poland Barbara moved to Australia in 1979. Qualified as a physician she worked professionally in both countries. Since her retirement in 1998 she has enjoyed writing poetry and prose. Barbara's work has been published in Australia, Poland and America.

Living Lines Are Never Straight



'These are poems of very thoughtful observation. Glimpses of the natural world, they are also more than that because, together and variously, they raise issues of interrelationship and belonging. ... There is much to admire in this poetry of trim lines and short stanzas' Brian Edwards.

Port Macquarie Library Meeting Room
RSVP ESSENTIAL - LIMITED SEATING
Register at mnclibrary.org.au or 6587 8755

IMPORTANT ANNOUNCEMENT

Village Walking Group

The weekly Village Walking Group that meets at the Tenison Woods Centre, St Agnes' Village each Thursday morning, has been placed on hold until further notice. Unfortunately our volunteer Rose is unavailable to facilitate this group. Residents will be advised when this activity will recommence.

Rose and Village Management apologise for this.



Wraps with Love

The Catholic Women's League (CWL) would like to thank parishioners who volunteered to knit and assemble the squares for its 'Wraps with Love' project. They currently need more 8ply wool. If you have any 8ply wool you can donate, it would be appreciated if you could leave it at the Presbytery Office.

GENTLE EXERCISE CLASSES (Qi GONG)

Qi gong, is a form of ancient Chinese gentle exercise. Classes will begin at the Tenison Woods Centre, St Agnes' Village, Lochinvar Place on Wednesday 9 June at 9.00am. This will be taken by Jaye who is an accredited instructor in the art. Cost will be \$5.00. For more information, contact Judy on mobile 0409 306 207. Village residents are welcome to attend.

Reminder to Residents



Handy Hints for Locked Boxes

A few handy hints regarding the locked boxes...

To Open

1. Key in the Security PIN code for the locked box.
2. Slide and hold the top lever down whilst taking off the removable front section of the locked box.
3. Take the front cover with key attached to open the door of your villa.

To Close

1. Reposition the removable front section of the locked box into holder.
2. Re-enter the Security PIN code.
3. Slide and hold the top lever down and clip into place.

REPAIRS AND MAINTENANCE

For all general maintenance requests and after hours' emergency maintenance requests, village residents can call the hotline on **1300 522 511** or email the details to sap@chl.org.au (24 hours a day 7 days a week). When calling after hours or on a weekend, please stay on the phone to listen to the procedure. **DO NOT HANG UP!** If life or structure is in danger, call triple zero (000).

REQUEST FOR ADDITIONS IN VILLAS

Any additions, which includes screen doors, air conditioning units, ceiling fans, grab rails, patios etc, must be approved by Village Management prior to work being undertaken. Please provide a written request to the Village Manager. A written response will then be provided to you.



Bus Outings

If you nominate for a bus outing and you are not able to attend, please notify the Village Office at least 24 hours prior to the bus outing, if possible. This will allow Village Office staff to give your seat to another resident if they are on the waiting list. Residents are also encouraged to still place their name on the list if the outing appears to have a waiting list. Residents cancel for many reasons and residents on the waiting list can be lucky enough to be able to attend.

CARDS AND/OR BOARD GAMES AFTERNOON



A small group of Lourdes Village residents commenced a games afternoon in November 2020 to get together and play cards and/or board games every Saturday between 1pm and 4pm. This day has not proved successful, however we would like to continue this activity. I have provided information below on the benefits of playing cards and/or board games.

Playing card and board games is not just for children. It's a fun, engaging, and stress relieving activity that should be practiced by all of us, even in old age. I am encouraging village residents to start playing cards and/or board games if you don't do this already. You can experience a number of benefits depending on the type of game being played. The advantages can range anywhere from a sharper memory to better fine motor skills. Read more to find out why you should start playing right now!

Why games?

*Card and board games can **improve memory** and help with age-related ailments such as dementia. Stimulating the brain via numbers, letters, colours etc. **enhances brain function**. Choose from popular card games like rummy, cribbage, and canasta, among many others. Classic board games that you may enjoy are chess, backgammon, and Trivial Pursuit. Similarly, word and number games such as Scrabble and Sudoku can be a fun way to **activate the brain**. There are also enormous **social benefits** to playing a game with friends and family. The consistency of seeing other people prevents isolation and loneliness.*

Do you like to play cards and/or board games? Would you enjoy the company of other village residents and play cards and/or board games? If so, please let the Village Management Office know so arrangements can be made for residents to get together on a suitable day in the John Worner Centre and continue this activity.

Source: www.oscarsenior.com

VILLAGE TRANSPORT SERVICES

Residents are reminded that the *Village Transport Service* is available on **Monday and Friday mornings from 9:30am until 1:00pm**. The transport vehicle is driven by volunteers from St Agnes' Catholic Parish. At least 24 hours' notice must be given to book the transport vehicle and bookings can be made via the Village Office on 6584 3515.

The increase to 5 days per week is still a work in progress and village residents will be kept informed on this progress. I encourage village residents to continue to utilise the *Village Transport Service* on the scheduled days for this service to continue into the future. This service is also available to those residents who drive. If you require further information regarding *Village Transport Services*, or know someone who may be interested in becoming a *Village Transport Volunteer*, please phone the Village Office on 6584 3515.

Latest on Parish Flood Recovery efforts

(as at 23 May 2021)

St Agnes' Catholic Parish Recovery Support Service

Resilience NSW has entered into an Agreement with St Agnes' Catholic Parish to establish and run for an initial 12-week period, a recovery centre located next to our Pop-Up Pantry in William Street. The centre will open from Monday 31 May 2021. The Government will fully fund the service including salaries for two staff and set up costs. Interviews commenced this week for staff, who will be experienced in support work and able to connect individuals and families to the specialist services they might require. The Centre is a temporary personalised holistic case management service to help disaster affected communities recover from the floods. We will provide a client-centred service to high needs flood affected residents from our community.

St Agnes' Catholic Parish Rebuild Program

The Parish has commenced the rebuilding program for the most vulnerable people located at Riverside Residential Village Port Macquarie and Brigadoon Holiday Park North Haven. There are approximately twenty-four homes and cabins to rebuild over the next 8-12 weeks. The rebuild is being undertaken by two licenced builders and a team of carpenters and apprentices. They are supported by Newman Senior Technical College Construction students. Work includes, flooring, wall sheeting, kitchens, bathrooms, paint, and floor coverings. Materials are being supplied at cost by Port Macquarie Bunnings.

The Parish Pop-up Pantry

The Pantry is continuing its service of supplying non-perishable food and other items to those affected by the floods. It is open three days a week (Monday to Wednesday) 9am-4pm. Thank you to our volunteers and Parish staff who are making this happen. Thank you also to the generous parishioners who are donating non-perishable items to the Pop-up Pantry. We are still accepting donations of toiletries, cleaning supplies and all non-perishable food items. We do a major restock each week so all donations will be gratefully accepted.

Keep those donations of non-perishable food items coming

Donations of the following items are still welcome and needed at the Pop-Up Pantry in William Street.

- Cans of Soup
- Canned vegetables
- Coffee
- Cleaning products
- Deodorant
- Freezer bags
- Honey
- Instant rice
- Gluten free products
- Pasta Sauce
- Pegs
- Salt & Pepper
- Sugar
- Tea
- Toilet Rolls
- Tomato Sauce
- Washing Powder
- Vegetable Oil

Resident Information

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on 15 June to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.



Abuse can be unintentional or deliberate. The harm caused to an older person may range from the unintended effects of poor care through to serious physical injury inflicted deliberately. Harm can also include emotional harm and financial loss.

Have any types of elder abuse ever affected you or anyone you know? Have you ever suspected that you or a vulnerable elder in your life might be suffering from neglect or mistreatment? Do you feel conflicted, afraid, embarrassed, or unsure of what to do about it?

By learning more about this subject, you can better protect yourself or those you care about. Elder abuse can take many forms. Often more than one type of abuse can be used. The most commonly reported types of elder abuse include:

- **Emotional (or psychological) abuse:** This kind of mistreatment harms and elder's mental health. Using threats, humiliation or harassment causing distress and feelings of shame, stress or powerlessness. It often occurs in combination with other forms of abuse.
- **Financial abuse:** Using someone's money, property or other assets illegally or improperly or forcing someone to change their will or sign documents.
- **Social abuse:** Forcing someone to become isolated by restricting their access to others including family, friends or services. This can be used to prevent others from finding out about the abuse.
- **Neglect:** This type of abuse happens when a vulnerable elder is deprived of essential necessities like food, water, medical treatment, proper clothing, or a safe, clean, and comfortable living environment, either intentionally or unintentionally.
- **Physical abuse:** Physical abuse can take many forms. Inflicting pain or injury by hitting, slapping, pushing, punching, choking, kicking or using restraints.
- **Sexual abuse:** Any sexual activity for which the person has not consented. Even a conversation about sex can be considered abusive if an elder is uncomfortable or unwilling to engage in the discussion and can't get out of the situation.

What do I do if I suspect elder abuse? Trust what you are seeing or feeling. Elder abuse can sometimes be subjective, but it is usually better to err on the side of caution. If you are concerned about elder abuse you may want information, or the opportunity to talk to someone about your concerns, and options for getting help.

If you require assistance in an emergency or life-threatening situation, contact 000 straight away.

In NSW a free, confidential Elder Abuse Helpline provides information, advice and referral for people who experience, witness or suspect the abuse of older people. *Call the Elder Abuse Helpline on 1800 628 221.*

In Australia we are also lucky to have the Seniors Rights Service. Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups. They provide free and confidential telephone advice, aged care advocacy and support, legal advice and rights-based education forums to seniors across New South Wales.

You can also call Seniors Rights Service for free and confidential legal advice on 1800 424 079 or visit their website: <https://www.seniorsrightsservice.org.au>.

Source: Seniors Rights Services website

Villas for Sale in St Agnes' and Lourdes Village



FOR SALE - Villa 31B
St Agnes' Village



FOR SALE - Villa 47
St Agnes' Village



FOR SALE - Villa 123
St Agnes' Village

Deposits have been taken on the following villas:

Villa 9 St Agnes' Village

Villa 59 Lourdes Village

Villa 103 St Agnes' Village

Villa 144 St Agnes' Village



RECIPE



Savory Mighty Muffins

This recipe has been kindly provided by Sue Hollis

Makes 6

Ingredients:

1½ cups self-raising flour
2 cups grated tasty cheese
100g chopped ham
1 zucchini, grated
1 carrot, grated

¼ cup thinly sliced chives
¾ cup milk
1 egg
¼ cup fruit chutney (optional)

Method:

1. Preheat oven to 200°C. Grease muffin pan. Line bases of holes with baking paper.
2. Sift flour into a large bowl. Add cheese, ham, zucchini and chives. Whisk milk, egg and chutney in a jug until well combined. Make a well in centre of dry ingredients. Pour in milk mixture. Using a large metal spoon, gently mix until just combined. Spoon into muffin holes.
3. Bake for 15 to 20 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 3 minutes. Turn onto a wire rack to cool. Store in an airtight container at room temperature.

Photos

Biggest Morning Tea held on Friday, 21st May 2021



Puzzle Time

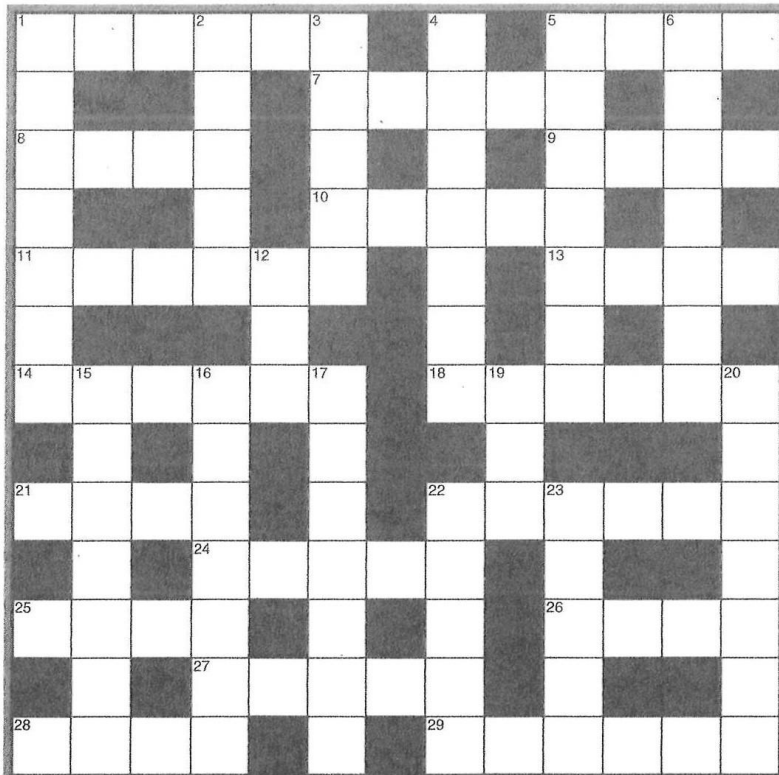
Sudoku – Easy 853

		1	2	5				
5	9	7				2		
		3	7	8	9			5
	4				6			2
2		9		7		4	6	
8								
						6	8	
				4			2	
			9			3		7

Sudoku – Medium 854

			7	9		8	1	
		4		1	5			
		5					7	
9				2			3	
		1	9					
		2		8			5	6
1	7							
	5		3					2

Crossword



ACROSS

1. Rank
5. Wordless acting
7. Adversary
8. Tinted
9. Bridge length
10. Deserve
11. Becomes informed
13. Snake-like fish
14. Floats on current
18. Merriest
21. Speak indistinctly
22. Rang (of bells)
24. Outdo
25. Swarm
26. Japanese wrestling style
27. Ease of
28. Unkind
29. Strip bare

DOWN

- | | | |
|--------------------|-------------------------|----------------------|
| 1. Used oars | 6. Childhood disease | 19. Chopping tool |
| 2. Scanning device | 12. Louse egg | 20. Immature frog |
| 3. Judges | 15. Allay | 22. Kept supplying |
| 4. Clothed in | 16. Inferno battler | 23. Incendiary crime |
| 5. Enigma | 17. Out of the ordinary | |

Solutions to May Puzzles

Sudoku – Easy 853

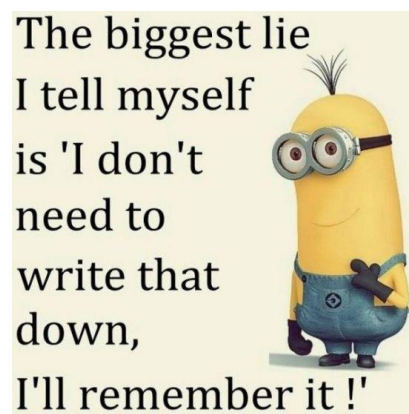
4	8	1	2	5	3	7	9	6
5	9	7	1	6	4	2	3	8
6	2	3	7	8	9	1	4	5
7	4	5	3	9	6	8	1	2
2	1	9	8	7	5	4	6	3
8	3	6	4	1	2	5	7	9
9	7	2	5	3	1	6	8	4
3	5	8	6	4	7	9	2	1
1	6	4	9	2	8	3	5	7

Sudoku – Medium 854

6	2	3	7	9	4	8	1	5
7	9	4	8	1	5	6	2	3
8	1	5	6	3	2	4	7	9
9	8	7	5	2	6	1	3	4
5	6	1	9	4	3	2	8	7
3	4	2	1	8	7	9	5	6
1	7	6	2	5	9	3	4	8
2	3	9	4	7	8	5	6	1
4	5	8	3	6	1	7	9	2

Crossword

1	P	U	T	R	I	D	W	M	I	M	E	
A	A	E	N	E	M	Y	E					
8	D	Y	E	E	A	S	P	A	N			
D	A	M	E	R	I	T	S					
11	L	E	A	R	N	S	I	E	E	L	S	
E	I	N	R	E								
14	B	R	I	F	T	S	S	A	Y	E	S	T
E	I	P	X	A								
21	S	L	U	R	E	P	E	A	L	E	D	
I	E	X	C	E	L	R	P					
25	T	E	E	M	I	I	S	U	M	O		
V	A	B	A	T	E	O	L					
28	M	E	A	N	L	D	E	N	J	U	D	E



Bus Outings for June 2021

Pick up points for the bus outings: Bus stop on Menary Drive (next to Unit 29) and bus stop on Davoren Drive (outside the John Worner Centre). **Please phone the Village Office on 6584 3515 to book your seat.**

The walking bus and wheelchair bus are available for the same outings as listed below. The wheelchair bus should only be used for residents who have poor mobility and have difficulty getting on and off the walking bus.

WALKING BUS AND WHEELCHAIR BUS

<p>Friday, 11th June 2021 Leave Menary Drive & Davoren Drive at 9.15am</p> 	<p>A half day bus outing to <i>Our Little Café Laurieton</i> for morning tea. <i>Our Little Café</i> was established in 2018 by Wendy & Mark. After running a successful market stall at the Riverside Markets, the pair were inundated with requests to set up a café in town! They responded to these wishes, and opened <i>Our Little Café</i> as a dedicated hub for the community of Laurieton. <i>Our Little Café</i> enables them to pursue their passion as coffee enthusiasts, as well as offering their customer delicious freshly made breakfasts, lunches and snacks. It gives them huge satisfaction to be living their dream!</p>
<p>Thursday, 17th June 2021 Leave Menary Drive & Davoren Drive at 9.15am</p> 	<p>A full day bus outing to <i>Wingham</i>. <i>Wingham</i> is a town in the Mid North Coast region of New South Wales (just 10 minutes from Taree). A lovely historic timber town on the Manning River, <i>Wingham</i> has a village green surrounded by National Trust-listed Federation buildings. Lunch will be at <i>Wingham Services Club</i> in Bent Street, <i>Wingham</i> at your own cost.</p>
<p>Monday, 21st June 2021 Leave Menary Drive & Davoren Drive at 1.30pm</p> 	<p>A half day bus outing to <i>The Ruins Cafe @ Lake Innes Village Shopping Centre</i> for afternoon tea. A great addition to Lake Innes Village Shopping Centre. <i>The Ruins Cafe</i> caters for everyone. A selection of slices, cakes, muffins, scones, tea and coffee is available.</p>

Calendar for June 2021 (John Worner Centre)

DAY	DATE	ACTIVITY	TIME
WEDNESDAY	2 JUN	<i>Bowls</i>	1:00pm
THURSDAY	3 JUN	Stage Meetings	9:00am-1:00pm
FRIDAY	4 JUN	<i>Coffee Shop</i>	10:00am
SATURDAY	5 JUN	<i>Cards/Board Game Afternoon *</i>	1:00pm-4:00pm
MONDAY	7 JUN	'Knit and Knatter' Craft Group Social Committee Meeting Residents Committee Meeting	10:00-12noon 1:00pm 2:00pm
TUESDAY	8 JUN	<i>Online Exercise Class (Seating or standing)</i>	9:30am-10:00am
WEDNESDAY	9 JUN	<i>Bowls</i>	1:00pm
FRIDAY	11 JUN	Bus Outing – Morning Tea (Our Little Café Laurieton) <i>Coffee Shop</i>	9:15am 10:00am
SATURDAY	12 JUN	<i>Cards/Board Game Afternoon *</i>	1:00pm-4:00pm
MONDAY	14 JUN	PUBLIC HOLIDAY <i>'Knit and Knatter' Craft Group</i>	10:00am-1:30pm
TUESDAY	15 JUN	<i>Online Exercise Class (Seating or Standing)</i>	9:30am-10:00am
WEDNESDAY	16 JUN	<i>Bowls</i>	1:00pm
THURSDAY	17 JUN	Bus Outing – Full day (Wingham)	9:15am
FRIDAY	18 JUN	<i>Coffee Shop</i> Catholic Women's League	10:00am 12:30pm-3:30pm
SATURDAY	19 JUN	<i>Cards/Board Game Afternoon *</i>	1:00pm-4:00pm
MONDAY	21 JUN	'Knit and Knatter' Craft Group Bus Outing – Afternoon Tea (The Ruins Café Lake Innes Shopping Centre)	10:00am-12noon 1:30pm
TUESDAY	22 JUN	<i>Online Exercise Class (Seating or Standing)</i>	9:30am-10:00am
WEDNESDAY	23 JUN	<i>Bowls</i>	1:00pm
FRIDAY	25 JUN	<i>Coffee Shop</i>	10:00am
SATURDAY	26 JUN	<i>Cards/Board Game Afternoon *</i>	1:00pm-4:00pm
MONDAY	28 JUN	'Knit and Knatter' Craft Group	10:00am-12noon
TUESDAY	29 JUN	<i>Online Exercise Class (Seating or Standing)</i> Social Committee Luncheon Social Committee Annual General Meeting (AGM)	9:30am-10:00am 12 for 12:30pm 2:00pm
WEDNESDAY	30 JUN	<i>Bowls</i>	1:00pm

Please note: Village Activities are highlighted in Italics

**The day for this activity is subject to change.*