

## Wellness Program

SEPTEMBER 2024			
Monday	Tuesday	Wednesday	Thursday
16     	17  <b style="color: red;">Bookings close for week of 23rd</b>	18     	19     
23 <b>Muswellbrook Golf Club</b>  <b style="color: purple;">Cards and Pool Comp</b> Light Refreshments  <b>10.00am – 12noon</b>	24  <b style="color: red;">Bookings close for week of 30th</b>	25 <b>Scone Senior Citizens Centre</b>  <b style="color: purple;">Movie:</b> <b style="color: purple;">‘Rabbit Proof Fence’</b> Light Refreshments  <b>10.00am – 12noon</b>	26 <b>Scone Senior Citizens Centre</b>  <b style="color: purple;">Bingo</b> Light Refreshments  <b>12.30pm – 2.30pm</b>

OCTOBER 2024			
Monday	Tuesday	Wednesday	Thursday
30 <b>Muswellbrook Golf Club</b>  <b style="color: purple;">Cards and Pool Comp</b> Light Refreshments  <b>10.00am – 12noon</b>	1     	2 <b>Scone Senior Citizens Centre</b>  <b style="color: purple;">Movie:</b> <b style="color: purple;">‘The Intern’</b> Light Refreshments  <b>10.00am – 12noon</b>	3 <b>Scone Senior Citizens Centre</b>  <b style="color: purple;">Bingo</b> Light Refreshments  <b>12.30pm – 2.30pm</b>
7  <b>Labour Day Public Holiday</b>	8     	9  No Program	10  No Program

**Please note:**

Bookings in advance are essential.

If you would like to attend any of these social activities, please call the office on 6545 3113 and select option 3 for services under the Commonwealth Home Support Program (CHSP).

Bookings and payments over the phone must be made no later than the Tuesday before the week of the program.

**Christa Lucano** is the contact for the Wellness Program and Christa works on Monday, Tuesday and Wednesday from 9.30am to 2.30pm. The best day to call Christa would be on Tuesday while we get the program up and running.

### **Costs**

There is a cost of \$10.00 to attend each scheduled activity unless otherwise specified.

For those who require transportation, a TransCare bus will be available to pick you up and drop you off at your home. So, you will need to advise if you require transport when making your booking. The cost of the bus and light refreshments are covered in the \$10.00 fee.

**Pool Comp:** If you wish to play pool at the Muswellbrook Golf Club on Mondays, the cost is \$3.00 per game. You will need to bring \$3.00 worth of gold coins to be placed on the pool table for a game.

**Movies:** There is no extra cost to attend the movies at the Senior Citizens Centre on a Wednesday.

**Bingo:** If you wish to play bingo at the Senior Citizens Centre on Thursdays, the cost is \$2.00 per game. You will need to bring \$2.00 with you, to be paid to the organiser of the Bingo.

### **Social Outings and Special Presentations**

From the week commencing the 14th of October 2024 we will be offering social outings that will be made available to all our Wellness Program clients. The details of each social outing will be provided to you in advance in the form of a flyer with all the relevant information.

Special presentations will also be offered in the next Wellness Program being run from the 14th of October to the 13th of December 2024. The details of each special presentation will be provided to you in advance in the form of a flyer with all the relevant information.

### **Wednesday Movies**

**25th September 2024: 'Rabbit Proof Fence'** This film is set in 1931 and follows the journey of 3 young Aboriginal girls that have been removed from their families and sent to the Moore River Native Settlement in Western Australia. They embark on a journey across the Outback, walking north and following the rabbit proof fence that kept rabbits away from settlements. Their journey along the rabbit-proof fence becomes a powerful symbol of hope and resistance in their determination to find their way home to their family.

**2nd October 2024: 'The Intern'** Ben Whittaker (Robert De Niro) is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin (Anne Hathaway).