“Afternoons and Coffeespoons” for afternoon tea was enjoyed by all.

ISSUE 22 ~ IN THIS ISSUE

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• Board News • Foundation Report • Residents Forum Minutes • Auxiliary Report

Pittsworth Platinum Medical Centre
10 Weale Street, Pittsworth
Telephone: 07 4619 8412
Monday to Friday 8.00am to 5.00pm

Facsimile: 07 4619 8414
www.platinumhg.com.au
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Pittsworth Platinum Medical Centre ... 4619 8412
Pittsworth Medical Centre .......... 4693 1900
Women’s Health Clinic ............. 4619 8422
Podiatrist (for private visit) .... 4632 1100
Hearing - iHear ......................... 4638 1277
Remedial Massage Therapist (Judy) 0412 492 657
Optometrist (Megan Sullivan) ...... 0410 018 610
Physiotherapist (Jacqueline Scott) 0418 747 283
Pittsworth Office ....................... 4693 2255
Child Health Nurse (Mary) ......... 4695 3123
Visiting weekly Tuesdays 10.00am to 4.00pm

PITTSWORTH 7 DAY PHARMACY

OPEN 7 DAYS

Prescriptions
Home Medication Reviews
Vitamins
FREE Blood Pressure & Blood Glucose Check
FREE Local Delivery
FREE Webster Packing - Community, Retirement Village, Nursing Home

Mon - Fri: 8.30am to 6.00pm
Sat - Sun: 8.30am to 12.30pm

Next to Woolworths

Shop 8/122-126 Yandilla St
Phone: (07) 4693 1855
Fax: (07) 4693 1866
Special events

Birthdays

MARCH
1st – Ruby Moore
7th – Beryl Wilson
11th – Ricky Dale
15th – Heather Symes
17th – Bernice Balzer
26th – Joan Prior
26th – Olive Weller
27th – James Maher
28th – Beryl Fowler
28th – Roy Lindenmayer
29th – Dorothy Sullivan

APRIL
12th – James Gould
17th – Dena Legget
19th – Ethel Will
24th – Theresa Trim
25th – John Reynolds
27th – Judy Macpherson
27th – Andrew Pannach
29th – Florence Anderson
30th – Robert Barron

Meetings

Monday
Happy Wanderers -Weekly

Wednesday
Caring and Sharing-3rd Wednesday

Thursday
Older Men’s Network-Monthly - last

Thursday
Community Carer’s Group-2nd Wednesday

Friday
Mothers’ Union - Monthly

Friday
Senior Citizens - Weekly

Saturday
RSL - Weekly

Active Residents Groups

Beauaraba Living Auxiliary …meet 1st Monday monthly 2.00pm. …….Lodge Activity Room
Garden Club........................meet 2nd Wednesday monthly 1.00pm. .Lodge Activity Room
Community Carers Group......meet 2nd Wednesday monthly 9.30am …Community Kitchen
Care Pittsworth.......................meet 2nd Wednesday Monthly 2.00pm Lodge Activities Room
Residents Forum.....................meet 3rd Thursday monthly 3.30pm. .....Lodge Activity Room
Welcome to our second edition of the Tattler for 2017. This year is shaping up to be another very active year, both within our home and throughout the aged care sector in general.

First up, we have had a change in board chairperson. Ken Stallman has stood down as chairperson and has been replaced by Ann Garland. Ken will stay on as a Director. I want to thank Ken on behalf of the staff and residents for his dedication throughout his term as chairman.

More detail on page 10 inside this edition.

The Board is continuing to review our Master Plan to ensure we are positioned to provide sustainable care and accommodation services for the elderly of the community. Our vision is “To be the provider of choice for rural care and accommodation services in the Darling Downs region” and our mission is to “Provide compassionate and personalised care through community, respite and residential services whilst supporting the care recipients independence and dignity”.

To support our vision and mission we must ensure we have the capacity to meet the needs of our region into the future. The board and the leadership team are being pro-active in determining the longer term needs.

The Government is also being challenged to ensure a sustainable sector that meets the needs of an ageing population. They are currently reviewing many of the changes that were implemented as part of the “Living Longer, Living Better” recommendations. Providing increased care into the home and allowing people to stay in their homes for longer, as well as the introduction of Consumer Directed Care (CDC), where people have more choice over the care and services they receive and who provides that care and service, have been two significant changes.

While these changes affected home care initially, the CDC concept will eventually encompass residential aged care. This will be a significant change that aged care facilities will need to embrace.

The government is also reviewing how care subsidies are calculated and paid to providers. It was announced in last year’s budget there would be changes made to the funding model which would have had a significant negative financial impact on the sector. Persistent calls were made from the industry bodies to stop these changes and rather undertake a full review of the funding model to ensure a sustainable and equitable system of funding. These calls were heard by the minister and the changes were partially stopped and replaced with changes that still met their budget requirement but also provided more certainty to providers.

Needless to say there are many challenges facing the industry and individual providers. We are doing everything we can to stay abreast of these challenges while at the same time looking for the opportunities that can come out of these changes.

We look forward to continuing the high standard of care and services our residents deserve throughout 2017 and beyond.

Until next time … Alex, Janet, Adrienne, Kim & Kate
**Meals on Wheels**

Meals on Wheels is a community Service to people who are frail aged, younger disabled, their carers and community members. This service enables people to continue living comfortably in their own homes. Volunteers deliver meals directly to your homes. 

**Contact**  0427 586 684

Remember this service is available to everyone to use.

Volunteers always welcome.

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**Beauaraba Living Auxiliary**

Volunteers supporting

**BEAUARABA LIVING**

Shop opening hours
- Monday....... 9am - 4.30pm
- Tuesday ...... 9am - 4.30pm
- Wednesday .. 9am - 4.30pm
- Thursday...... 9am - 4.30pm
- Friday .......... 9am - 4.30pm
- Saturday ...... 9am - 11.30am

New volunteers are welcome. Drop in and see us at the Opportunity Shop. Donations gratefully accepted. Note: Furniture now taken.  

**Phone 4619 8422**

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**Meals on Wheels Queensland**

Meals on Wheels is a community Service to people who are frail aged, younger disabled, their carers and community members. This service enables people to continue living comfortably in their own homes. Volunteers deliver meals directly to your homes.

**Contact**  0427 586 684

Remember this service is available to everyone to use.

Volunteers always welcome.

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**HELP US TO HELP YOU**

Tell us what we do well and how we can improve.

If you have any suggestions or comments, please contact

General Manager
Beauaraba Living
10 Weale Street
Pittsworth Qld 4356
Phone: (07) 4619 8422
Fax (07) 4619 8400
email: care@beauarabaliving.org.au

or

Board Chairperson
Mrs Ann Garland 0458 931 120

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**SUGGESTION BOX**

Please also remember you can fill out a feedback form found with the Suggestion Boxes which are situated in the foyers of all buildings. Staff on duty can assist you if required. These forms can then be placed inside the box for daily collection.

or

**External avenues that you may use if the issue is not resolved.**

Qld Aged and Disability Advocate
- Freecall 1800 818 338

Aged Care Complaints Commission
- Freecall 1800 550 552

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**Pitsworth 7 Day Pharmacy**

Pitsworth 7 Day Pharmacy is giving away ONE Rollator ONE A MONTH for FREE

Mon - Fri: 8.30am to 6.00pm
Sat - Sun: 8.30am to 12.30pm

Tel: 07 4693 1855
Fax: 07 4693 1866

Register your interest at Pitsworth 7 Day Chemist (Shop 8/122-126 Yandilla St)
Welcome to autumn everybody, and the changing of the weather. We look forward to cooler days and nights, and the leaves changing colours.

Great news, our Choir is starting up again!! They are already busy practising with David, and are planning to perform for us on Thursday 13th April. Wow, not much time, so, all you Choir performers make sure you attend as many practise sessions as possible. Remember to invite your Family along to enjoy the show.

On Tuesday 7th February we had a very strong representation from Beauaraba Living at the Toowoomba Regional Council’s free Seniors Bingo morning. It took 3 trips in the bus to get everyone there. A great morning was had by all. Council representatives were filming and interviewing during the games, so keep your eye on their Facebook and Web pages.

Due to popularity, you will notice an extra bus outing has been scheduled in March. A very popular outing was a trip to view the new Airport at Wellcamp, and the construction of the new bypass connection roads. We have also looked into offering an afternoon trip to some of our local Cafés / Coffee Shops.

Ice Cream Parlour is proving very popular in the hot weather. Nothing like an ice cream cone to cool you down! We have changed days for this activity, as it was getting a bit much to fit in an ice cream as well as sampling the ladies cooking, on top of afternoon tea. We now hold Ice cream Parlour on Tuesday afternoon, then on Wednesday the aroma of fresh baked goodies entices everyone up for afternoon tea. Everyone enjoys the efforts of the Cooking Ladies. Great job ladies!

On 2nd February our Volunteer Kay Leadbetter put on a Floral Art Decorating Demonstration. This was very popular, and even Kay was surprised by how many attended. Kay went to a lot of trouble to explain how she uses a variety of flowers, plants and equipment to decorate. We were surprised to see her using fairy lights in one display. Unfortunately with the hot weather, the displays did not last as long as we had hoped, however the arrangements were shared throughout the facility and were enjoyed by all. Kay also provided each Lady present with a small bouquet to take back to their rooms. Thank-you Kay.

Every second Saturday afternoon Residents
are entertained with the popular “An Hour With Viv”. A huge thank-you to fellow Resident Viv, for the planning and running of this activity. Residents who attend thoroughly enjoy and appreciate your efforts.

Once again we celebrated Valentine’s Day at Beauaraba, and in March we will celebrate St Patrick’s Day, so don’t forget to get out your green clothing to wear on the day. It’s almost Show time again, so start thinking about what you would like to enter, and see Lifestyle staff.

Stay well and stay engaged  From the Lifestyle Team

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**Sale!**

Don’t miss out on your chance to SAVE!

**CLOTHING • TOYS • BOOKS**

**GAMES • FURNITURE • LINEN**

**HOUSEHOLD ITEMS**

**BRIC A BRAC • LUGGAGE**

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Come in and Browse today

Store Hours:
9 A.M. – 4.30 P.M. (Monday – Friday)
9 A.M. – 11.30 A.M. (Saturday)

**New volunteers very welcome**

Beauaraba Living Op Shop
Yandilla Street Pittsworth
(next to Thomo’s Butchery)

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**The Grange Country Villas**

For more information or to view the units
Phone Diane on
4693 1718
17 Short Street, Pittsworth.

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This family owned and operated village offers:

- Large 2 bedroom units
- Beautiful, spacious grounds
- Do as much or as little in the garden as you like.
- Help on hand for maintenance
- Personal service you can’t find in larger villages

Come and see us at The Grange!
Well, as the Living Life project comes to an end you will see me around the halls more again as the Care Coordinator, but this does not mean Living Life itself has come to an end.

We have seen many positive results from the Model of Care so far. Examples include, decrease in infections, skin tears, and falls. All positive outcomes for our residents. The Music & Memory program has been accepted well, and I wish to thank all those families who have kindly donated towards this allowing us to obtain more iPods and Headphones.

Comfort Care has been rolled out to our Athol/Broxburn/Kincora and Felton Residents also now, with them being able to enjoy the full sensory experience of hand and foot massage, face creams, aromatherapies, music, stimulating activities and touch sensory activities. If you are interested in volunteering to assist with this program (residents, families or community members), please let us know.

Montessori is currently rolling out in Irongate and in the upcoming couple of months we will have a morning tea to introduce this to the families and friends of the unit.

Finally, we have received our recumbent bike, many of the residents are excited about this and already discussing with the physiotherapists a program so they can go down to the activity room to do some exercise.

Till next time…. Keep Living Life…. It brings Wellness to Every Day.

Kim
Report for February 2017
Our Christmas break from working in the Op Shop seems a long time ago now. We opened the doors on 9th January, however, the shop had been re-organised and the carpets cleaned for a fresh start in 2017.

Our first Auxiliary meeting for 2017 was held on 6th February (our meeting times have changed to First Monday of each month.) There was a lot to discuss having had nearly three months without a meeting. Of course our main discussion these days is about the operation of the shop. We will be putting up some security mirrors to assist in monitoring all areas of the shop. We are also always monitoring the management of the shop and welcome new ideas from members and volunteers – so suggestions are always welcome! Our meeting minutes and financial records are now computerised, which is advantageous in keeping everyone informed.

Ann Garland attended our February meeting and we wish her well in her new position as Chairperson of Beauaraba Living. I take this opportunity to thank outgoing Chairman Ken Stallman for his years of guidance and support.

The shop is already having a sale of Summer Clothing – with the weather being so hot this summer, we forget that winter is not too far away!! We already have good stocks of Winter Clothes but don’t refuse anything of good quality. Remember that we are always looking for more volunteers, it’s a great way to help this community and the social interaction is wonderful.

Until next time
Barb Piper and the Auxiliary Team.
Beauaraba Living has a new Chairperson following the annual election of office bearers at the Board Meeting held on Tuesday January 31. Ken Stallman, who has been Chairperson of the Board since 2010, stepped down from the position and Ann Garland was elected as the new Chairperson with the role of the Deputy Chairperson being filled by Graham Clapham.

Ken Stallman was appointed a Director of the Pittsworth and District Hospital Friendly Society Ltd. in 2007. He brought with him to the position a wealth of experience having served on several community and government organisations and he was also a Pittsworth Shire Councillor for six years.

Since his appointment to the board, Ken has worked tirelessly for Beauaraba Living, with his focus at all times being to ensure that Beauaraba Living provided the best level of service for the elderly of the Pittsworth community and to build an organisation that would remain sustainable into the future.

He will continue to serve as a Director on the Beauaraba Living Board ensuring his wealth of knowledge will not be lost from the organisation.

Beauaraba Living General Manager, Alex Metcalf said, “On behalf of the Board, leadership team and staff, I would like to sincerely thank Ken for his dedicated service to the community and our organisation”.

Ann who has been a Director on the Beauaraba Living Board for five years and Deputy Chairperson for two years will continue to ensure that Beauaraba Living provides a high level of care to the residents and that the organisation continues to flourish. Ann has met with members of the Auxiliary and the Foundation and is looking forward to working with them in supporting Beauaraba Living. Ann is passionate about Beauaraba Living and is also looking forward to the challenge of the Chairperson’s role.

 Regards The Board
WELCOME TO THE FOUNDATION NEWS

Hello, Tattler readers and supporters, trust you have managed this dreadful heat and the dry. Everyone is saying they have never known such a prolonged spell of weather as we have endured, thank goodness for air-conditioning.

The Foundation Committee has been focussing on the Eternity Tree proposal, choosing a site and drawing up plans, thank you Max for your input. The site will be on the eastern end of the front grounds between the carpark and the Medical Centre. We are waiting for external repairs to be done on the front exterior of the building then painting will commence which will give a welcoming sight as visitors arrive.

The Foundation Spring Postie Party will be held on Saturday 23 September at 1.00pm at the Bowls Club and the annual Golf Day is on Sunday 27 August. These are both successful fund-raisers for the Foundation thanks to the support of the Pittsworth community.

Show time is upon us again with the annual show on the 10 & 11 March, some of the art class residents will be entering their paintings which Lyndall and I will supervise at the end of February.

In closing congratulations to Ann Garland in her new role as Chairperson of the Board and thanks to Ken Stallman for his stewardship over the past ten years.

Until next time, fond wishes

Ros Scotney  Chair
VISITOR CODE OF CONDUCT

Beauaraba Living has developed a Code of Conduct so that visitors understand that a certain level of behaviour is expected and our staff understand their rights in order to protect the residents, staff and other visitors.

We encourage visitors to Beauaraba Living, however anyone under the influence of alcohol and/or drugs is not welcome.

Workplace violence is a significant workplace hazard. Beauaraba Living has a policy of zero tolerance of any form of workplace violence.

For the purposes of this document, violence is defined as any incident, in which an individual is abused, threatened or assaulted.

All visitors to Beauaraba Living have the following obligations to other visitors, residents, staff and visiting health professionals:

- Keep noise to an acceptable level so as not to disturb others.
- To comply with lawful requests by staff.
- Not to smoke within the boundary or 5 metres beyond the boundary of the facility
- Not to consume alcohol on the premises – unless authorised by the General Manager.
- Respect the property of others and not to damage or misuse the property.
- Be courteous and polite.
- Show consideration and respect for the dignity and privacy of other residents.

Where management or the registered nurse on duty believe that visitors behaviour to be improper, staff may:

- Request visitors to behave in accordance with this Code of Conduct.
- Request visitors to leave the facility.
- Take all reasonable and necessary action to escort offenders from the facility premises and to ensure that they do not return to the facility. This may involve contact with the Queensland Police Service. Beauaraba Living reserves its rights to take any action which may be necessary to prevent any disruption by any persons upon the facility premises and by entering upon the premises all visitors accept this Code of Conduct.

The Leadership Team
Beauaraba Living
19/12/16
Daytime Dates to remember

Thursday 20th April - 11am
Beggars Sing from the Heart

Sunday 21st May - 3pm
Qld Pops Celtic Celebration

Thursday 15th June - 11am
Back to the Tivoli

Sunday 20th August - 3pm
Broadway Favourites

Sunday 8th October - 3pm
Qld Pops Teddy Tahu Rhodes

Thursday 12th October - 11am
Back to the Tivoli

Thursday 7th December - 11am
Craig Martin Christmas Show

The Daytime Series

Returning in 2017 are Back to the Tivoli and Broadway Favourites and this year we are also welcoming two Queensland Pops Orchestra performances to the Series. Always...Patsy Cline will kick off the series in February.

Based in Pittsworth, The Beuaraba Living Care team delivers skilled, timely and compassionate care to meet their residents’ needs, physically, spiritually and emotionally. They support their residents’ independence and dignity and fulfil their psychological needs of love, comfort, attachment, inclusion, purpose and identity in meaningful and positive ways.

The Empire Theatre looks forward to continuing our relationship with Beuaraba Living into 2017.

Rural - Residential - Clearing Sales Property Management Specialists

We offer a free market appraisal, no obligation.
Visit us at 65 Yandilla Street, Pittsworth or ring our Office 4693 1644
e: sales.pittsworth@raywhite.com

Contact the specialists in real estate.

Ray White Rural Pittsworth
Residents Forum

Catering: Following matters will be referred to CC chef Shan – why breakfast on Wednesday does not have bacon included - why evening meal needs to be ordered 24hrs in advance. All agreed that the air conditioning in the Lodge dining room has made their dining experience much more pleasurable.

Wellness Centre: Arrival of exercise equipment is expected anytime. Kim advised that she will start doing some videoing around the facility for promotional purposes and asked Residents to advise her if they did not wish to be included in the video.

Lifestyle: Residents were keen to have a choir again after David advised that we have procured a number of sing a long cd’s. Residents agreed to continue with Tai Chi twice weekly as they enjoyed the variety. Ice-cream parlour has proved popular but decided to move this to Tuesday afternoon as Wednesday was cooking day. Pittsworth Motor Inn approached us to see if Residents would be interested in having morning tea there at a small cost. This would depend on numbers, a number of Residents expressed interest in this.

Bus Outings: Due to popularity of bus outing it was decided to add another bus outing per month. A list will be created to ensure everyone has the opportunity to go on these outings. Trip to Wellcamp Airport and New Bypass was very interesting.
Residents Forum

**Catering:** Several catering issues regarding catering will be referred to CC Chef Shan. Residents all agreed that the theme day meal was delicious.

**Wellness Centre:** Exercise bike has arrived. Still awaiting other equipment. Residents reminded that Physio would go through the equipment on an individual level.

**Lifestyle:** Choir is going well with more Residents joining in. Choir is booked to perform at the last friendship morning concert before Easter. Residents were asked if they would like to submit anything for the local show this year. Lydall and her group will be putting together an art display as usual. Considered entering some adult colouring in.

**Janet:** Discussion about weekend bingo prizes not always being suitable for all Residents in relation to dietary requirements. Janet has suggested a small sub committed to be formed to discuss some other creative ideas for prizes. Janet advised the meeting that the Board and Leadership team are looking into another building, due to the amount of urgent need for placement from our local community.
Charter of Care

Charter of Care Recipients’ Rights and Responsibilities – Residential Care
Aged Care Act 1997, Schedule 1 User Rights Principles 2014

1. Care recipients’ rights - residential care

Each care recipient has the following rights:

- to full and effective use of his or her personal, civil, legal and consumer rights;
- to quality care appropriate to his or her needs;
- to full information about his or her own state of health and about available treatments;
- to be treated with dignity and respect, and to live without exploitation, abuse or neglect;
- to live without discrimination or victimisation, and without being obliged to feel grateful to those providing his or her care and accommodation;
- to personal privacy;
- to live in a safe, secure and homelike environment, and to move freely both within and outside the residential care service without undue restriction;
- to be treated and accepted as an individual, and to have his or her individual preferences taken into account and treated with respect;
- to continue his or her cultural and religious practices, and to keep the language of his or her choice, without discrimination;
- to select and maintain social and personal relationships with anyone else without fear, criticism or restriction;
- to freedom of speech;
- to maintain his or her personal independence;
- to accept personal responsibility for his or her own actions and choices, even though these may involve an element of risk, because the care recipient has the right to accept the risk and not to have the risk used as a ground for preventing or restricting his or her actions and choices;
- to maintain control over, and to continue making decisions about, the personal aspects of his or her daily life, financial affairs and possessions;
- to be involved in the activities, associations and friendships of his or her choice, both within and outside the residential care service;
- to have access to services and activities available generally in the community;
- to be consulted on, and to choose to have input into, decisions about the living arrangements of the residential care service;
- to have access to information about his or her rights, care, accommodation and any other information that relates to the care recipient personally;
- to complain and to take action to resolve disputes;
- to have access to advocates and other avenues of redress;
- to be free from reprisal, or a well founded fear of reprisal, in any form for taking action to enforce his or her rights.

2. Care recipients’ responsibilities - residential care

Each care recipient has the following responsibilities:

- to respect the rights and needs of other people within the residential care service, and to respect the needs of the residential care service community as a whole;
- to respect the rights of staff to work in an environment free from harassment;
- to care for his or her own health and wellbeing, as far as he or she is capable;
- to inform his or her medical practitioner, as far as he or she is able, about his or her relevant medical history and current state of health.
### Cooking

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Compiled by Hilda Baker

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Formerly known as Morning Melodies, The Daytime Series, sponsored by Beauaraba Living, will bring a mix of Thursday morning and Sunday afternoon shows to the Theatre in 2017.
Suggestions & Lost Property

As part of our continuous improvement plan, we welcome suggestions and feedback, whether it is positive or negative, from everyone who lives at or visits Beauaraba Living. We see the suggestions and concerns process as an opportunity to improve our services.

The suggestion box is located at the main entrance near the Administration Office. Suggestion and feedback forms are available in the CIP folder located at each entrance to the facility. If you require help with completing the forms, please ask any of the staff to assist you.

Alternatively feedback or concerns can be submitted via email to care@beauarabaliving.org.au or by phoning the facility on 07 4619 8422 or in person by requesting an appointment via the administration office with the Director of Care Services.

LOST PROPERTY  We would like to remind all residents and their families that any items of clothing brought into the facility need to be named with appropriate labels. We currently have a considerable number of unclaimed, unlabelled clothing items in the laundry. If you think you or your loved one may be missing items, please contact the staff who can assist you by checking with the laundry staff or phone the facility on 46198422.

In addition, lost property will be displayed in the Pool Room from 1st - 8th March 2017. The staff in the laundry make every effort to reunite lost items with their owners but are not always successful. Our policy is that any unclaimed items will be recycled through Beauaraba Living’s Op Shop after a three month period.
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<td>2nd February</td>
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### Lifestyle Planner for March 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
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<tbody>
<tr>
<td>19</td>
<td>Exercise</td>
<td>10:30</td>
<td>Bingo with Hassi</td>
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<tr>
<td>5</td>
<td>30th January</td>
<td>10:30</td>
<td>Bingo with Hassi</td>
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<tr>
<td>12</td>
<td>Pizza Night</td>
<td>10:30</td>
<td>Bingo with Hassi</td>
</tr>
<tr>
<td>19</td>
<td>Happy Hour</td>
<td>3:30</td>
<td>Bingo with Hassi</td>
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<tr>
<td>26</td>
<td>Happy Hour</td>
<td>3:30</td>
<td>Bingo with Hassi</td>
</tr>
<tr>
<td>31</td>
<td>Happy Hour</td>
<td>3:30</td>
<td>Bingo with Hassi</td>
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</tbody>
</table>

### Community Events

- **1st February**: Norwegian Club & Nordic House 
  - 9:15: Tai Chi & Aerobics
  - 10:30: Bingo
  - 11:15: Bridge
  - 3:30: Cards with Betty & Crew

- **7th February**: Norwegian Club & Nordic House 
  - 9:15: Tai Chi & Aerobics
  - 10:30: Bingo
  - 11:15: Bridge
  - 3:30: Cards with Betty & Crew

- **14th February**: Norwegian Club & Nordic House 
  - 9:15: Tai Chi & Aerobics
  - 10:30: Bingo
  - 11:15: Bridge
  - 3:30: Cards with Betty & Crew

- **21st February**: Norwegian Club & Nordic House 
  - 9:15: Tai Chi & Aerobics
  - 10:30: Bingo
  - 11:15: Bridge
  - 3:30: Cards with Betty & Crew

- **28th February**: Norwegian Club & Nordic House 
  - 9:15: Tai Chi & Aerobics
  - 10:30: Bingo
  - 11:15: Bridge
  - 3:30: Cards with Betty & Crew

### Special Events

- **17th February**: Happy Birthday, Mary "Matti" wall
  - Norwegian Club & Nordic House 
  - 10:30: Whiteboard games

- **24th February**: Norwegian Club & Nordic House 
  - Norwegian Club & Nordic House 
  - 10:30: Whiteboard games

- **31st February**: Norwegian Club & Nordic House 
  - Norwegian Club & Nordic House 
  - 10:30: Whiteboard games

### Other Activities

- **Card Games**: Bridge, Bingo, Cards with Betty & Crew
- **Other Activities**: Exercise, Choir practice, Word with a Word, Music Appreciation, 2:30 Ice Cream Break, 3:30 Church Sing-a-long, 2:45 Outing for afternoon tea, Norwegian Club & Nordic House, Armchair Travel

### Notes

- Activities are subject to change without notice.
- All activities listed are held in the Norwegian Club & Nordic House unless otherwise stated.
- Norwegian Club & Nordic House is located at 30th January.
- Norwegian Club & Nordic House is located at 2nd February.
- Norwegian Club & Nordic House is located at 4th February.
- Norwegian Club & Nordic House is located at 6th February.
- Norwegian Club & Nordic House is located at 8th February.
- Norwegian Club & Nordic House is located at 10th February.
- Norwegian Club & Nordic House is located at 12th February.
SUPPORTERS OF BEAUARABA LIVING

Ros Scotney
Chairperson
Beauaraba Living Foundation
contact me on
Mob: 0427 587 264
or
roslynscotney@gmail.com

Graham Clapham
‘Tathra’
Cor. Brookstrad Norwin Road
& Clapham Road
Norwin Q.4356

P 07 4668 0260
M 0429 700 496
E claphamfarming@bigpond.com

ROTARY CLUB OF PITTSWORTH
District 9630
Meeting every Wednesday
6.30pm at Pittsworth Hotel Motel
New members welcome
Club email: pittsworth@rotary9630.org
PO Box 21, Pittsworth Q 4356
http://pittsworth.rotaryclub.asn.au

Ph 4693 3880
Matt 0411 417 737
Pittsworth FM 87.6
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email radio@pittsworthfm.com
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email: pittsworthmechanical@hotmail.com

Pittsworth Art Gallery
& Visitor Information Centre
50 Short Street Pittsworth
Open 10am to 1pm daily
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