

OPN LUNCHES

Monthly.....

For the
'Young at
Heart'?!.....

Call Care
46700700 for
bookings or to
join the seniors'
groups at Care
Goondiwindi.

Care Seniors
Group= trips,
lunches, shows,
dinners,
entertainment,
raffles, music,
dancing,
morning teas,
health
information &
friendships
made....



CARE GOONDIWINDI

Care Seniors Newsletter

JULY 2024

Older Persons Network



\$15 per person

**HOT
DISH
DAY**

Join us for our July Luncheon
Warming hot dishes & dessert!
Wednesday 17th July
Oaktree Village
RSVP by 15th July
Call 46700700 to book
Transport available \$2 each way

Made with PosterMyWail.com

Better Movement Clinic
Goondiwindi – 074662 2900

info@bettermovementclinic.com.au

Services include:

- EXERCISE PHYSIOLOGY
- PHYSIOTHERAPY
- EXERCISE SCIENCE
- CLINICAL PILATES
- DIETETICS
- PODIATRY
- REMEDIAL MASSAGE THERAPY
- INDIVIDUALISED EXERCISE PROGRAMS



Lovesong the Cabaret is a beautiful and emotionally evocative music theatre experience, featuring many of the greatest love songs of all time.

Goondiwindi Theatre

Friday July 19th, 7pm


<https://goondiwindicinema.com.au>

**GOONDIWINDI
CINEMA & THEATRE**

Golden Hour Matinees Morning Tea Movie Club

Starring Scarlett Johansson and Channing Tatum, FLY ME TO THE MOON is a sharp, stylish comedy-drama set against the high-stakes backdrop of NASA's historic Apollo II moon landing. Brought in to fix NASA's public image, sparks fly in all directions as marketing maven Kelly Jones (Johansson) wreaks havoc on launch director Cole Davis's (Tatum) already difficult task. When the White House deems the mission too important to fail, Jones is directed to stage a fake moon landing as back-up and the countdown truly begins....

07 August 2024 - 9.45am for morning tea, 10.30am movie start
Cost: \$10



LOOKING FOR A HANDYMAN OR LAWN MOWER??

Handymen -

BJG Woodwork & Handyman Services – Ben 0408906865

Handyman Services – Alain 0456616476

Lawnmowers –

Alex Haines - 0435545102

Alicia Black Ph: 0428505584

Gold Standard Lawns – Jesse 0492895938

Cutty's Lawn's 0439357405

YDS Yard Maintenance – 0402537530

ANTHONY LAMOND PRODUCTIONS
PRESENTS

20TH JULY, 2024

COMEDY GOLD

FEATURING

 ANTHONY LAMOND	 M.J WONG	 SANDEEP TOTLANI	 KAT DAVIDSON
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O'SHEA'S ROYAL HOTEL

DOORS OPEN AT 7.30PM - SHOW STARTS AT 8:00PM

\$39 P/P or Table of 10 \$361 (10 for the price of 9)
Book at the Hotel or www.trybooking.com/cp2ss
Dinner available before the show at a separate cost

Show Rating is 16+ Show Contains Some Strong Language & Adult Content

How to prepare for your Monthly CHSP - Garden Maintenance Service

If a worker visits your home for your monthly Garden Maintenance Service, they have very limited time to complete your garden maintenance services. It is important to prepare your yard before they arrive by doing the following:

- Wind up hoses – do not leave out on the lawn.
- Pick up any items, rubbish and/or dog poo to ensure the lawn is clear for mowing.

By doing these few simple steps this will ensure that your services are completed in a timely manner – if contractor needs to take time to do this prior to your services, you may not get your whole yard completed in the time allocated for the monthly service.

ATTENTION – ALL CARE SENIORS PROGRAM MEMEBERS!

PLEASE LET US KNOW IF YOU WOULD LIKE TO BE REMOVED FROM OUR MAILING LIST.... IT IS COSTLY TO SEND A NEWSLETTER EACH MONTH IF YOU DO NOT INTEND ON COMING TO ANY EVENTS/TRIPS/LUNCHESES. Alternatively, if you have email, we can send you a copy via email.

CARE GOONDIWINDI – Will now be closed from 12:30pm – 1:30pm Monday to Friday. New opening hours are from 8:30am until 12:30pm & 1:30pm – 4:30pm.

MEDICO SERVICE: This service is available to take clients to essential medical appointments between 9:00am – 2:45pm. It is also available to take clients to Care run events. Medico service fee is \$2 per trip. Please call the Care office to book the medico service 46700700.

OTHER SERVICES -

EMERGENCY RELIEF: Operating on Tues, Wed & Thurs. Please ensure you have access to your Centrelink Income Statement. Times: 9:30-11:30am & 2pm-3pm.

JP/COMMISSIONER OF DECLARATIONS: This service can still be accessed but you MUST call the office first for an appointment 46700700.

LEGAL AID: Is no longer offered at Care Goondiwindi

NON-INTEREST LOANS SCHEME (NILS): Nils loans are interest free loans for essential household items & car repairs/registration. Please call the office 46700700 to make an appointment.

Older Person's Network Luncheon Dates 2024

	DAY	VENUE
January	NO luncheon	
February	21st Wednesday	Victoria Hotel
March	20 th Wednesday	Oaktree
April	17 th Wednesday	Royal Hotel
May	15 th Wednesday	Oaktree - Mums Day
June	19 th Wednesday	New Dynasty
July	17 th Wednesday	Oaktree – Hot Dish
August	21 st Wednesday	?? Bowls Club
September	18 th Wednesday	TBA
October	16 th Wednesday	Oaktree – seniors' month
November	20 th Wednesday	TBA
December	11 th Wednesday	Oaktree xmas party

Birthdays – HAPPY BIRTHDAY!**JULY 2024**

6th - Kirsty Dowling
13th - Marion Peck
17th -Bernie Vanderstok
19th - Joan Turner
19th - Warren Mischlewski
21st - Trevor Cole
31st - Lyn Venter
19th - Moira Lawless-Pyne



Thursday, Friday and Saturday evening (7:00pm) + Saturday matinee (2:00pm). (29th-31st August)

Tickets are available online and in person.

Online: <https://goondiwindicinema.com.au/>

In person: 92 Marshall Street, Goondiwindi

Ticket Price: \$20 Adults / \$15 High School / \$10 Under 12 & Pensioners



Goondiwindi Apex Eisteddfod

Helpers

Volunteers are needed to help during the week of the eisteddfod. Come for an hour or a session. There are vacancies for time keepers, door keepers and back stage helpers. Your help would be most appreciated. If you can help, please contact Lois Phillips 0413255694 or Alison Johnson 0427712090

Eisteddfod

The Goondiwindi Apex Eisteddfod will be held from Monday 5th August to Saturday 10th August-six days of vocal & choral, speech & drama, instrumental & piano and dance.

Wine & Cheese & Trophy Presentation Evening

The major trophies will be presented at a Wine and Cheese Evening to be held in the River Room from 5.30pm Saturday afternoon 10th August. Some of the performers from the week of the eisteddfod will also entertain guests.

President Lois Phillips Mob 0413255694
 Secretary Alison Johnson Mob 0427712090
 P.O. Box 1018
 Goondiwindi Q 4390

Contact Us

CARE Goondiwindi
111 Callandoon Street
Goondiwindi 4390 Q

www.cargoondiwindi.org.au

Kirsty.dowling@caregoondiwindi.org.au

Tech Sessions for Seniors

*Hosted by Goondiwindi Library and Goondiwindi
Medical Centre*

Thursday

18th July at 10am

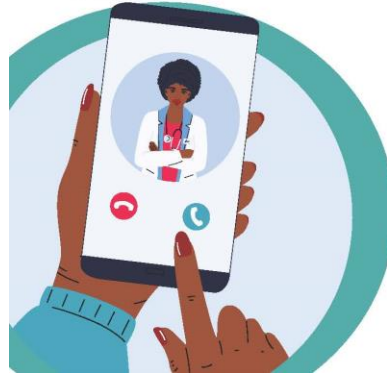
Goondiwindi Library, 100 Marshall Street

Get help from the Library Team and Goondiwindi
Medical Centre:

- Online appointment booking
- Navigating My Health Record
- How to register for Medicare

What you will need to bring:

- *Your device; phone or tablet and your app store login*
- *MyGov log-in details*
- *A positive attitude*
- *A friend*



**Bookings essential.
Contact the library today
to book your FREE spot:**

07 4671 7470



Goondiwindi
Medical Centre



REGIONAL
AUSTRALIA
at its best!

