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....

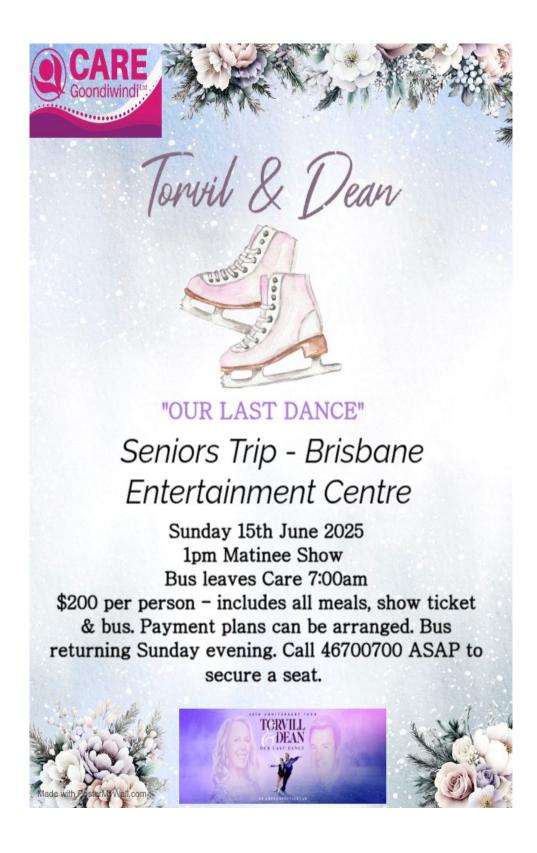


Care Seniors Newsletter

June 2025

Older Persons Network







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

LOOKING FOR A HANDYMAN OR LAWN MOWER?? Handymen -

BJG Woodwork & Handyman Services – Ben 0408906865 Handyman Services – Alan 0456616476

Lawnmowers -

Alex Haines - 0435545102 Gold Standard Lawns – Jesse 0492895938 Cutty's Lawn's 0439357405 YDS Yard Maintenance – 0402537530 Bobs Lawn & Yard Services – 0428177953

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/LUNCHES. Alternatively, if you have email, we can send you a copy via email.

CARE GOONDIWNDI – 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 & 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 2025

	DAY	VENUE
January	NO luncheon	
February	19th	Victoria
		Hotel
March	19 th	Oaktree
April	16 th	Victoria
May	14 th (One week early)	Oaktree
May	20th Biggest M.Tea	Care
June	18 th	Victoria
July	17 th Hot Dish Day	Oaktree
August	20 th	
September	17 th	
October	15 th	
November	19 th	
December	10 th Oaktree	Xmas Party

<u>Birthdays – HAPPY BIRTHDAY!</u>

May 2025

2nd Kath Horn, 5th Deanna Boston, 25th Ann Raymond, 13th Vic Carlyon, 29th Mary Collins.





You're invited to our *Australia's Biggest Morning Tea*.

Let's get together and enjoy some tasty treats so we can support those impacted by cancer.

Where: "The Deck" Care Goondiwindi 111 Callandoon St.

Date: Tuesday 20th May 2025

Time: 10:30am—12md

Details: \$5 per person—All money goes straight to Cancer

Council & you'll enjoy a delicious morning tea!

RSVP: by 20th May. 07 46 700 700 Kirsty.dowling@caregoondiwindi.org.au

*Raffles, games & lucky door prizes!!

 $igspace^*$ You are welcome to bring a small plate but just let Care know what you are bringing along.

I will be attending this Information Session at the GTT. If you would like to come along I can RSVP for you &/or organise transport. Just call the office 46700700.

Thanks Kirsty

Aged Care Conversations

Seniors, Carers, Families and
Providers are invited to join us for a free
event to talk all things aged care in your community.

Thursday 22 May 2025 Gateway to Training 15-21 Russell Street, Goondiwindi

10am: Seniors Information Session

12pm: Service Provider Meet & Greet

(A free lunch will be provided)

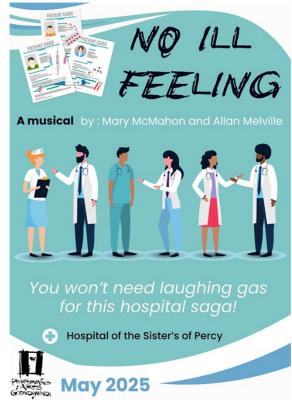
RSVP: events@adaaustralia.com.au or 1800 818 338

Meet and ask the aged care experts:

- What are the options?
- How much does it cost and can I afford it?
- When should I look at getting support?
- · What help is available for carers?
- What does the new Aged Care Act bring?















Goondiwindi & Districts Community Gardens

Mother's Day Festival—

Community Gardens

33 McDougal St Goondiwindi

Sunday 11th May

From 8am—12 midday

Contact Us

CARE Goondiwindi 111 Callandoon Street Goondiwindi 4390 Q

www.cargoondiwindi.org.au

Kirsty.dowling@caregoondiwindi.org.au