

Older Person Wellbeing Network

What's On: August/September 2024

Tuesday 20th August – 1.00pm to 2.00pm

New Program “Better with Age” - Information session & afternoon tea. Come along and find out what the “Better with Age” program can offer. This 4-week program for older people covers a variety of topics around living a better and longer life. **Booking required - RSVP by 15th August to Catherine or Michelle (contact details below).**

Tuesday 27th August – 1.00pm to 3.00pm

Armchair Travel Event to England. Join us for a virtual tour of England, enjoy the quaint countryside, bustling cities and many castles - all from the comfort of your chair. Learn some fun facts, answer trivia questions, watch some dancing and then enjoy some English inspired food. **Booking required – RSVP by 22nd August to Catherine or Michelle (contact details below).**



Tuesday 3rd September – 1.00pm to 3.00pm

Week 1 – Better With Age, Topic: Connect & Belong. No booking required

Tuesday 10th September – 1.00pm to 3.00pm

Week 2 – Better With Age, Topic: A Positive Outlook. No booking required.

Tuesday 17th September – 1.00pm to 3.00pm

Week 3 – Better With Age, Topic: Eat Wisely. No booking required.

Tuesday 24th September– 1.00pm to 3.00pm

Week 4 – Better With Age, Topic: Move Naturally. No booking required.

Contacts:

Catherine Mobile: 0429 034 483

Michelle Mobile: 0408 472 663

Email: opwncesphn@anglicare.org.au

Mindfulness Colouring

