

JANUARY

In the end, it's not the years in your life that count.
It's the life in your years. Abraham Lincoln

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31 Young Onset Dementia Gathering Caloundra RSL 10.30 am – 12.00 noon Lorae 0418 298 183					1 PH New Year's Day
2 PH NY's Day PH	3	4	5	6	7	8
9	10	11	12 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15 am	13	14	15

16	17	18	19	20	21	22
23	24	25 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd & Mt View Rd 10 am	26 PH Australia Day	27	28	29

NOTES

"The Dementia Network"

Collage Artist: Clare



FEBRUARY

One word frees us of all the weight and pain of life: That word is love.
Sophocles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 Family Carer Support Group 50 Savilles Rd, Nambour 10 am – 12 noon	3	4	5
6	7 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	8	9 Dementia Information Day CWA Hall, 10 Short St, Nambour 10 am – 12 noon	10	11	12
13	14 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	15 Coolum Catch-Up Cuppa Surf Life Saving Club , 1775 David Low Way, Coolum Beach 10.15 am	16	17 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am Launch	18	19

20	21 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	22 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	23	24	25	26
27	28 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon					



NOTES

Valentine's Day. 14th. Celebrate love. Make memories.

Do everything with love.



MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 Family Carer Support Group , 50 Savilles Rd, Nambour 10 am – 12 noon	3 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	4	5
6	7 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	8	9 Nambour Catch-Up Cuppa RSL , 14 Mathew St, Nambour 10.15 am	10	11	12
13	14 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street,	15	16	17 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	18	19

	Nambour 10 am – 12 noon					
20	21 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	22	23	24	25	26
27	28 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	29 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd & Mt View Rd 10 am	30	31 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am		

NOTES

International Women's Day, 8th. A global holiday celebrated annually as a focal point in the women's rights movement.

St Patrick's Day, 17th. Celebrates the feast of Saint Patrick in honour of Ireland's patron St Patrick.

Harmony Day, 21st. Celebrates cultural diversity.

Neighbours Every Day, 26th. Relationships Australia (Qld)



Thank you, Gay, for the mechanical companion pets and dolls.

APRIL

I can do all things through him who gives me strength. Philippians 4: 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	5	6 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	7 PH Good Friday	8 PH Easter Saturday	9 PH Easter Sunday
10 PH Easter Monday	11 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	12	13 Dementia Information Day CWA Hall, 10 Short St, Nambour 10 am – 12 noon	14	15	16

17	18 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	19 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	20	21 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	22	23
24	25 PH Anzac Day	26 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	27	28	29	30

NOTES



MAY

Live in the sunshine, swim the sea, drink the wild air.
Ralph Waldo Emerson

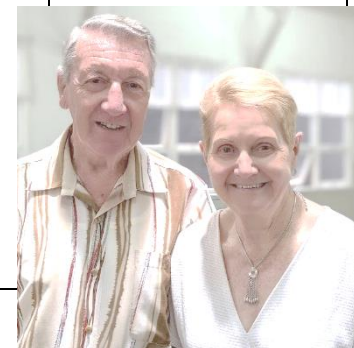
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 PH Labour Day	2 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	3	4 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	5 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	6	7
8	9 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	10	11 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15 am	12	13	14 Mother's Day
15	16 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	17	18	19 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	20	21

22	23 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	24	25	26	27	28
29	30 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	31 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd & Mt View Rd 10 am				

NOTES

Gympie Show, Gympie Showgrounds.

18th, 19th, 20th. 5482 1721



JUNE

The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart. Helen Keller

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	2 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	3	4
5	6 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	7	8 Dementia Information Day CWA Hall, 10 Short St, Nambour 10 am – 12 noon	9	10	11
12	13 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	14	15	16 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	17 Sunshine Singers Concert Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra To be confirmed.	18

19	20 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	21 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	22	23	24	25
26	27 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	28 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	29	30		

NOTES

Maleny Show, Maleny Showgrounds. 2nd & 3rd. 5494 2008

Queensland Day. 6th. Celebrations are part of Qld Week, which focuses on the state's history and development.

World Elder Abuse Awareness Day, 15th June.

Sunshine Coast Agricultural Show, Nambour Showgrounds.

Dementia Journey

Lorrae O'Rourke

Lutheran Services

CARERS

