

# JULY

In this life, we cannot do great things. We can only do small things with great love. Mother Teresa

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31					1	2
3	4 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	5	6 <b>Family Carer Support Group,</b> 50 Savilles Rd, Nambour 10 am – 12 noon	7	8	9
10	11 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	12	13 <b>Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour</b> 10.15 am Christmas in July	14 <b>Sunshine Singers</b> Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	15	16

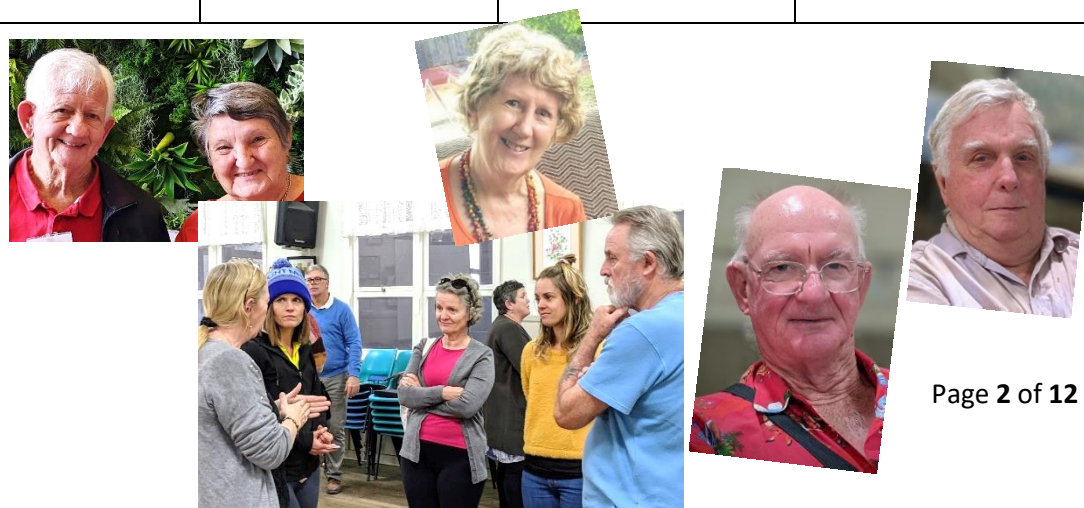
17	<b>18 Wellness Group</b> <b>Body &amp; Brain Exercises</b> <b>Ageless Grace</b> Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	19	20	21	22	23
24	<b>25 Wellness Group</b> <b>Body &amp; Brain Exercises</b> <b>Ageless Grace</b> Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	<b>26 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd &amp; Mt View Rd</b> 10 am Christmas in July	27	<b>28 Sunshine Singers Dementia Choir</b> Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	29	30

## NOTES

**NAIDOC (National Aboriginal and Islander Day Observance Committee).** Sunday, 2nd The first day of the Week kicks off the seven days of festivities that celebrate the culture of the native people of Australia.

**Queensland Garden Expo,** Nambour Showgrounds.

Friday 7<sup>th</sup>, Saturday 8<sup>th</sup>, Sunday, 9<sup>th</sup>. 5441 4655



# AUGUST

You have two hands. One to help yourself, and one to help others. Audrey Hepburn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1 Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	<b>2</b>	<b>3 Family Carer Support Group,</b> 50 Savilles Rd, Nambour 10 am – 12 noon	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8 Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	<b>9</b>	<b>10 Dementia Information Day</b> CWA Hall, 10 Short St, Nambour 10 am – 12 noon	<b>11 Sunshine Singers</b> Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	<b>12</b>	<b>13</b>
<b>14</b>	<b>15 Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour	<b>16 Coolum Catch-Up Cuppa</b> Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>

	10 am – 12 noon					
21	<b>22 Wellness Group</b> <b>Body &amp; Brain Exercises</b> <b>Ageless Grace</b> Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	23	24	<b>25 Sunshine Singers</b> <b>Dementia Choir</b> Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	26	27
28	<b>29 Wellness Group</b> <b>Body &amp; Brain Exercises</b> <b>Ageless Grace</b> Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	<b>30 Caloundra</b> <b>Catch-Up Cuppa</b> <b>RSL, 19 West Tce</b> <b>10.15 am</b>	31			

## NOTES



Thanks, TAFE and Prue  
for your support  
with the Dementia  
Conference.



# SEPTEMBER: Dementia Month

Dementia Conference TBC

You're braver than you believe, stronger than you seem, and smarter than you think.

A.A. Milne

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



18	19 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	20	21 World Dementia Day	22	23	24
25	26 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	27 <b>Maleny</b> <b>Catch-Up Cuppa,</b> <b>The Orangery,</b> <b>Cnr Maleny</b> <b>Landsborough</b> <b>Rd &amp; Mt View Rd</b> 10 am <b>Wellways</b> <b>funded</b>	28	29	30	

## NOTES

Spring, 1<sup>st</sup>. First Day of Spring.



Thanks, Col, HORIZON Trike Tours 0411 602 048

Age is an issue of mind over matter. If you don't mind, it doesn't matter. Mark Twain

## OCTOBER: Carer's Week, Seniors Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon					1
2 PH Monarch's Birthday	3 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	4	5 <b>Family Carer Support Group</b> , 50 Savilles Rd, Nambour 10 am – 12 noon	6 <b>Sunshine Singers</b> Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	7	8
9	10 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour	11	12 <b>Dementia Information Day</b> CWA Hall, 10 Short St, Nambour 10 am – 12 noon	13 IAGEWELL Seniors Expo Dementia display	14	15

	10 am – 12 noon					
16	17 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	18 <b>Coolum</b> Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	19	20 <b>Sunshine Singers</b> Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	21	22
23	24 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	25 <b>Caloundra</b> Catch-Up Cuppa RSL, 19 West Tce 10.15 am	26	27	28	29

## NOTES

**International Day of Older People** was established by the United Nations.

Sunday, 1st.

**Grandparent's Day**, Sunday, 29<sup>th</sup>.

**IAGEWELL Seniors Expo Festival:** expo@iagewell.com.au 3041 1355

**Halloween's Day**, 31<sup>st</sup>. Halloween is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Saints' Day. Begins the observance of All Hallows' Eve, the time in the liturgical year dedicated to remembering the dead, including saints, martyrs and all the faithful departed.



Thank you, Caloundra RSL and Yvette, for your support with the venue and funds. Thank you, Tanya, IAGEWELL, Peta, New Staff Home Care Support, and Vanessa, My Care Specialist for volunteering and funds.



It is during our darkest moments that we must focus to see the light.  
Aristotle

## NOVEMBER

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

20	<b>21 Wellness Group</b> <b>Body &amp; Brain Exercises</b> <b>Ageless Grace</b> Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	22	23	24	25	26
27	<b>28 Wellness Group</b> <b>Body &amp; Brain Exercises</b> <b>Ageless Grace</b> Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	<b>29 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd &amp; Mt View Rd</b> 10 am	30			



## NOTES

**Melbourne Cup Day.** Tuesday, 7<sup>th</sup>. An Australian traditional horse race starting in 1861.

**Remembrance Day.** Saturday, 11<sup>th</sup>. Dedicated to Australians who died particularly in WW1. 11am: One minute's silence.

**World Kindness Day.** Monday, 13<sup>th</sup>. Commemorates the power of kindness and the impact it has on others.

**Mental Health Week.** 11<sup>th</sup> – 19<sup>th</sup>. [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

The greatest gift sometimes is the outstretched hand. Alec Guinness

## DECEMBER

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

18	19 <b>Wellness Group</b> Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	20 <b>Coolum</b> Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	21	22	23	24 PH Christmas Eve
25 PH Christmas Day	26 PH Boxing Day	27 <b>Caloundra</b> Catch-Up Cuppa RSL, 19 West Tce 10.15 am	28	29	30	31

## NOTES

