

COOINDA NEWSLETTER

MONDAY 17th SEPTEMBER 2018

«First Name»
«Last Name»



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Our Vision: A builder of a socially inclusive community where people of all abilities are engaged and valued.

Canteen

Footy Food Favourites.



Frederick Street will be having chicken and vegetable risotto.



Footy Colours Day

On Friday the 21st of September Terang Day Program will be holding Footy Colours Day! If you would like to dress in your favourite teams

colours and merchandise that would be great. We will be having Footy Food for Canteen Lunch.



Free Movie Night

Friday the 21st of September, We will be holding a free movie night at the Terang Centre at 7pm, snacks will be provided free of cost. If you would like to watch a movie on the big screen please be at the Centre at 6.50pm on Friday.

Hope to see you there!



Parents and Friends Dinner

Community Club have set the date for their annual parents and friends dinner.

It will be held on Wednesday the 3rd of October at the Noorat Community

Centre. Participants love their family and friends attending this event.

We will be having a DJ for the night so everyone can have a dance and sing along!

Please RSVP to Sharon or Leticia at the Cooinda office on 03 5592 1533 by the 27th of September.

Please mark this in your diary, we hope to see you there!

Cooinda AGM

The Cooinda Annual General Meeting will be held on
TUESDAY 23RD OCTOBER 2018
at 7.30 p.m.

Everyone is welcome to attend.



Centre Closed

On Friday the 28th of September the Terang and Camperdown Day Program will be closed due to The AFL Grand Final Eve Public Holiday.



Carers Victoria



Carers Victoria and Western Victoria Primary Health Network are hosting 'Mind the Step' a three-part workshop for those who are looking to maintain a healthy mind. Come and join other carers in

an engaging three-part workshop.

You will learn:

- * How to feel better about yourself and your future
- * Create more balance in your life
- * Explore options and regain control over your choices
- * Connect with local people

We are seeking carers to participate in a pilot program made especially for those who are beginning to notice their mood and energy levels being impacted as a result of their caring role.

If this sounds like you, we invite you to register your interest in this program by completing the brief registration form below.

A three-part program run over three consecutive weeks.
Warrnambool

Tuesday Evening Group

5:00pm – 8:00pm on 2, 9 and 16 October 2018

Wednesday Daytime Group

10.00am – 1.00pm on 3, 10 and 17 October 2018

To register your interest in this program, please complete the form below:

<http://www.carersvictoria.org.au/mindthestep>

Or contact Cornelius: (03) 9396 9585

Upcoming Day Program Dates

Friday 21st of September– Footy Colours Day

Friday 28th of September– AFL Grand Final Public Holiday **Centre Closed**

Thursday 25th of October– Professional Development Day **Centre Closed**

Tuesday November 6th– Melbourne Cup Public Holiday **Centre Closed**

Tuesday December 4th– Party with the Ponies

Friday December 14th– Cobden Trains Day

CHRISTMAS BREAK

Friday the 21st of December is the last day of the year
for Day program

Programs will resume on Monday the 14th of January
2019

Calendar of Events

Date	Event	Attending
March Ongoing	Stingers Netball	Registered
Friday September 21st	Footy Colours Day	ALL
Friday September 28th	Grand Final Eve Public Holiday	ALL
Wednesday October 3rd	Parents & Friends Annual Dinner	ALL