

COOINDA NEWSLETTER

MONDAY 11TH FEBRUARY 2019

«First Name»
«Last Name»



Ph: 5592 1533

Email: lifestyle@cooindaterang.org.au

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

Canteen

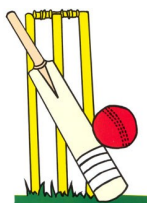
This Friday in Terang we will be having Roast chicken and Gravy Rolls followed with Sara Lee Cheesecake.

Camperdown will also be having Roast Chicken and Gravy Rolls.



HOWZAT All Abilities Cricket

The HOWZAT all abilities cricket program will be starting up on the 13th of February at the Terang Cricket Ground for 3 weeks and the Brierly Oval in Warrnambool for 3 weeks from 5pm-6pm and will be going for 6 weeks, BBQ dinner is included in the cost. The cost of Howzat will be \$30.00 this covers all equipment and coaching. If you are interested in having a go please contact Eamonn or Leticia at the office on 5592 1533. For anybody that is apart of the choir and wishes to do cricket as well Clare can drop you off after choir practice.



All Abilities Choir

There will be choir practice this Wednesday evening in Warrnambool from 4pm to 5pm.



Motivators Bowling

Bowling starts back tomorrow Tuesday the 12th of February.

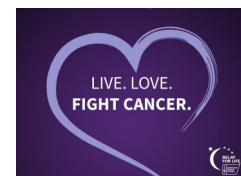


Relay for Life

Cooinda have registered a team to take part in Relay for Life at the Camperdown Leura Oval from 5.00pm Saturday 23rd February to 11.00am Sunday 24th February, if you would like to join or support our team you may register online, cost is \$35.00 at

relayforlife.org.au or bring your money to Caroline at the office.

If you have any queries please call Leticia on 0429 163 466



Combined Consent Form

The combined consent form for participants is now due. We have attached a copy of the form to the newsletter for you to complete. Please return the consent form to the main office or to Sharon Lock



Socialisers

This Wednesday the 13th of February there is a Socialisers meeting at 7.30pm, Guest Speaker Tom Richardson.

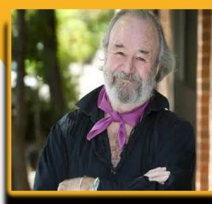
The next outing is on Wednesday February 27th the Presidents Outing from 6pm to 8pm BYO drinks \$5.00 for a pizza dinner.



Having a Say Conference 2019
Thank you to Everyone that Participated it was a great couple of Days.



At the New Commercial Hotel
Lunch and Dinner Brasserie
(Opens February 1st 2019)



PETER RUSSELL-CLARKE
WILL PREPARE YOUR LUNCH.

Bookings Now Open..... Sorry Only 40 places

Fixed Menu 5 courses for \$80.. Sunday March 3rd 2019 12 noon till 3 pm
Peter and others are donating their usual fee. All proceeds to Cooinda Services Terang.

Book at Cooinda PH: 5592 1533

EMOTIONS & ESSENTIAL OILS

With Carlie Hageman

In this class you will learn how to use pure essential oils to naturally support your emotional and physical wellbeing. Essential oils help the brain and body process through emotions and you'll experience their wonderful powers in this hands on class.

Oils for stress, sadness, anxious feelings, overwhelm, worry, lack of motivation, lack of concentration.....

February 26th 1-3pm
Cooinda Terang

Samples.

Information Booklet

Gift for kit purchases
on the day

www.carliehageman.com

Calendar of Events

Date	Event	Attending
Wednesday 13th February	Howzat Cricket Starts (Terang)	Registered
Saturday 23rd Sunday 24th February	Relay for Life Camperdown	Registered
Sunday 3rd March	Peter Russel Clarke Luncheon	Registered Only
Wednesday 6th March	Hurricanes Training Starts	Registered