

COOINDA NEWSLETTER

MONDAY 18TH 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 chicken and vegetable pasta bake followed with custard and stewed fruit.

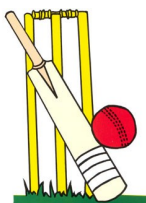
Camperdown will be having a BBQ at the Botanic Gardens.



HOWZAT All Abilities Cricket

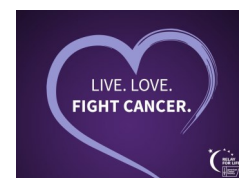
The HOWZAT all abilities cricket program started up last week. The first night of training was successful and we had a great turn out. The next two weeks are going to be held in Terang and then 3 weeks in Warrnambool at the Brierly Oval.

The cost is \$30.00 for the 6 weeks, this includes all gear and a BBQ dinner. If you are interested in being apart of the Howzat cricket please contact Leticia or Eamonn at the Cooinda office on 5592 1533.



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 on the night, the cost is \$35.00. If you have any queries please call Leticia at the office on 5592 1533.



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.



All Abilities Choir

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



Peter Russell Clarke Luncheon

Due to unforeseen circumstances Peter Russell-Clarke has had to reschedule his Luncheon to a new date of April the 28th in the new dining room at the Commercial Hotel 73 High Street Terang. Booking are now open, Only 40 places available pre sale up until 15th April. Fixed Menu 5 courses for \$80. Sunday April 28th 2019 12 noon till 3pm. All proceeds made will be donated to Cooinda Terang Inc. Tickets at Cooinda PH: 5592 1533 or call Les at the Commercial on M: 0417592670.



Speak up Committee

The next Speak up Committee meeting is being held tomorrow Tuesday the 19th of February in the Cooinda Terang Portables.



Socialisers

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



Cooinda's Strategic Plan

The board and senior staff have been working to develop a strategic plan and would appreciate your feedback. A draught for your consideration is attached if you would like to give feedback please contact Janice at the office on 5592 1533 or ceo@cooindaterang.org.au



Hurricanes Football

Hurricanes Football training will start on March the 6th, for anyone that is not involved in the Cricket or Choir and would like to start training on that date please contact Leticia at the Office on 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) 6 weeks	Registered
Saturday 23rd Sunday 24th February	Relay for Life Camperdown	Registered
Wednesday 6th March	Hurricanes Training Starts	Registered
Monday 11th March	Public Holiday Centre Closed	All
Sunday April 28th	Peter Russell Clarke	Registered Only