

## ***HACC Social Support Co-ordinator's Happenings (Jenny Parker)***

Yvette is on leave from 1st March, enjoying the delights following on from the recent arrival of her first grandchild. **CONGRATULATIONS**, and have a great holiday! That means Sandra will again be working with us more frequently over the next few weeks. Thank you Sandra! She has had a holiday too... and we look forward to hearing about that.

### **HACC STRENGTH TRAINING program:**

The 10.00am sessions, on Tuesdays and Thursdays, are full and a waiting list has been drawn up. The 8.45 am sessions on Mondays and Thursdays still have a little bit of leeway to accommodate new-comers. Participants are expected to attend two sessions each week. The February attendances have averaged 11 participants at the 8.45am time and 16 participants at the 10.00am time.

There have been several enquiries recently about Strength Training from members of the public who do not fit within the HACC program participant criteria. If there is sufficient interest, we would perhaps be able to consider running an extra program, two sessions weekly. The participant contribution would need to cover the staff costs of running the program, so the cost to individual participants would be higher than the current \$2 fee charged for HACC funded sessions. Please contact us if you are interested.

### **VOLUNTEERS:**

There was not a lot of notice given about the recent meeting for hospital volunteer drivers and jockeys of the Community Bus Program. That meeting actually turned into a working group for further volunteer training for any hospital volunteers involved with transport of clients.

Please take advance notice for a ***workshop to be held in National Volunteer Week on Wednesday, 12<sup>th</sup> May at 11.00am***. If your volunteer work is on the community bus or you work with Helen in activities or with the various HACC program Social Support Groups that use the bus, please put that date in your diary and plan to attend.

It has been a month of misadventure for some of our volunteers. Co-incidentally, two have been unfortunate to have sustained fractures and so are not able to do their voluntary work for the time being. We wish them both a good recovery from their respective injuries.



### ***Next Edition***

Due to Easter falling at the beginning of April this year, the next edition needs to be distributed earlier to enable notice of Easter activities to be timely. Contributions for the next Maldon Hospital Matters should reach me by 17th March, either to [mccann@kaycees.com](mailto:mccann@kaycees.com) or left at the Hospital reception.

Cheers until next time.

Kaye

MALDON HOSPITAL RESIDENT ACTIVITY CALENDER –MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Library Visits	2. 9am 1:1 Visits 10:30am Trivia and Memory time Hostel 2pm Ice Cream Cones Mount View	3. Tai Chi Day Centre	4. 9am 1:1 Visits 10:30am Manicures and Music Mount View 2pm Table Games Mt View	5. 9am 1:1 Visits 10:30am Bingo Hostel 2pm Happy Hour and TTimes and Music	6. Family and Friends Visit	7. Family and Friends Visit
8. PUBLIC HOLIDAY  LABOUR DAY	9. 9am 1:1 Visit 10:30AM Crafts Hostel Dining Room 2pm Table Games and music Hostel	10.. Tai Chi Day Centre 2pm Church Service Hostel lounge CATHOLIC SERVICE Everyone is invited to attend.	11. 9am 1:1 Visits 10:30am Exercise to Music and Games Mt View 2pm Bus Outing Facility Wide	12. 9am 1:1 Visits 10:30AM Carpet Bowls Hostel 2pm Happy Hour and TTimes and Music Mt View	13. Family and Friends Visit	14. Family and friends Visit
15. 8:45am strength training Library Visits  	16. 9am 1:1 Visits 10:30am Cooking Hostel Dining Room  2pm Movies Hostel Music Mt View	17. Tai Chi Day Centre 12 Noon BBQ St Patrick's Day 2pm Irish Music and Happy Hour  <b>HAPPY ST PATRICK'S DAY</b> 	18. 9am 1:1 Visits 10:30am Manicures and Music Mt View    2pm Bingo Hostel Lounge	19  	20. Family and Friends Visit  	21. Family and Friends Visit  
22. 8:45am Strength training  Library Visits	23. 9am 1:1 Visits 10:30am Brain Gym and Exercise Hostel 11:30am Senior Citzs Luncheon 2pm Outdoor Walks Weather permitting	24. Tai Chi Day Centre	25. 9am 1:1 Visit 10:30am Exercise and Music Mt View  2pm Ice Cream Cones and Music Mt View and Hostel	26. 9AM 1:1 Visits 10:30am "Who wants to be a Millionaire" Game Hostel  2pm Happy Hour and TTimes and Music	27. Family and Friends Visit	28. Family and Friends Visit
29. Library Visits	30. 9am 1:1 Visits 10:30am Exercise and memory time Hostel 2pm Games and Maldon Memories Mt View	31. Tai Chi in Day Centre				

