

HAPPY EASTER

We would like to wish you all a Very Happy Easter—we hope you get the chance to spend time with family and friends and that the Coronavirus will not prevent you from enjoying this special time of the year.



PUBLIC HOLIDAYS

Just a reminder that the Centre will be closed on the following dates:

- 10th April 2020
GOOD FRIDAY
- 13th April 2020
EASTER MONDAY
- 27th April 2020
ANZAC DAY holiday

IMPROVE YOUR HEALTH

Staying on Your Feet WA are promoting an Improve Your Health Campaign to encourage you to make simple changes relating to medication management, nutrition and cognition, to improve your health, wellbeing and promote healthy ageing.

Remember to:

- Eat regular meals from a variety of food groups to stay strong.
- Have your medicines reviewed every year and ask your GP or pharmacist to explain the side effects.
- Challenge your mind often by trying something new.

NEW PODIATRIST

Our new Podiatrist is Tasmin Lyons at TLC Podiatry—73 Bussell Highway. Appointments can be made by phoning 0408 849 197 or Email: tam@tlcpodiatry.com



Remember our Diggers on 25th April 2020

ANZAC DAY

VOLUNTEER GARDENER

May we take this opportunity to say thank you for our new volunteer gardener Denis Bowles. We are most appreciative for the work that Denis has already done to get our gardens looking great!

CAFÉ 55`

Café 55` will still be providing meals on wheels and takeaways.

You can choose any meal from our daily menu as a takeaway.

We hope this will be of service to you through these challenging times.

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