

Miller House

social support



April 2024

Phone: 5232 5351



Tuesday 2, 16 & 30

WinMil Ageless Connections

Wednesday 3 April

Men's Group Gellibrand Cafe

Friday 5 April

Let's Talk Gardening

Tuesday 9 & 23 April

Techno

Wednesday 17 April

Women's Group Shannon's Cafe

Friday 19 April

Woodwork display

Wednesday 17 April

Trev's Dahlia Fixation

UPCOMING EVENT'S JAZZ UP YOUR DAY

Wednesday 29 May

City Bowls Club

**Musical Entertainment and
Two Course Meal - \$30.00**

**Trinity College performing
Followed by
Special Jazz act in the afternoon**

Begins at 10.30 am

Finishing 2.30 pm

**Please pay at time of booking
RSVP Wednesday 22 May**

OFFICE HOURS:

Tuesday to Thursday 8.45 am – 4.00 pm; Friday 8.45 am – 3.00 pm

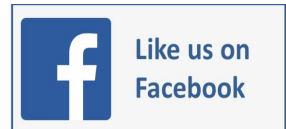
Phone: 5232 5351

Mobile: Miller House - 0428 693 642 and Do Care Visiting - 0447 453 889

Address: 2 Miller Street Colac

Facebook: Colac Miller House

Email: millerhouse@cah.vic.gov.au



Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>WALKING GROUP 10 am - 11 am</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>YOGA FROM THE CHAIR 11 am - 12 pm</p> <p>WINMIL AGELESS CONNECTIONS 1 pm - 2.30 pm</p> <p>At Miller House due to school holidays</p>	<p>3</p> <p>KEEPING ACTIVE 10 am - 11.30 am</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>SING A LONG 1 pm - 2 pm</p>	<p>4</p> <p>KEEPING ACTIVE 10 am - 11.30 am</p> <p>COMMUNITY LUNCH 11.30 am - 2.30 pm RSL Murray St</p>	<p>5</p> <p>GYM Miller House</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>BARWON KNITTING PROJECT 10 am - 11.30 am Information session</p> <p>LET'S TALK GARDENING 1 pm - 2 pm</p>
<p>9</p> <p>WALKING GROUP 10 am - 11 am</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>YOGA FROM THE CHAIR 11 am - 12 pm</p> <p>TECHNO 1 pm - 2.30 pm</p>	<p>10</p> <p>KEEPING ACTIVE 10 am - 11.30 am</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>BARWON KNITTING PROJECT 1 pm - 2.30 pm</p>	<p>11</p> <p>KEEPING ACTIVE 10 am - 11.30 am</p> <p>COMMUNITY LUNCH 11.30 am - 2.30 pm City Bowls Club Gravesend St Colac</p>	<p>12</p> <p>GYM Miller House</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>COMMUNITY MEETING 11 am - 12 pm</p> <p>ITALIAN GROUP Miller House 12 pm - 2.30 pm</p> <p>ARM CHAIR TRAVEL TO ITALY 1 pm - 2.30 pm</p>

Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>WALKING GROUP 10 am - 11 am</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>YOGA from the Chair 11 am - 12 pm</p> <p>WINMILL AGELESS CONNECTIONS 1 pm - 2.30 pm</p>	<p>17</p> <p>KEEPING ACTIVE 9.30 am - 10 am</p> <p>BUS TRIP TREV'S DAHLIA FIXATION 10.30 am - 2.30 pm</p>	<p>18</p> <p>KEEPING ACTIVE 10 am - 11.30 am</p> <p>COMMUNITY LUNCH 11.30 am - 2.30 pm Miller House Guest Speaker Colac & District Historical Society</p>	<p>19</p> <p>GYM Miller House</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>LOCAL WOODWORK DISPLAY 11 am - 12 pm</p>
<p>23</p> <p>WALKING GROUP 10 am - 11 am</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>YOGA from the chair 11 am - 12 pm</p> <p>TECHNO 1 pm - 2.30 pm Colac Library</p>	<p>24</p> <p>KEEPING ACTIVE 10 am - 11.30 am</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>BOOK EXCHANGE 11 am - 12 pm</p> <p>WOMEN'S GROUP 12 pm - 2.30 pm Shannon's Cafe</p>	<p>25</p> <p>KEEPING ACTIVE 10 am - 11.30 am</p> <p>COMMUNITY LUNCH 11.30 am - 2.30 pm City Bowls Club Gravesend St Colac</p>	<p>26</p> <p>GYM Miller House</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p>
<p>30</p> <p>WALKING GROUP 10 am - 11 am</p> <p>IN HOUSE PROGRAM 9.30 am - 2.30 pm</p> <p>YOGA from the Chair 11 am - 12 pm</p> <p>WINMILL AGELESS CONNECTIONS 1 pm - 2.30 pm</p>			

Weekly Programs

Please note increase of Co-contributions.
If you have any concerns about your ability
to pay please consult staff. Thank you

Co-contribution without a meal
Low Income
\$3 per activity
\$6 In House program or per day
Medium income
\$9 per activity
\$10 In House program or per day
Meals provided at Miller House \$10

In House Program at Miller House

9.30 am - 2.30 pm Tuesdays, Wednesdays and Fridays

Organised games, trivia, bingo, brain puzzles and enjoy healthy discussions.
Please come along and we will organise activities that you would like to do.
All suggestions welcome.

2 course meal is available @ \$10 or BYO

Walking Group

Tuesdays 10 am - 11 am

What a great way to start your day. It is a time for some gentle walking at your own pace, with a social chat as you go. If too cold or wet we will be inside exercising.
All welcome stay on for a cuppa and lunch.

Yoga From The Chair

Tuesdays 11 am - 12 pm

Our yoga instructor Hope Carmody is a highly trained professional with many years of experience in supporting people to increase their strength and reduce stress by way of gentle exercise and meditation.

Keeping Active

Wednesdays and Thursdays 10 am - 11.30 am

Chair exercises, relaxation and breathing techniques. This exercise program is to improve health and gain strength, balance and flexibility in a social and safe environment. Morning tea provided.

Gym

Individual gym programs supervised on Fridays

The gym is available for participants who have been approved to do a gym program.
All enquires welcome.

Community Lunch

1st and 4th Thursday of the month 11.30 am - 2.30 pm City Bowls Club

2nd Thursday of the month at the RSL 11.30 am - 2.30 pm

3rd Thursday of the month at Miller House 11.30 - 2.30 pm

Guest Speaker Colac & District Historical Society

Fortnightly Programs

Please note increase of Co-contributions.

If you have any concerns about your ability to pay please consult staff. Thank you

Co-contribution without a meal

Low Income

\$3 per activity

\$6 In House program or per day

Medium income

\$9 per activity

\$10 In House program or per day

Meals provided at Miller House \$10

Techno

Tuesday 9 and 23

1 pm - 2.30 pm

Please Note Tues 23 will be held at the Colac Library
1 pm - 2.30 pm transport provided.

A time to learn about accessing the internet, emailing and more with our Samsung tablet or your own device.



WinMil Ageless Connections

Tuesday 2, 16 and 30 1 pm - 2.30 pm

Winifred Nance

Please note Tues 2 at Miller House due to school holidays

A great opportunity to connect with three and four year old Winifred Nance children.

Please call us to join the fun, transport can be arranged.



Special Event Trev's Dahlia Fixation



Wednesday 17 April 2024

Morning Tea and explore the gardens

Lunch at Austral Hotel to follow - At Own Cost

Depart from Miller House at 10.30 am Returning 3 pm

RSVP – Wednesday 10 April

Booking confirmed with payment - non refundable

Phone: 5232 5351

Monthly Programs

Please note increase of Co-contributions.

If you have any concerns about your ability to pay please consult staff. Thank you

Co-contribution without a meal

Low Income

\$3 per activity

\$6 In House program or per day

Medium income

\$9 per activity

\$10 In House program or per day

Please phone Miller House to book your programs 52325351

Men's Group (First Wednesday of the month)

Great time to get together for lunch and chats at various places.

**Wednesday 3 April
Gellibrand Cafe**

Let's Talk Gardening (First Friday of the month)

Great time to get together for lunch and chats at various places.

Friday 5 April

Sing a Long (First Wednesday of the month)

1 pm - 2 pm at Miller House with Pam Radcliff

Wednesday 3 April

Women's Group (Third Wednesday of the month)

12 Noon - 2.30 pm

Nice afternoon out to enjoy a meal and good company

**Wednesday 17
Shannon's Cafe**

Book Exchange (Fourth Wednesday of the month)

11 am - 11.30 am at Miller House.

Come along and swap a book. No Cost.

Wednesday 24

Trev's Dahlia Extravaganza

Wednesday 17 April

Morning tea and entry to gardens - \$10.00

Followed by Lunch at the Austral Hotel

At Own Cost

Cut flowers available for purchase.

10.30 am - 2.30 pm



Please pay at time of booking

RSVP Wednesday 10 April

Registered Miller House participants please book, all enquiries welcome.



Deborah and Grace



Bryson and Colin

Our Do Care Volunteers while providing regular visits gain wonderful friendships with their matched Do Care Friend.

Deborah and Bryson are two of our dedicated volunteers that provide a social connection with Grace and Colin.

The Visiting program is a great way for people to feel less isolated and be more connected within our community.

Please give Miller House a call if you would like to be a volunteer or if you would like to receive a regular volunteer visit.

All enquires are welcome.

[Volunteer Vaccinations](#)

If your currently volunteering at Miller House. Please provide a copy of your annual flu vaccination to our Volunteer Coordinator Jenna Robinson. Thank you.

Brain Health Activities

Match the Stars to the Classic Movies

1. Gone with the Wind	6. The Adventures of Robin Hood
2. Casablanca	7. Butch Cassidy and the Sundance Kid
3. James Bond	8. Guess Who's Coming to Dinner
4. James Bond	9. Superman
5. The Adventures of Robin Hood	10. To Sir with Love.

Math Quiz

1. What does the Roman Numeral "C" represent?	6. What is $65 - 30$?
2. What number does a century represent?	7. How many sides does a hexagon have?
3. Which is bigger 100 or 10 squared?	8. A car travels at a speed of 65 miles an hour. How far
4. What is $25 + 23$?	9. Ann has 4 stamps, she bought 8 stamps more, and Mary borrowed 2 stamps from Ann. How many stamps does Ann
5. What is the square root of 36?	10. 18 divided by 6 equals?

Colac Area Health – Miller House

Welcomes your feedback – please scan our Feedback QR Code below share your experience and help us to become aware of what you think we are doing well and what you think we could do better. The feedback you provide is confidential and may be provided anonymously.

We now have a feedback box at Miller House to place your suggestions, complaints and compliments for Colac Area Health. If you need assistance the Miller House team are happy to help.
Thank you for participating.



BARWON URBAN KNITTING PROJECT

This project endeavours to bring our community together via public displays of colourful artwork, that serve as eye catching, awareness raising visuals, for an often silent and invisible problem Elder Abuse.

We need your support to knit and crochet single bed, cot and bassinet blankets, stuffed toys and beanies.

These goods will be collected and displayed at Neighbour Hood House Colac before moving onto the Geelong Library and Heritage Centre for World Elder Abuse Awareness Day on June 15th.

Once the display has finished the items will be donated to Geelong Mums. Geelong Mums is an organisation that focuses on helping children in need. Rehoming essential items to give them the best start in life. Heading into the colder months these donations will help with the amazing work they are doing. Geelong Mums works in conjunction with other organisations to service regional areas including Colac.

The Barwon Urban Knitting Community Project is calling on crafters like you!

Do you have bundles of yarn and wool waiting to be transformed?

How Can You Help? ✨
Donate Your Stash: Give your unused yarn and wool a new purpose by donating to our community project.

Get Involved:
Want to be part of something special? Join our community of knitters and crocheters working together to foster connection, challenge ageism & prevent elder abuse. All skill levels are welcome!
To donate YARN or get involved, reach out to us at education@barwoncommunitylegal.org.au

If you would like to get involved please speak with the staff at Miller House. Information session will be held on Friday 5 April 10 am . Any yarn and wool donations would be greatly appreciated and may be dropped at Miller House (2 Miller St Colac).

MILLER HOUSE CAPE OTWAY OUTING AND PROGRAMS



**Cape Otway
Lighthouse
Outing.**



Puzzle Answers

Math Quiz

1. 100	6. 35
2. 100	7. 6
3. Both are the same	8. 390 miles
4. 48	9. 10
5. 6	10. 3

Match the Stars to the Classic Movies

1. Vivien Leigh/Clark Gable	6. Errol Flynn
2. Humphrey Bogart	7. Paul Newman
3. Sean Connery	8. Katherine Hepburn
4. Charlton Heston	9. Christopher Hepburn
5. Peter O'Toole	10. Sidney Poitier



Miller House
C/- Colac Area Health
2-28 Connor St, Colac. 3250

POSTAGE
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AUSTRALIA
PRIORITY