

# Miller House

social support



**February 2024**

**Phone: 5232 5351**



ACVVS



**Friday 2 February**  
**Let's Talk Gardening**

**Tuesday 6 and 20 February**  
**Winmil Ageless Connections**

**Wednesday 7 February**  
**Men's Group**

**Tuesday 13 and 27 February**  
**Techno Group**

**Wednesday 21 February**  
**Women's Group**

**Wednesday 28 February**  
**Cape Otway Light House**  
**Bus Outing**

## **UPCOMING EVENT'S**

**Red Rock and Warrion**  
**Cottage Nursery Bus Trip**  
**Lunch at Beeac**

**Wednesday 27 March 2024**

**Bus Trip and Lunch \$25**

**Arrive at Miller House to depart at**  
**9.30 am. Return 3 pm.**

**Please pay at time of booking**

**RSVP Wednesday 20 March**

### **OFFICE HOURS:**

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

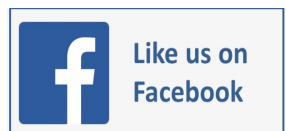
**Phone:** 5232 5351

**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



<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>6</b></p> <p><b>WALKING GROUP</b> 10 am - 11 am</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 2.30 pm</p> <p><b>YOGA FROM THE CHAIR</b> 11 am - 12 pm</p> <p><b>WINMIL AGELESS CONNECTIONS</b> 1:00 pm Miller House 2 Miller St Colac</p>	<p><b>7</b></p> <p><b>KEEPING ACTIVE</b> 10 am - 11.30 am</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 2.30 pm</p> <p><b>SING A LONG</b> 1 pm</p> <p><b>MENS GROUP</b> 12 pm - 2:30pm Austral Hotel Colac</p>	<p><b>1</b></p> <p><b>KEEPING ACTIVE</b> 10 am - 11.30 am</p> <p><b>COMMUNITY LUNCH</b> 11 am - 2.30 pm City Bowls Club Gravesend St Colac</p>	<p><b>2</b></p> <p><b>GYM</b> Miller House</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 2.30 pm</p> <p><b>LET'S TALK GARDENING</b> 1 pm - 2.30 pm</p>
		<p><b>8</b></p> <p><b>KEEPING ACTIVE</b> 10 am - 11.30 am</p> <p><b>COMMUNITY LUNCH</b> 11 - 2.30 pm City Bowls Club Gravesend St Colac</p>	<p><b>9</b></p> <p><b>GYM</b> Miller House</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 2.30 pm</p> <p><b>ITALIAN GROUP</b> Miller House 12 pm - 2.30 pm</p>

Tuesday	Wednesday	Thursday	Friday
<p><b>13</b></p> <p><b>WALKING GROUP</b> 10 am - 11 am</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 2.30 pm</p> <p><b>YOGA from the Chair</b> 11 am - 12 pm</p> <p><b>TECHNO</b> 1 pm - 2.30 pm</p>	<p><b>14</b></p> <p><b>KEEPING ACTIVE</b> 10 am - 11.30 am</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 12 pm</p> <p>Valentines Day Activities</p>	<p><b>15</b></p> <p><b>KEEPING ACTIVE</b> 10 am - 11.30 am</p> <p><b>COMMUNITY LUNCH</b> Miller House 11.30 pm - 2.30 pm</p>	<p><b>16</b></p> <p><b>GYM</b> Miller House</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 2.30 pm</p> <p><b>COMMUNITY MEETING</b> 11:00 am</p>
<p><b>20</b></p> <p><b>WALKING GROUP</b> 10 am - 11 am</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 2.30 pm</p> <p><b>YOGA from the chair</b> 11 am - 12 pm</p> <p><b>WINMILL AGELESS CONNECTIONS</b> 1 pm - 2.30 pm</p> <p>Winifred Nance Kinder</p>	<p><b>21</b></p> <p><b>KEEPING ACTIVE</b> 10 am - 11.30 am</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 12pm</p> <p><b>WOMENS GROUP</b> 12 pm - 2:30 pm</p>	<p><b>22</b></p> <p><b>KEEPING ACTIVE</b> 10 am - 11.30 am</p> <p><b>COMMUNITY LUNCH</b> 12 pm - 2.30 pm City Bowls Club Gravesend St Colac</p>	<p><b>23</b></p> <p><b>GYM</b> Miller House</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 2.30 pm</p> <p><b>ACTIVE GAMES</b> 1 pm - 2.30 pm</p>
<p><b>27</b></p> <p><b>WALKING GROUP</b> 10 am - 11 am</p> <p><b>IN HOUSE PROGRAM</b> 9.30 am - 2.30 pm</p> <p><b>YOGA from the Chair</b> 11 am - 12 pm</p> <p><b>TECHNO</b> 1 pm - 2.30 pm</p>	<p><b>28</b></p> <p><b>BUS TRIP</b> <b>Cape Otway Lighthouse</b> Returning 3.00pm</p> <p><b>NOTE: No Keeping Active</b></p>	<p><b>29</b></p> <p><b>KEEPING ACTIVE</b> 10 am - 11.30 am</p> <p><b>COMMUNITY LUNCH</b> 12 pm - 2.30 pm City Bowls Club Gravesend St Colac</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 (First, Second, Fourth and Fifth Thursday)

**12 noon - 2.30 pm at City Bowls Club 20 Gravesend Street Colac**

**Every 3rd Thursday at Miller House 12 noon - 2:30pm**

# 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 13 and 27

1 pm - 2.30 pm

### Miller House

A time to learn about accessing the internet, emailing and more with our Samsung tablet or your own device. Loan of Samsung devices at no cost.



## WinMil Ageless Connections

**First session February 6 at Miller House 1pm.**

**All Welcome.**

WinMil Ageless Connections is 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. All encouraged to attend February 6 as we discuss the year ahead.

## Special Event

### Cape Otway Lighthouse

Wednesday 28 February 2024

Bus Trip and Lunch \$25

Depart from Miller House at 9:30am Returning 3 pm

RSVP – Wednesday 21 February

Booking confirmed with payment

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**

## Book Exchange (Fourth Thursday of the month)

11 am - 11.30 am at Miller House. Come along and swap a book. No Cost.

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

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

**Friday 2 February**

## Men's Group (First Wednesday of the month)

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

**7 February 2024**

**The Austral**

## Sing a Long (First Wednesday of the month)

1 pm - 2 pm at Miller House with Pam Radcliff

**Wednesday 7 February**

## Women's Group (Third Wednesday of the month)

**12 Noon - 2.30 pm**

Nice afternoon out to enjoy a meal and good company with others.

**21 February**

**Shannon's Café**

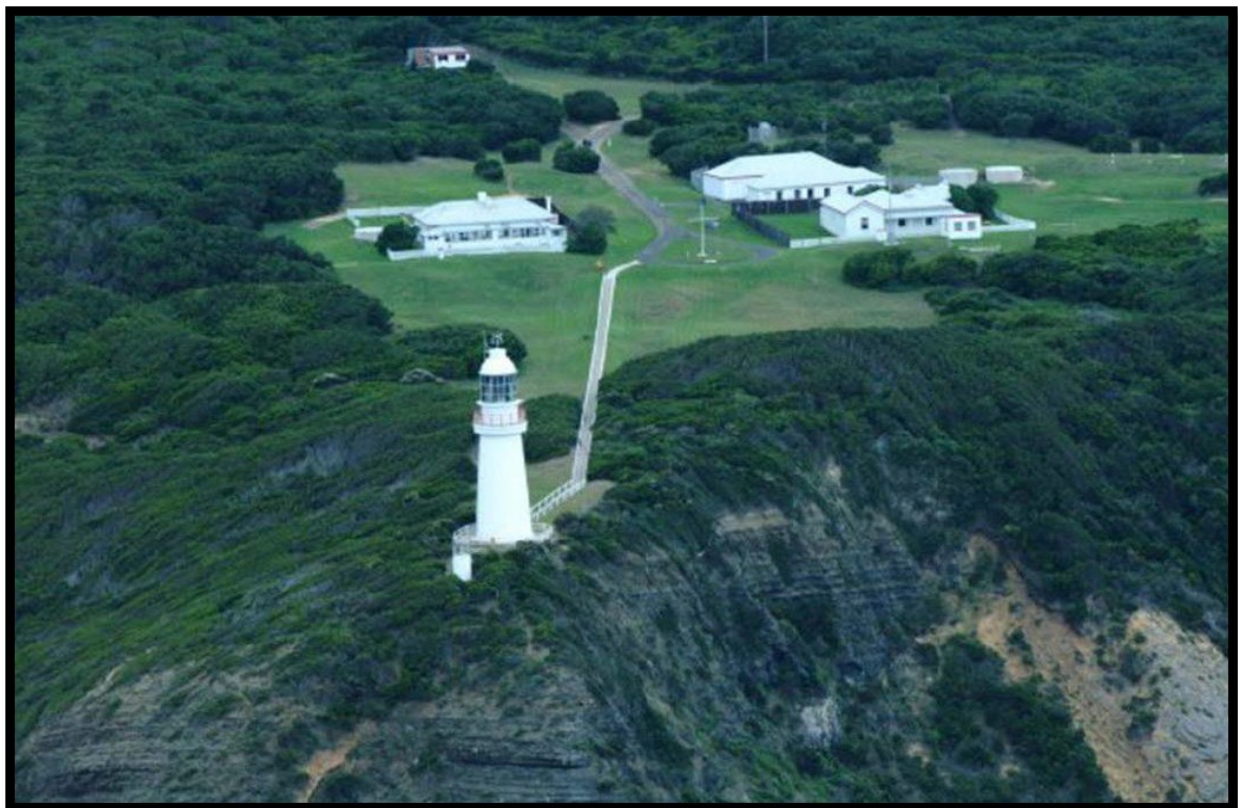
**Woolworths Complex Colac**

# Cape Otway Lighthouse Bus Trip, Lunch and tour

**Wednesday 28 February 2024**

**Bus trip and Lunch Cost - \$25**

**Arrive at Miller House for a 9.30 am departure.  
Return 3.00 pm.**



**Please pay at time of booking  
RSVP Wednesday 21 February  
Ph: 5232 5351**



# Do Care Visiting Program



Do Care is off to a fine start with a new match of a volunteer and participant happening in the first week of January. It was a delight to sit in on the first visit and listen to the men reminisce. They have known each other for some years and have reconnected due to the Do Care program.

This month we will be holding a luncheon for the Do Care volunteers and Do Care participants who are living in their own home. Invitations should have been received already. Please RSVP as soon as possible. If your Do Care friend can't make it, you the volunteer– are still most welcome. Likewise if your Do Care volunteer can't make it, you the participant are most welcome and will be supported transport can be organised as well if needed. The luncheon is a lovely way to meet other people and have a most pleasant afternoon full of chatter and laughter. We hope to see you there.



## Lots of smiles and chatter at the last Luncheon.

Left - Di, Denice, Pauline, Janet and Alma.

Right - Joyce, Judy and Joan



Those who can do,  
do. Those who can  
do more, volunteer.

AUTHOR UNKNOWN



# Brain Health Activities

## Love is in the Air Quiz

1. On what date is Valentine's Day each year?
2. Who is the symbol of Valentine's Day?
3. What do red roses symbolise?
4. What colour rose symbolises purity, innocence and humility?
5. What was Shakespeare's most romantic play?
6. Where does the tradition of wearing a wedding ring on the 4th finger on the left hand come from?
7. Apart from flower bouquets, what is another popular Valentine's gift?
8. In the nursery rhyme, who "kissed the girls and made them cry"?
9. Who sang the 1984 hit song "I just Called to Say I Love You"?
10. If you are quick to show your feelings where do you wear them?



## Rhebus

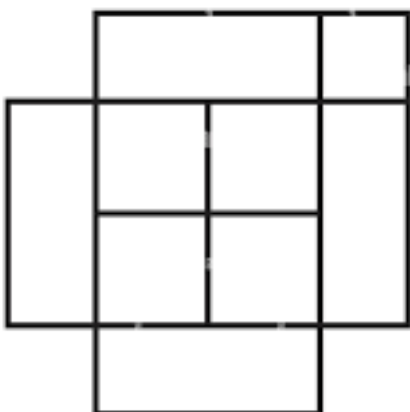
Frontier Frontier Frontier Frontier Frontier ←	ecnaIG  ALL THINGS all things  Give Get Give Get Give Get Give Get
<u>Travel</u> cccccc	

## Alphabet Quiz

Answer the question with a word starting with the letter of the question.

- A noise that warns you of danger.
- A group of musicians
- Somebody who works with wood
- A breed of dog with spots
- A way of sending messages electronically
- 12 divided by 3
- A strong burst of wind
- The 31 October
- Something that cannot be seen
- A short coat
- An Australian animal that hops
- A red insect with black spots
- Something that attracts metal
- A river that runs through Egypt
- An eight-sided shape

How many squares ?



# MILLER HOUSE CO-CONTRIBUTIONS

## SOCIAL SUPPORT GROUP PROGRAMS

COMMENCING FEBRUARY 2024

We have new Miller House Social Support Group Co-contributions from February 2024.

Colac Area Health receive funding from the Victorian and Australian Government, which is used to provide subsidised community services. A participant contribution helps with the cost of service delivery.

Co-contributions are based on your income and ability to pay.

No one will be excluded from receiving services due to financial hardship.

**Please discuss any concerns with the Miller House staff.**

Service Type		LOW Income  (Includes Health Care Card, Pension Card, Disability Card)	MEDIUM Income	HIGH Income / CONTRACTED RATE  (Includes Home Care Packages (HCP))
Social Support (Miller House)	Group (single)	\$3.00 without meal  (OR the cost of external	\$9.00 without meal  (OR the cost of external meal/transport/event)	\$20 per visit (high income)
	In House Program (or multiple groups per day)	\$6.00 without meal  (OR the cost of external meal/transport/event)	\$10.00 without meal  (OR the cost of external meal/transport/event)	\$25 per hour, plus GST (contracted, inc. HCP)  \$25 per visit (high income)
	Meal provided onsite (additional)	\$10.00	\$10.00	\$10.00 (including NDIS)

NDIS charged in accordance with NDIS pricing schedule reflected in NDIS Service Agreement

## Love is in the Air Quiz

1. February 14
2. Cupid
3. Love
4. White
5. Romeo and Juliet
6. Ancient Rome
7. Chocolate
8. Georgie Porgie
9. Stevie Wonder
10. On your sleeve

## Rhebus

Last Frontier  
Travel overseas  
Backward glance  
All things great and small  
Forgive and forget

## How Many Squares

9 squares

## Alphabet Quiz

- A. alarm
- B. Band
- C. Carpenter
- D. Dalmatians
- E. Email
- F. Four
- G. Gust
- H. Halloween
- I. Invisible
- J. Jacket
- K. Kangaroo
- L. Ladybird
- M. Magnet
- N. Nile
- O. Octagon



Active Games at Miller House saw a lot of energy being spent, laughter filling the room, and brains ticking over to keep up with it all.



## 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.**





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

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