

02 FEB 2011



HEART SUPPORT – AUSTRALIA

Albury / Wodonga Branch

A.B.N. 34 008 629 221

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President Wayne Kim 0412 561 371

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FEBRUARY 2011 NEWSLETTER

We hope all members had a very enjoyable Christmas shared with family and friends. We would like to extend best wishes to all for a great New Year. We hope everyone has a year of good health and find time to enjoy family/friends and exercise/leisure.

BIRTHDAY GREETINGS

JANUARY- Bev Allerdice 11th

MARCH- Margaret Crouch 16th

FEBRUARY - Chris Pidd 14th
Graeme Fuge 17th
Joan Redman 28th

Ros Nicholls 16th

Graham Bradbury 25th

Please advise Rosemary if your birthday is missed as our records are incomplete by phoning 0357287274 or email alburywodonga@heartnet.org.au.

SOCIAL EVENTS

A group of 12 enjoyed the Christmas luncheon at the Hibernian Hotel Beechworth in November with many commenting on the great meal and atmosphere. The group enjoyed a walk through the central streets afterwards. The **next function** is a **luncheon** at the Commercial Golf Resort 530 North St Albury NSW. It will be held on Sunday, 27th February commencing at 12 noon. Members are to pay for their own meals with prices starting at approximately \$15. Please RVSP to Rosemary on either (03) 5728 7274, 1300 725 755 or email at ken.every@bigpond.com by Wednesday 23rd February.

MEMBERSHIP

We have 35 current members. If you have not renewed your membership, please do so. Membership costs are: \$11 full membership and \$5.50 associate membership.

HEART HEALTH SUPPORT SERVICE

Heart Health Support Service is a service designed to complement existing professional services by offering emotional support, information and encouragement to people with heart conditions and their families. Heart Health Support Service training course is a short course (two days) designed to introduce HSA volunteers to basic (listening) skills and self management strategies. A Heart Health Support Service training course will be run locally Saturday 19th February commencing 9am, followed by the second day shortly after. We are waiting to have the venue confirmed and will advise accordingly. We are currently taking names of interested people. If interested or wish to find out more information please contact Ken on either (03) 5728 7274, 1300 725 755 or email at ken.every@bigpond.com.

LOCAL HSA CONTACTS

Wayne Kim, Wodonga 0412 56 1371

Ken & Rosemary Every, Wooragee 03 5728 7274

Greg & Betty Twohig, Albury 0427 257 642

Evan & Kaye Moll, Gerogery 6026 0580

There is always the 1300 number 1300 725 755

The contacts listed above have given permission to have their names published, if you wish to be included or removed from the list please let me know.

DATES TO ADD TO YOUR DIARY

Tuesday 8th March 2011- Branch Committee Meeting - held at Edge FM office, Southside Terrace, Wodonga at 5pm. All members are welcome to attend.

Sunday 27th February 2011- Commercial Golf Resort 530North St Albury at 12noon.

Tuesday 8th February 2011 – Movies

Saturday 19th February 2011 – Heart Health Support Service Training Course

MOVIE NIGHT

The **movie night** is at **Albury Cinema Centre** on **Tuesday 8th February 2011**, commencing at about 6.30pm. Bring your friends, kids and grand-kids to enjoy the movies followed by a cuppa, if you want. As the programs are not released until the week before, details of the movie will only be available just prior to the movie night.

Meet outside the cinema at 6.30pm to decide which movie to see. HSA has purchased movie tickets in bulk and Ken will be selling them prior to the movies. They are \$10.50 each and we are using the sales as a minor fund raiser. These tickets can be used any time except after 5pm on Saturdays, so if you are going to the movies buy your cheaper tickets from Heart Support. These would make a great Christmas gift if you're short of ideas.

Remember **Movie nights** are the **Second Tuesday** of the **even months**.

POLE PRANCING

Pole Prancing is the name of a group of pole walkers which meet on Thursday mornings at Hovell Tree Park opposite the Albury Swimming pool car park. Pole walking is quite intense therefore a reasonable level of fitness is required. The entry level of fitness required is that you must be able to walk for at least 40 minutes nonstop. For further information contact Nicky on 6058 4561.

WEIGHTS ON WATSON

Weights on Watson is an established strength training group for older adults. Come along, participate and experience the benefits of **Strength training** and **gentle warm up and cool down exercises**. For further details contact Jean – 6059 1759. You will need to join the Senior Citizens Club at \$10.00 the first year and \$5.00 thereafter.

When: Mondays & Fridays at 9am.

Where: **Senior Citizens Hall**, Havelock Street, (car park entry) or behind the Wodonga library (Hovell Street).

Cost: \$2 donation

SUGGESTION BOX

Any member / person receiving our newsletters please feel free to pass any information / ideas you may have onto the committee (jokes, recipes, new ideas, future social events etc). We welcome your input.