

TDN WELLNESS HUB JANUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	BINGO	8	9
10	ART AND CRAFT	12	13	NBN (INTERNET) "101"	15	16
17	EXERCISE CLASS	19	20	INTERNET SCAM AWARENESS	22	23
24	MOCKTAILS AND CANAPES	26	27	BOOK CLUB	29	30
31						

**BOOKINGS ARE ESSENTIAL FOR ALL SESSIONS,
PLEASE CALL THE DISTRICT NURSES ON 62080500 TO BOOK**

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<p>7th JANUARY – BINGO TIME: 1pm to 3pm COST: \$5 per person</p>	<p>21st JANUARY - NBN (Internet) SCAM AWARENESS</p> <ul style="list-style-type: none"> • How to protect yourself and identify different types of NBN-related scams • What common scams sound like and relevant examples • What to do and who to contact if you think you have been involved in a scam <p>TIME: 1030am to 12pm COST: \$2 per person</p>
<p>11th JANUARY – ART AND CRAFT Polymer Clay Jewellery making TIME: 1030am to 1230pm COST: \$15 per person</p>	<p>25th JANUARY - MOCKTAILS AND CANAPES Come and celebrate Australia day with an afternoon of canapes and mocktails. Our amazing bartender will be providing lots of entertainment. TIME: 3pm to 5pm COST: \$20 per person</p>
<p>14th JANUARY – NBN (Internet) 101</p> <ul style="list-style-type: none"> • What is NBN, and the status of the rollout • What it means for the members and how to connect • How the NBN affects your existing landline phone and medical alarms • Power outages • Scams to be wary of <p>TIME: 1030 to 12pm COST: \$2 per person</p>	<p>28th JANUARY – BOOK CLUB WITH RUTH Come to book club! Books are provided by us to read and then we come back and discuss. This is the first meeting of book club. TIME: 10am to 11am COST: Free</p>
<p>18th JANUARY – EXERCISE AND ACTIVITIES Join us for gentle chair exercise and activities with Prakash TIME: 1030am to 1130am COST: Free</p>	



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