

THE FOCUS

Our Life's work is making your life work

Helping older people and people with a disability
across the 39 postcode since 1982

Services



Overnight Flexible Respite



Weekend Respite



In Home Respite and
Domestic Support



Carer Respite and Support



Community Outreach



Social Support and Activity
Groups



Medical Transport



Maintenance

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TEL: 1300 39 PLUS
(1300 397 587)

IMPORTANT DATES TO REMEMBER

Friday April 10th - Good Friday
Monday April 13th - Easter Monday
Monday 8th June - Queens Birthday

A Message From Our... General Manager of Operation

The 39 Plus Family and Myself would firstly like to thank you for your continued custom and would like to give you all a very warm welcome into 2020. I trust you all enjoyed the festive season and made some wonderful memories with your loved ones.

There are many exciting things happening at 39plus this quarter as featured in our Calendar, which include creating partnerships with local businesses and working in collaboration with them to provide our customers with choice and control, and to enhance lives and to enable them to live at home for as long as possible through the support options and care we deliver.

We are holding a mini expo/information session run by **Dementia Australia** on Wednesday 25th March 2020 at 2pm at 39plus head office **169-171 Eastbourne Rd**

It is being held in collaboration with **The Friendship Dementia Café**.

This session will be open to the General Public and Professionals alike where you can come for Afternoon Tea, meet our warm staff and Guest speakers and receive lots of information about accessing our services and many other local services that would be advantageous to you and your loved one.

For more information please contact Karen Harris, Friendship Café Team Coordinator **0432 963 339** or email seawinds@umbrelladementiacafes.com.au

Bookings are essential
Numbers are Limited

We are also in the process of organising an open day to meet and greet our friendly team and to view our Cottage in Berwick, so we will keep you posted on the date in our next newsletter.

We look forward to continuing to deliver our services to you over the next few months and look forward to seeing you all soon.

Clare Clarke

General Manager - Operations

Caregiver Stress and Burnout

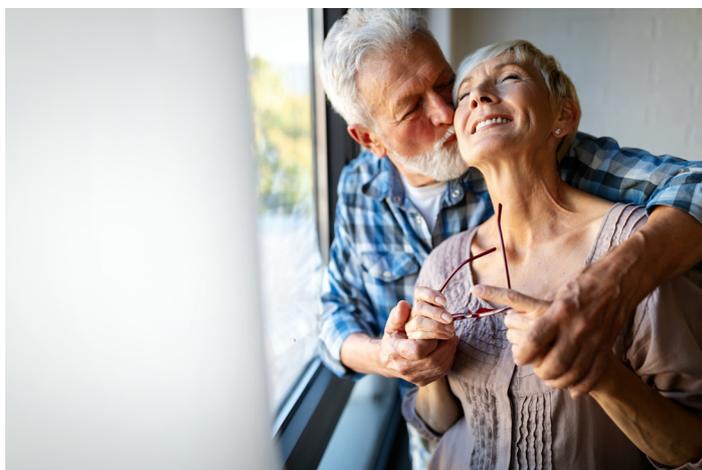


There are currently an estimated 30 million people with dementia worldwide, and this figure is likely to double every 20 years as medical technology lengthens life spans. There are more than 400,000 people in Australia with dementia, approximately 55% of those are Women.

At 39Plus we are fully aware of the impact a change in circumstances can affect a relationship. Acting as a caregiver for a loved one of any relation can be emotionally draining, however handling the range of emotions brought forth by the need to care for a spouse can be especially draining. While many seniors who are suffering from debilitating effects of aging or disease also suffer from depression, researchers have found that spousal caregivers may be likely to experience depression at an even higher rate than those for whom they care. Such depression can be spurred by a wide variety of emotional struggles.

Care recipients may no longer have the cognitive ability to relate to their spouse, or be physically incapable of engaging in traditional intimacy, leaving spousal caregivers feeling as though they have lost the husband or wife they once knew so well.

Many times, caregivers may feel as though they're adjusting to taking care of an entirely different person, especially with diagnoses like dementia, which can leave caregivers mourning the loss of their previous life with their husbands or wives.



While caregivers may feel guilty for these emotions, they are completely normal. Although you may fear talking with others about the changes in your marriage, support groups of caregivers in similar situations may offer a chance to talk about your challenges with people in similar situations. Physical challenges: Emotional strain can have an undeniable impact on physical well-being.

Excess stress can lead to poor sleep, increased blood pressure, weight gain or loss, headaches or any other wealth of symptoms. Aside from physical conditions that negatively affect health, physical challenges may present themselves in other ways. For example, wives may have trouble physically helping their husband move around the home due to a sheer difference in weight and size, while husbands may find that their own physical conditions make it difficult to help their wife with mobility.

To help work around these physical challenges, it may be helpful to seek assistance from a home care agency, physically able friends and family, or assistive devices like motorized wheelchairs or walkers that can

help reduce some of the physical strain. Social considerations: When a husband or wife begins to

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Caregiver Stress cont from page 3



require care due to the effects of aging or a physical or mental impairment, the dynamics of a marriage will likely change significantly.

Favourite pastimes such as travel or meeting friends for dinner may become more difficult and require caregivers to choose between abandoning some of their old habits or modifying them to allow the care recipient spouse to comfortably participate.

Aside from a change in socialization habits, some caregivers and their spouses may feel embarrassed to explain their situation to friends. People may find themselves feeling ashamed of how their marriage is changing. This can be a difficult adjustment. Depending on age and circumstance, caregivers may also find that some of their friends are not as understanding as they expected of their new caregiver/spouse role and have a hard time accepting a reduced ability to participate in old activities.

Conversely, some groups of friends may be in a similar situation and may be willing to work together to find ways to maintain social connections that help bolster everyone's mood and maintain a new sense of normalcy. Caregiving for a spouse can be one of life's great challenges as you and your spouse figure out how to adjust to changes in body and mind that can be frustrating for you both. However, with a good system of support in place and allowing yourself to experience the wide range of emotions that will inevitably surface, the

process can also be rewarding as you endure and conquer a new chapter with the one you love.

Support resources can be found in various forms, including family (adult children and siblings) and friends; some of whom may be in similar situations and able to better relate to your feelings. However, family and friends are not always available, or you may be more comfortable seeking support from less personal influences. In this case, support groups of other spousal caregivers can be a place to find comfort and understanding, as well as inspiration and tips from others' experiences. And when you need a break, spousal caregivers should consider seeking respite care from home care services, or adult day programs.

Respite care can provide caregivers and their spouses with time away from one another, which is just as important now as it was at any other time during the marriage. Are you a caregiver for your spouse?

Our Two Respite Cottages (Rosebud and Berwick) are open 24 hours per day, 365 days per year.

We welcome you to pop in and explore what we have available.

39 Plus Services !

Dementia and Art @ 39 Plus

39Plus aims to inspire the lives of people with dementia and their carers and increase their opportunities for enhanced well-being, quality of life and social interaction - inspiring everybody to try new things and "give it a go." Australian and International research strongly evidences that creative art plays an integral part in enhancing the lives of people with dementia and aids elevated quality of life, positive emotional responses, increased mobility, improved mood and attention span, functional improvements and reduction in agitation. Our Art program at 39Plus aims to provide meaning and purpose for people with dementia and connects their creations to the broader public making a more engaging, inclusive and vibrant place to live and invest in.



Medical Appointment Service

We help some of the communities most vulnerable access vital health care services by providing transport to medical appointments and facilitating compassionate visiting services. This service provides a door to door service delivered by our dedicated team of volunteer drivers. All service fees collected go directly to reimbursing drivers for costs incurred in the course of their delivery of this service.

Here's what our existing customers think of the service...

"The volunteer drivers are always lovely and very professional. 39Plus always provide a great service." Christine, Tootgarook

"The service is great. The volunteer drivers and staff are very professional and are always willing to help." Peter, Rosebud

Seeking New Volunteers for our Medical Appointment Service

We are seeking new volunteers in the Berwick /Casey area as well as on the Mornington Peninsula to help some of the communities most vulnerable, access vital health care services by providing transport to medical appointments and facilitating compassionate visiting services. This service provides a door to door service delivered by our dedicated team of valued volunteer drivers. All service fees collected go directly to reimbursing the volunteer drivers for costs incurred in the course of their delivery of this service.





Live music

AT THE CLUB 1:30PM TO 2:30PM

Looking for a fun afternoon filled with fabulous entertainment? 39 Plus welcomes you all to come along to The Club to see our magnificent entertainers. For only \$10.00 per person. Drive your friend down to The Club, have a dance or sing along with us all.

APRIL

- | | |
|----------------------|---|
| WEDNESDAY 15th April | John Carlo Bellotti - A variety show, hits from the 50's, 60's & 70's |
| MONDAY 27th April | Ron Irvine - A show in the musical style of Elvis and Neil Diamond |

MAY

- | | |
|--------------------|---|
| WEDNESDAY 6th May | Ron Irvine performs Neil Diamond and Elvis. |
| WEDNESDAY 20th May | John Carlo Bellotti, performs hits of yesteryear. |
| FRIDAY 29th May | Ron Irvine entertains you with a variety of hits. |

JUNE

- | | |
|---------------------|--|
| FRIDAY 5th June | Tony Stark - Beautiful guitar music playing the golden oldies |
| WEDNESDAY 17th June | Ron Irvine entertains you with his unique style. |
| WEDNESDAY 24th June | John Carlo Bellotti - performs a range of hits. |
| WEDNESDAY 1st July | Spukes Ukulele Big Group. A local band playing much loved songs. |



In Home Care Services

Most of us want to remain living in our environment of choice as long as we can.

Our 39Plus in-home services are designed to provide a holistic approach to care fostering independence through choice and practical support.

Our services are broad, flexible and tailored to the needs of both the carer and the care recipient. As part of this suite of services we can provide assistance with all aspects of personal care and medication management for your loved one.

Basic and routine household tasks such as shopping, meal preparation and community access to complete personal errands or attend appointments may also be provided.

Maintenance Service



Our home maintenance service assists customers with those odd jobs around the home.

The program was developed to respond to the high number of customer enquiry for services including lawnmowing, garden maintenance and clean up, home maintenance, assembly and installations, painting, gutter cleaning and power washing.

If you would like to know more about this service, please contact our Facilities Manager on 1300 39 PLUS.

Be prepared in the event of an Emergency

It will never happen to me - is a common belief

Making emergency plans with the elderly, or as a senior citizen is something which requires forward thinking and should be discussed in advance, with health care providers, family members, as well as with the senior citizen themselves.

Some suggestions to get you thinking about what to have prepared for an evacuation are:

1. Vital data records- name, address, telephone number of the elder/name, address, telephone number of the doctor/name and number of emergency contacts-family/name and number of caregiver or private duty agency /name, telephone number of their pharmacy.
2. Complete Updated Medication list
3. Health history records.
4. Medications for at least three days.
5. Clothes for at least three days.
6. Equipment and supplies--such as oxygen, wheelchair, walking frame, incontinent supplies, personal toiletry items.
7. Most shelters only provide a cot--the following items must be taken to the shelter--sheets, pillows, blanket, a comfortable lawn chair.



Our Cottages...

'A HOME AWAY FROM HOME'

Both Coastal Cottage's based in Rosebud on the Mornington Peninsula, and Casey Cottage located in Berwick offer short-term overnight flexible respite in a homely environment, designed to accommodate the needs of older people and people with a disability. This program operates 365 days a year with a flexible calendar designed to accommodate planned and emergency respite needs. We have the capacity for 14 beds across both sites with full disability access and security for peace of mind.

We have an amazing team of staff that are qualified in the Aged Care and Disability sector. Diversional therapies are implemented for customers to meet their goals during their stay.

You may wish to take part in arts and crafts, a movie night, a scenic drive for fish and chips, a ladies pamper weekend or a good old fashioned after dinner quiz that takes us down memory lane. Our customers always leave with a big smile on their faces and can't wait to return.

COTTAGE HOUSEKEEPING

- Admission times are between 2:00pm and 4:00pm.
- Departure times are between 10:00am and 11:00am.
- All medications must be provided in a Webster Pack prepared by your Chemist.
- Any medications that cannot be packed in a Webster Pack must be in the original packaging with clear instructions.
- Please label all of your clothing.



Our meals are freshly prepared onsite to meet any special dietary requirements or requests.

Our Cottages can be a great social environment to partake in activities and make new friends. It can also be a quite retreat for those wanting some private time too.



Coastal Cottage Highlights



We celebrated Christmas day and making new friends by sharing nutritious and fresh platters prepared by our wonderful staff. Whilst Coastal Cottage becomes a home away from home for our customers on Christmas day, their families have the peace of mind that their loved one is well looked after and enjoying their stay with us!

HAPPY BIRTHDAY



Kevin celebrating his 77th birthday at the Coastal Cottage with a home-made cake made by 39Plus cottage staff! Happy birthday Kevin!



Jean planting fresh vegetables in our 39Plus Coastal Cottage veggie patch on a warm summer's day!



April 2020

DATE	ACTIVITY
30th March - 3rd April	<p>INTERNATIONAL COMEDY WEEK</p> <ul style="list-style-type: none"> • Activity Station: Create some colourful masks and glasses. • Creative: Join in on our very own 39Plus Comedy session • Discussion Club: Share some of our favourite jokes. • Big Screen: Watch some of the classic comedians like Charlie Chaplin.
<p>6th - 10th April</p> <p>CLOSED FRIDAY APRIL 10TH</p>	<p>EASTER WEEK</p> <ul style="list-style-type: none"> • Activity Station: Make some Easter craft and baskets. • Creative: Bake some Easter Cookies and Chocolates to take home and share with your loved ones. • Discussion Club: Talk about the meaning of Easter and what we all do to celebrate with our families.
<p>13th - 17th April</p> <p>CLOSED MONDAY APRIL 13TH</p>	<p>TITANIC WEEK</p> <ul style="list-style-type: none"> • Group Discussion: Talk about Titanic and the story behind it. • Big Screen: Watch a short clip about the making of the Titanic. • Craft: Lets create our very own Titanic boats
20th - 24th April	<p>ANZAC WEEK</p> <ul style="list-style-type: none"> • Activity Station: Create some beautiful Poppies to hang around the room. • Creative: Bake some delicious Anzac biscuits • Discussion Club: Talk about the meaning of Anzac Day. • Big Screen: We will talk and watch about the animals who helped in the war.
27th April - 1st May	<p>ITALIAN WEEK</p> <ul style="list-style-type: none"> • Discussion Club: Talk about Italy and its iconic landmarks. Talk about personal trips to Italy. • Creative: Create some Italian flags • Language: Learn some classic Italian words • Activity Station: Bake some beautiful Italian biscuits

May 2020

DATE	ACTIVITY
4th - 8th May	<p>ITALIAN WEEK</p> <ul style="list-style-type: none"> • Discussion Club: Talk about Italy and its iconic landmarks. Talk about personal trips to Italy. • Creative: Create some Italian flags • Language: Learn some classic Italian words.
11th - 15th May	<p>VOLUNTEER WEEK</p> <ul style="list-style-type: none"> • Discussion Club: Talk about what our amazing volunteers do and how they help the community • Craft: Lets create some Thank You card to give to our 39 Plus volunteers • Bake: Let bake a delicious cake that we can share with our friends and volunteers
18th - 22nd May	<p>CAREERS WEEK</p> <ul style="list-style-type: none"> • Discussion Club: Talk about the different Careers and what jobs you have done • Story time: Lets talk about your jobs and any business you have owned. • Big Screen: Lets watch some clips on some of the most amazing jobs to have. • Games: Guess the Careers game where we talk about a job and you have to guess what job we are talking about.
25th - 29th May	<p>MUSIC WEEK</p> <ul style="list-style-type: none"> • Activity Station: Enjoy being creative and play some musical instruments to our favourite songs. • Creative: Join the Peace Choir where we sing along to classic songs. • Games: Musical Bingo • Discussion Club: Lets reminisce together about the great music of our lives.

June 2020

DATE	ACTIVITY
1st - 5th June	<p>WINTER WEEK</p> <ul style="list-style-type: none"> • Discussion Club: Lets about winter and the different weather systems • Craft table: Create winter crafts • Activity Station: Lets see if we can create some different weathers like tornado bottles. • Big Screen: Look into the weather systems like storms, tornados, hurricanes etc.
8th to 12th June CLOSED MONDAY JUNE 8TH	<p>NAIDOC WEEK</p> <ul style="list-style-type: none"> • Discussion Club: Group discussion about the Aboriginal and Torres Strait Islanders Australia. • Crafts: Create some Aboriginal dot painting. • Big Screen: Look back at some of the traditional Dreamtime stories. • Baking: Bake some damper to share. • Language: Let try and learn some traditional Aboriginal and Torres Strait.
15th to 19th June	<p>QUEEN WEEK</p> <ul style="list-style-type: none"> • Discussion Club: Group discussion about the Queen. • Big Screen: Look back at the Queen as she grew up. • Bake: Bake some desserts that the Queen would enjoy. • Craft: Create some craft crowns and we can be king and queens for the day.
22nd to 26th June	<p>SPACE WEEK</p> <ul style="list-style-type: none"> • Discussion Club: Group discussion about the different planets • Big Screen: Look back at the first landing on the moon. • Craft: Create paper mache plants to hand around the centre. • Bake: Lets try and bake some space food.
29th June to 3rd July	<p>INTERNATIONAL WEEK</p> <ul style="list-style-type: none"> • Discussion Club: Group discussion about your heritage and your background • Big Screen: Look at some of the most amazing countries in the world • Activity Station: Create some international flag • Bake: Let bake some different sweets from around the world. • Story Time: Share your heritage and lets take a look at the different countries that could be in your family.

OUTREACH CALENDAR

April 2020

DATE	ACTIVITY	DESCRIPTION	COST
WEDNESDAY 1st April	Boneo Maze Sands Sculptures following by lunch at the Rosebud RSL	Come & enjoy the magic of 26 sand sculptures from the classic book Animal located in Fingal. <i>A lot of walking will be involved</i>	\$20.00 Bus \$12 Sand Sculptures \$16.90 two course lunch.
THURSDAY 2nd April	Morning Melodies Somerville Hotel	Morning Melodies and lunch at the Somerville Hotel. Enjoy a two- course lunch with live entertainment from Paul Hogan.	\$20.00 Bus \$15 Lunch
FRIDAY 3rd April	Heronswood Gardens, Lunch at The Peninsula Club	Located on the beautiful Mornington Peninsula, Heronswood gardens, nursery offer an idyllic location to escape the crowds, relax and shop for a huge range of plants.	\$20.00 Bus \$10 Entry Additional money for lunch
TUESDAY 7th April	Rosebud Cinema Lunch in Rosebud	Let's go to the movies and see the latest blockbuster. Then go out for lunch in the local area of Rosebud	\$20.00 Bus \$11 Cinema Additional money for lunch
WEDNESDAY 8th April	DFO Moorabbin	Let's go shopping and get some bargains with a variety of shops and cafes to stop and have a coffee along the way. <i>A lot of walking will be involved</i>	\$20.00 Bus Additional money for lunch
THURSDAY 9th April	Scenic Drive Steeples Restaurant Mornington	Enjoy a lovely scenic drive on the Peninsula, then we will be having a two- course lunch at Steeples Restaurant.	\$20.00 Bus \$18 Lunch
TUESDAY 14th April	Morning Melodies Rosebud RSL	Enjoy some live entertainment by John Zammit at our local Rosebud RSL, followed by a two course lunch.	\$20.00 Bus \$15 morning tea & lunch
WEDNESDAY 15th April	Panorama Garden Estate in Boneo Morning Tea Included, plus 2.5 hour Guided Tour	Privately owned 55 acres of gardens & wildlife reserve. Lakes, stream, and waterfalls. In addition there are animals including rare albino kangaroos, wallabies, alpacas and more.	\$20.00 Bus \$25 Entry PRE PAYMENT REQUIRED
THURSDAY 16th April	Morning Melodies Somerville Hotel	Enjoy Morning Melodies with live entertainment by Lesley McMillan, followed by a two course lunch.	\$20.00 Bus \$15 Lunch
FRIDAY 17th April	Bingo Two Course Lunch Rosebud RSL	Lets play Bingo, followed by lunch in the Bistro	\$20.00 Bus \$15 Lunch
MONDAY 20th April	Ashcombe Maze and Lavender Garden Ashcombe Cafe for Lunch Gift Shop	Enjoy a day walking through 40 year old mazes, enjoying the view & smell of the lavender garden. Lunch overlooking the gardens. <i>A lot of walking will be involved</i>	\$20.00 Bus \$16.50 Maze Additional money for lunch
WEDNESDAY 22nd April	Sunny Ridge Strawberry Farm	Located in Main Ridge, lets go and enjoy some fresh local strawberries (option to Pick your own), followed by brunch at the cafe.	\$20.00 Bus Additional money for lunch
FRIDAY 24th April	Salute To The Anzacs Frankston Arts Centre	Songs and stories of the war years. The show will feature hit songs, stories and laughter that came from World Wars 1 and 2 and the Vietnam War. Stunning cast Chris McKenna, Roy Best, Jaz Flowers, Alison Jones and Caroline Vercore.	\$62.00 Includes Bus, Show and Lunch PRE PAYMENT REQUIRED

OUTREACH CALENDAR

May 2020

DATE	ACTIVITY	DESCRIPTION	COST
FRIDAY 1st May	The Big Goose	Come and pat some cute animals, see a live sheepdog, and reptile show. Catch a train which takes you around the grounds. <i>A lot of walking will be involved</i>	\$20.00 Bus \$16.50 Entry Additional money for lunch
MONDAY 4th May	Mornington Botanical Rose Gardens, lunch at Steeples Oakhill Gallery	Explore 4 acres with over 400 roses, created and maintained by volunteers. We will visit the Oakhill Gallery followed by a 2 course lunch at Steeples Restaurant.	\$20.00 Bus \$2 Donation Additional money for lunch
TUESDAY 5th May	The Briars Lunch at Josephines	Explore the 230 hectare property in Mt Martha, there are a range of walks at the Briars both within the wildlife sanctuary and around the property.	\$20.00 Bus \$30 Lunch
THURSDAY 7th May	Morning Melodies Somerville Hotel	Morning melodies and lunch at the Somerville Hotel. Live entertainment from Tony Diamond – Good times – Classic Hits	\$20.00 Bus \$15 Lunch
FRIDAY 8th May	Bingo Two Course Lunch Rosebud RSL	Lets play Bingo, (15 games) followed by lunch in the Bistro.	\$20.00 Bus \$3.00 Bingo \$16.90 Lunch
TUESDAY 12th May	Morning Melodies Rosebud RSL	Morning melodies at our local RSL, morning tea, live entertainment by Dave Allen followed by lunch. Scenic drive to end the day	\$20.00 Bus \$15 Lunch
WEDNESDAY 13th May	Main Street Mornington Market Dava Hotel Mount Martha	Let's walk the Main street of Mornington, look at all the local craft and fresh fruit and vegetables. Followed by lunch at the Dava Hotel.	\$20.00 Bus \$21 Lunch Extra money for the market
THURSDAY 14th May	Pt Nepean Walk Quarantine Station Sorrento RSL	Jump aboard Pt Nepean shuttle bus running between Quarantine Station and Fort Nepean. Explore the highlights of Pt Nepean National Park. 50 Heritage listed buildings with artefacts.	\$20.00 Bus \$12 Shuttle Additional money for lunch
FRIDAY 15th May	Morning Melodies The Sands Hotel	Come and enjoy live music by Marcia Ray followed by a two-course meal.	\$20.00 Bus \$15 Lunch
WEDNESDAY 20th May	Australian National Aviation Museum Dining at the Aero Bar Bistro	The Museum has one of the most significant collections of aircraft and engines in Australia. The museum has a number of displays of aircraft and engines. Visitors can interact with the aircraft and experience life as a early aviator.	\$20.00 Bus \$7.00 Entry Additional money for lunch
THURSDAY 21st May	Morning Melodies Somerville Hotel	Morning melodies and lunch at the Somerville Hotel. Live entertainment from Marcia Ray – Good times – Classic Hits	\$20.00 Bus \$15 Lunch
FRIDAY 22nd May	Scenic drive to Sorrento back beach followed by lunch at All Smiles	Lets go for a scenic drive to Sorrento back beach, enjoy the stunning view while we have lunch inside the well – known cafe All Smiles.	\$20.00 Bus Additional money for lunch
MONDAY 25th May	Cruden Farm Beretta's Hotel	Let's visit Cruden Farm, a special place left by Dame Elizabeth Murdoch, followed by a light lunch at Beretta's Hotel	\$20.00 Bus \$20.00 Entry \$16.00 lunch, (inc beer or wine)
WEDNESDAY 27th May	Carribean Market	Caribbean Gardens and Market have been operating since 1965, it started with a handful of traders selling wares in their car boots. <i>A lot of walking will be involved</i>	\$20.00 Bus Additional money for lunch and market bargains
FRIDAY 29th May	Bingo Two Course Lunch Rosebud RSL	Lets play Bingo, (15 games) followed by lunch in the Bistro	\$20.00 Bus \$3.00 Bingo \$16.90 Lunch

OUTREACH CALENDAR

June 2020

DATE	ACTIVITY	DESCRIPTION	COST
TUESDAY 2nd June	Rosebud Cinema Lunch at the Rosebud Hotel	Let's go to the movies and see the latest blockbuster. Then go out for lunch at the Rosebud Hotel	\$20.00 Bus \$11 Cinema \$15 Lunch
WEDNESDAY 3rd June	The Australian Ballet School Frankston Arts Centre	The performance will be showcasing talented students, this performance celebrates the art of ballet from the sophisticated to the sublime.	\$62.00 Includes Bus, Show and Lunch PRE PAYMENT REQUIRED
THURSDAY 4th June	Morning Melodies Somerville Hotel	Morning melodies and lunch at the Somerville Hotel. Live entertainment from Andrew Portelli – (Elvis & Friends), followed by a two-course lunch	\$20.00 Bus \$15 Lunch
TUESDAY 9th June	Morning Melodies Rosebud RSL	Morning melodies at our local RSL, morning tea & lunch, live entertainment by Marian Faye	\$20.00 Bus \$15 Lunch
WEDNESDAY 10th June	The Naked Racer	The Naked Racer Cafe is a culinary pitstop that has undoubtedly become a hotspot with locals and travellers alike.	\$20.00 Bus Additional money for lunch
THURSDAY 11th June	Tyabb Packing House Antiques	Over 5000 square metres of antiques, retro, vintage and old wares. All within a historic packing shed in Tyabb on the Mornington Peninsula.	\$20.00 Bus Additional money for lunch
MONDAY 15th June	Strike Bowling	Lets have some fun and enjoy a game of bowling. Strike bowling has a gourmet kitchen as well as an indoor/outdoor bar.	\$20.00 Bus \$15.00 Game Additional money for lunch
WEDNESDAY 17th June	Wings and Fins Seafood Restaurant	A spacious, relaxed setting with high ceilings, view of the incoming planes as-well as delicious seafood.	\$20.00 Bus Additional money for lunch
THURSDAY 18th June	Morning Melodies Somerville Hotel	Morning melodies and lunch at the Somerville Hotel. Live entertainment from Rat Pak Jak	\$20.00 Bus \$15 Lunch
FRIDAY 19th June	Morning Melodies The Sands Hotel	Come and enjoy live music by Joe Piastrino followed by a two-course meal.	\$20.00 Bus \$15 Lunch
TUESDAY 23rd June	Dandenong Market	Dandenong Market is a major regional market located in the heart of Dandenong. Come and enjoy shopping and lunch in the court	\$20.00 Bus Additional money for lunch
THURSDAY 25th June	Scenic Drive around the Mornington Peninsula Lunch at the Country Club	Lets go on a scenic drive the Mornington Peninsula and have a hot lunch at the Rosebud Country Club, millionaire walk.	\$20.00 Bus Additional money for lunch
FRIDAY 26th June	Garden World	Explore the popular Garden world located in Braeside.	\$20.00 Bus Additional money for lunch
TUESDAY 30th June	Trio's Sports Club Cranbourne	Super Cheap tuesday Seniors Meal at Trio's Cranbourne	\$20.00 Bus \$18.00 for two course lunch

Community Outreach Highlights

39 Plus Community Outreach Customers enjoyed a variety of outings in the last few months. Here are some snapshots! If you, or anyone you know are interested in coming along, please call our Corporate Office to make your bookings.



Fundraising for 39 Plus

As a not for profit organisation, our ability to deliver services to the community relies on the generosity of it's donors. By hosting a fundraising event or activity on our behalf, you will be helping 39Plus to support older people across the 39 postcode.

Sometimes its just the simple ideas that have the greatest impact. So put your thinking cap on and see how you can make a difference.

Some ideas for you to consider:

- Host a morning or afternoon tea
- A casual dress day
- Sausage sizzle
- Cake sale
- Guessing competition - fill up a jar of lollies and charge for a guess

All proceeds raised will go towards the purchase of resources and equipment to help support the running of our social support group and medical transport services.

As 39 Plus is a registered Deductible Gift Recipient (DGR) all donations over \$2 are tax deductible. If you require a receipt when making a donation, please contact the Corporate Office, or send an email to accounts@39plus.org.au.

Interested in Advertising?

Are you a small business owner and interested in promoting your services?

The 39 Plus newsletter is distributed to approximately 3,000 people in and across the Mornington Peninsula and Southern Metropolitan Region each quarter. As a way of supporting local business and developing a network of service providers who our customers can trust, we are not offering an opportunity to advertise in our newsletter for an annual fee of \$100

Your business logo and a description of your services will form part of our new directory positioned on the back page of each edition. If you would like more information, or to make arrangements to be part of the next edition, please contact our Corporate office on 1300 39 PLUS (1300 397 587)





The Friendship Cafe in conjunction with 39Plus invites you to a free

Public Information Forum

Understanding Dementia

Are you interested in learning more about dementia?
Join us for an education session from Dementia Australia.

Chat to local health professionals and get information about
Dementia support in your community

DATE: WEDNESDAY 25TH MARCH

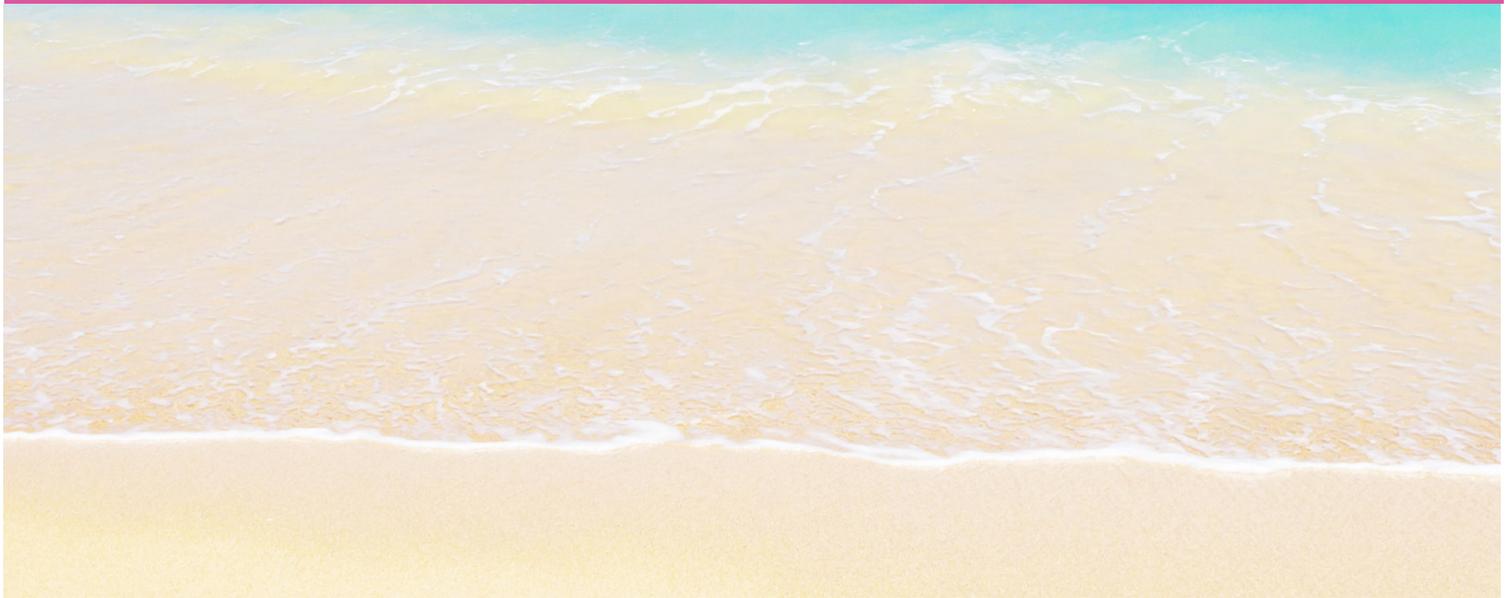
TIME: 2:00PM TO 3:30PM

VENUE: 39 PLUS, 169-171 EASTBOURNE ROAD, ROSEBUD
AFTERNOON TEA PROVIDED

Bookings essential! RSVP by March 18th to Karen Harris,
Friendship Cafe Team Coordinator 0432 963 339 or
email seawinds@umbrelladementiacafes.com.au

FRIENDSHIP CAFE IS A PART OF THE UMBRELLA DEMENTIA CAFES
NETWORK SUPPORTING PEOPLE EXPERIENCING DEMENTIA





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