



DJILBA WINTER • AUGUST 2025

# OCEAN TIDINGS

## Newsletter



WELLNESS PROGRAM - WALKING FOOTBALL



### NEW RESIDENTS

**A214** - Helen Kearton

**A216** - Janet and Keith Hillam

### SHOPPING TRIP SCHEDULE

**Floreat Forum (Weekly)** except  
for the week of the **Karrinyup**  
**Shopping Centre**  
Every Tuesday - \$6,  
9:30am to 11:30am

**Karrinyup Shopping Centre**  
**(3<sup>rd</sup> Tuesday, every month)**  
Tuesday, 19 August - \$7,  
9:15am to 11:45am

Bookings essential through  
Reception by calling  
9285 3000

Please make sure you have signed  
the Informed consent and liability  
waiver form, prior to going on the  
village bus. We require this form to  
be completed on an annual basis.

### RECEPTION OPENING HOURS

Monday to Friday: 9am to 4pm  
Call 9285 3000 or email  
[reception@oceangardens.com.au](mailto:reception@oceangardens.com.au)

Reception is closed on public holidays.

### KIOSK OPENING HOURS

- Monday to Friday: 9am to 12pm
- Saturday: 9am to 10:30am
- Sunday: CLOSED
- Public holidays: 9am to 10:30am

### RESTAURANT OPENING HOURS

- Sunday: 12pm-2pm
- Wednesday, Thursday & Friday: 12pm-2pm
- Public holidays: CLOSED

### UPCOMING SPECIAL EVENTS

- 7 Aug - Games & Pizzas
- 10 Aug - Sundowner - Indigo Lounge
- 23 Aug - Annual Anniversary Dinner

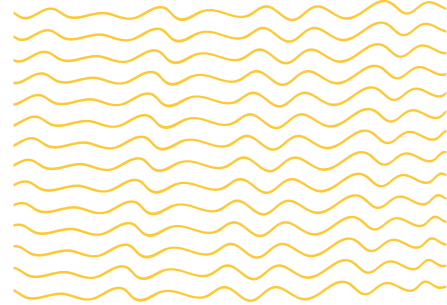




## Ocean Gardens

### ACTING CEO

AMANDA GRAY



It's a pleasure to write my first report as Acting CEO, and I'd like to begin by saying a heartfelt thank you to all residents and staff for the warm welcome I've received since stepping into the role. While this is a new chapter for me, I'm certainly no stranger to the village, having worked as CFO here for the past three years. It's been wonderful to continue many familiar conversations - just now from a slightly different seat!

I also want to sincerely thank everyone for your patience as we move through some of the early decision-making processes. With any leadership transition comes a period of adjustment, and I'm committed to taking a thoughtful, considered approach as I settle into the role. I'm looking forward to working closely with the Board, staff, and most importantly, residents, to ensure we maintain the welcoming, well-managed, and supportive community we all value so highly.

In the months ahead, I'll be sharing regular updates on key matters, particularly around the village redevelopment and the ongoing strategic plan. These are important projects with long-term benefits, and I'll ensure you're kept well informed along the way.

We've also recently welcomed Shelley Henry, our new Finance Manager, to the team. Some of you may have the pleasure of meeting her at the upcoming sound healing classes - just one of the many great examples of the diverse skills and interests our team brings to the community. We're excited to have Shelley on board!

Looking ahead to the new financial year, we've got a number of major projects on the horizon. One of the most significant is the planned upgrade of the security camera system across the village. We know how important safety and peace of mind are to residents, and I'll be working closely with Shaun to ensure this project is delivered efficiently and with minimal disruption.

Finally, I want to reiterate how genuinely delighted I am to be in this role. Our village is a unique and special place, and I'm honoured to lead its next chapter. My door is always open, and I look forward to catching up with many of you over the coming weeks - whether in meetings, walking around the village, or at one of our many community events.

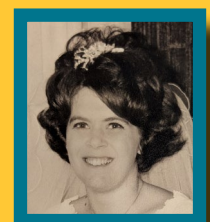
## GUESS WHO?

### GUESS THE OG RESIDENT?

A fun way to know other residents is to guess the picture of their younger self.

If you would like to participate please send through a photo of yourself when you were in your teens or twenties to Ian at [idang@oceangardens.com.au](mailto:idang@oceangardens.com.au)

## LAST MONTH'S - ROSEMARY SHERRATT







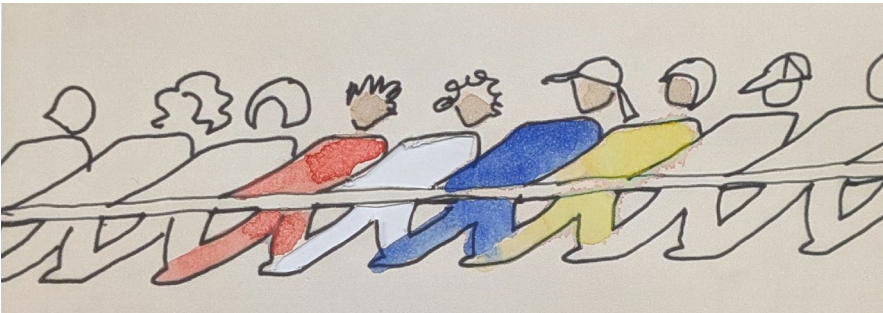
## OCEAN GARDENS CARE SUPPORT SERVICES CARELINE

Please call **9285 3032** (office hours) or **0418 800 438** (after hours) for Care Support Team. We are here for you 24 hours a day, 7 days a week.

## IAN DANG MARKETING COORDINATOR

### SEPTEMBER OCEAN TIDINGS NEWSLETTER Submission Deadline: 20 August

If you would like to share a photo or promote an event at the village, please email the contents to Ian at [idang@oceangardens.com.au](mailto:idang@oceangardens.com.au)



## BUDGET TIME

The Budgets are here - it's time to meet - to chat about those monthly fees  
We're not for profit that's the plan - so we'll keep things fair as best as can  
Inflation's high we can't ignore but we'll aim for less and nothing more  
With open books and all things clear we'll do our best to keep it near

ART BY COLIN ANDREWS AND  
WRITTEN CONTENT BY RAY PURDY

## AUGUST BIRTHDAYS

- 1** Michael Collett
- 1** Anne Sermon
- 5** Amanda Brown
- 6** Pam Gardner
- 7** Andrew Swanson
- 8** John Holman
- 10** Peter Middleton
- 12** Margaret Sharp
- 12** Bryan Hill
- 15** Maria Ehmke
- 15** Richard Woods
- 17** Terry Salotti
- 18** Joan Piesse
- 21** Christine Goss
- 22** Ray Purdy
- 23** Janice Harrison
- 24** Frank Rennie
- 25** Janet Hillam
- 25** Maureen Lissiman
- 26** Carole Wallace
- 27** Carole Breeden
- 29** Pauline Steele
- 31** Billie Brown

Please advise Ian in Marketing if you do not want your Birthday to be listed.



ANN RYAN'S  
POT CALLED  
'APOLOGIES TO  
PICASSO'.



## VILLAGE MANAGER ALISON ROGERS

Hi Everyone,

Last month we farewelled former CEO Jacob Hollenberg and welcomed acting CEO Amanda Gray. Amanda and I have been busy working together on village issues and have had some good meetings with various residents with some suggestions to consider and we do hope the outcomes are to everyone's satisfaction.

The results from the poll in last months Tidings are in. Thanks to everyone who contributed with their responses. We received a very healthy number of responses and the result is that the guest room will remain as is.

Following a discussion with groups using the current "art room" in V144 and the need for relocating, it was agreed that the Ritson room will be a suitable room. The patchwork group will use the room on Mondays 10am - 3pm - the start date for this is yet to be confirmed. The art group will research an available and suitable day. Management will purchase additional storage units for these groups to occupy.

Amanda and I also met with representatives from the table tennis group. They have requested that they move to a more permanent area, that being on the balcony outside the function room. The carpet is not ideal for the game or pulling the table in and out. We are investigating the requirements of this - including storage off the balcony inside the double glass doors and "cafe" blinds part way along the balustrading.

At the bottom of this page you will see another important poll and we do hope many of you respond to it. It's an important consideration for the village and relates to the Village Rules. Please tear this off,

complete and return to reception by the end of August 9 (see page 6).

The Intergenerational Program commenced again in July for Term 3. The students resumed on Wednesday 23 July with the art group and providing IT assistance in the Riston room. Please refer to the calendar for the fortnightly dates. The pre-primary program recommenced on Friday 1 August for Term 3.

In September "Blue Thumb" gardening assistance from the Hale students will be held on two dates - Monday September 15 and September 22. I will put it in the September Tidings as you will need to put your name down for this one if you would like some of the students to help in your garden, alongside you!

Ocean Gardens management has received a letter from the Town of Cambridge advising they had received a development application for a temporary viewing tower be constructed on Lot 560 (the block of land to be developed at the rear of Ocean Gardens).

The Town asked management to pass this information on to residents. The letter is posted on the main notice board outside our function room and on the OG TV channel. You can access further information by typing in this link in your internet browser:

[www.cambridge.wa.gov.au/Develop-Build/Planning/Advertised-Planning-Applications](http://www.cambridge.wa.gov.au/Develop-Build/Planning/Advertised-Planning-Applications) and scroll down to 19 Balandi Way City Beach.

Please direct any questions or concerns you may have to:

Howard Hu  
[hwu@cambridge.wa.gov.au](mailto:hwu@cambridge.wa.gov.au) and  
[mail@cambridge.wa.gov.au](mailto:mail@cambridge.wa.gov.au)  
or telephone 08 9347 6000

# RESIDENT-RUN ACTIVITIES

Please be aware all events are subject to change. Keep an eye on the notice board. If you have a particular interest and would like to form a group, please contact the President of the Residents Association, Carole Wallace.

Event	When	Where	Time
Anglican Church Service	4 <sup>th</sup> Tuesday of every month	Ritson Room	10am
Art Group @ V144	Every Wednesday	Villa 144	2pm
Art General Meeting	1 <sup>st</sup> Wednesday of every month		4pm
Bingo	4 <sup>th</sup> Wednesday of every month	Function Room	2:30pm
Book Club	2 <sup>nd</sup> Wednesday of every month	Ritson Room	6:30pm
Bowls	Everyday	OG Bowling Green	9:30am
Bridge	1 <sup>st</sup> & 3 <sup>rd</sup> Sunday of every month	Ritson Room	1:30pm
Catholic Mass	1 <sup>st</sup> Wednesday of every month	Ritson Room	11:30am
Croquet	Every Sunday, Tuesday, Wednesday, Thursday and Saturday	Croquet Lawn	2pm
Library	Residents can request books from the Cambridge Library to be delivered to the Village Library, phone 9383 8979. Open every day.		
Line Dancing	Every Friday	Function Room	11:15am
Mahjong	Every Friday	Ritson Room	1:30pm
Movie 303	4 <sup>th</sup> Sunday of every month	Function Room	3pm
Patchwork Group	Every Monday	Villa 144	10:30am
Piano Tuesdays	Every Tuesday	Function Room	10:30am
Prayer Group Meeting	3 <sup>rd</sup> Thursday of every month	Ritson Room	9:30am
Residents Garden Club	Thursday, 21 August	Croquet Gazebo	10am
Rummikub	Every Tuesday and Saturday	Ritson Room	1:30pm
Saturday Morning Tea	Every Saturday	Floreat Atrium Common Area	10am
Sing Along	Last Friday of every month	Function Room	2pm
Sundowner Entertainment	2 <sup>nd</sup> Sunday of every month	Function Room	5pm
Snooker	Every day	Recreational Lounge	1:30pm
Table Tennis	Every Tuesday	Function Room	1:30pm & 7pm
The Resident Workshop	Every Tuesday	The Workshop	9am

## Volunteer drivers:



### Village Car

**Volunteer drivers:** Christine Bunny, Peter McKerracher, Tony Musca, Terry Pearson, Ray Purdy, Ron Soutar, Peter Merralls, Joe Hrabar and Jennifer Pearson.





## Residents' Association PRESIDENT CAROLE WALLACE

### VILLAGE MANAGER OG ATRIUMS CATCHUP DATES

**Reabold** - 6 August, 10am  
**Mt Kenneth** - 13 August, 10:30am  
**Floreat** - 20 August, 10:30am  
**Bold Park** - 27 August, 10:30am

Hi Everyone

It's been rather a bleak winter so far but spring is not too far away, so hang in there.

The ambiance of the newly remodelled restaurant is very appealing and has certainly added to its charm. It's well patronised and being enjoyed by many residents. However, some residents are still rocking up without booking, it's very hard to cater for unknown numbers and sometimes there's not enough food! So please ensure that you've booked. The newly installed blinds and curtains in the function room are also very attractive. And outside the refreshed lines on the roads have certainly smartened up the place.

The improvements continue with management agreeing to the purchase of the long awaited NEW dishwasher which will soon be installed in the café, this will not replace the current dishwashers but as an addition. It's a commercial machine and washes cups and glasses in about 90 seconds, so we'll all need to have a bit of instruction on how to use it but I'm sure it will make cleaning up so much easier and doable – so everyone, even the guys will be able to manage it! Wow, I can hardly wait for that one.

As usual the OG's calendar is buzzing with activities to feed your mind and your soul, interesting presentations and social events. I went to my first, well run and attended IT lesson on Wednesday 16th July and in the short lesson picked up a few phone tips that will come in useful.

And another of our many talented residents has come forward to offer her expertise to enrich our lives. Pam Gardner would like to create an informal group to support those of you who are Carers for others – carers supporting each other under the banner of "Cariads". Pam is very experienced in this area and established "Cariads" in Esperance, where she lived for many years.

I'm sure this group will be very helpful in assisting you through the many challenges you sometimes face alone in your role as a Carer.

Please contact Pam on 0439 907 116 or [pmandjj@bigpond.net.au](mailto:pmandjj@bigpond.net.au) to express your interest in this proposal. Then a get together will be arranged to further explore this idea and discuss the benefits it may offer you.



**Apartment/Villa number:** \_\_\_\_\_

If a resident's pet passes away, should they have the option to replace the pet with another?

☐ YES ☐ NO

*Please return to reception.*

# EVENTS & UPDATES

*To ensure the success of events in the village and to support those who work to make it all happen please register and if needed pay the entry fee well before the event. Early registration makes the planning much easier especially when catering is offered.*

## **Games & Pizza - Thursday, 4pm, 7 August, \$12pp**

Have you often wondered about joining a games group but not sure if it would suit you. Now is your chance to try out many games in one place!



A special games afternoon will be held for all interested to try out a variety of activities. We plan small groups of Rummikub, Up Words, Mahjong, Table Tennis and more to play short games with experienced people to give you the fun of 'having a go' at something new. The afternoon will end with pizzas and salad served at 6pm as we all discuss what we have learned. Please register and pay at reception. BYO drinks.

## **Sundowner Entertainment, Indigo Lounge - Sunday, 5pm, 10 August, \$5pp**

Indigo Lounge will deliver classic jazz songs with a touch of Latin and other well known songs and features Kama on vocal and Arturo on guitar. Smooth, relaxed and easy to enjoy. This music is sure to bring back lots of memories, unlike today's music, we could actually hear the words and the story behind the music. BYO nibbles and drinks.

## **Annual Anniversary Dinner - Saturday, 5:30pm, 23 August, \$85pp**

The menu is displayed on the notice board. Anyone who has special dietary need is advised to contact Michelina. This seated dinner will be served by wonderful waiters. The evening begins with welcome champagne in the courtyard at 5.30pm. Organise your table and pay \$85 at reception. There will be 10 tables of 8 and two of 10. So dress in your finest, register, pay, and enjoy a very classy evening with beautiful food and dancing to follow.



## **UNIVERSITY OF THE THIRD AGE (U3A)**



There will be two speakers at the next U3A meeting on Thursday, 1:30pm, 14 August, Function Room.



Metallurgist Tim O'Brien will talk on "The Contest Between Renewables and Nuclear". He will argue that Renewable Energy is not cheap and that Nuclear Energy is not expensive. He will explain how a Nuclear Power plant works.

Dave Howcroft will talk on "Major Industrial Accidents in Operation and Design". His talk will give examples of how major accidents could have been avoided if a good engineer familiar with instrumentation and automation was available. These accidents include Three-Mile Island, Chernobyl, Boeing and others.



\$3pp includes afternoon tea. Enquiries: Jim Barns on 9448 6432 or [jnjbarns@bigpond.com](mailto:jnjbarns@bigpond.com)

# VILLAGE NOTICE



## ROAD CLOSURE

City to Surf event is on 31 August.

Roads that will be closed on this day: The Bold Park Drive, between The Boulevard and Oceanic Drive and The Boulevard, between Empire Avenue and West Coast Highway.

Roads are expected to be reopened at 1pm.



## FEEDBACK FORMS

If you have any constructive criticism or positive feedback, we would love to hear from you!

Forms can be found at the Residents Committee noticeboard, outside the function room. All forms will be reviewed by management and addressed suitably.

If you require a maintenance job, please **do not** use this form, instead contact reception.

You can also lodge the feedback form online. This can be found on OG website, [oceangardens.com.au](http://oceangardens.com.au)

Instructions for the online form below:

1. Contact
2. Get in touch
3. Feedback form



## A MESSAGE FROM THE GARDEN TEAM

We are busy keeping up with the winter workload – pruning, leaf drop and storm cleanups, planting and mulching. A large portion of this work sees us donning the ear muffs and firing up rather noisy and bulky equipment (some with cutting capacity).

In order to operate this equipment safely we do our best to maintain visuals on passing cars and pedestrians. We can acknowledge this by signalling with a wave or nod of the head, keeping a safe distance, slowing or resting the machine and allowing traffic to pass.

When you spot us driving the tractor, walking with the mower or tackling an unruly shrub with a hedge trimmer, please keep to a safe distance. **If we don't see you, we will not hear you so please avoid approaching us, especially from behind.**

Having said this, when we are not on the power tools we are extremely approachable and always up for a quick chat and to hear your gardening insights. Remember specific gardening requests can be made through Reception, and these will be followed up by one of the Gardeners.

Thankyou all.  
Carl, Kane and Mitch.



## INTERGENERATIONAL PROGRAM WITH HALE SCHOOL DATES

### Pre-Primary Program

Friday morning, Hale School

- 1 August
- 15 August
- 29 August
- 12 September

### Art and IT

Wednesday, 4pm

- 6 August
- 20 August
- 3 September
- 17 September

### BLUE THUMB Gardening

\*NEW\*

Monday, 4pm, Hale School

- 15 September
- 22 September

Spaces are limited so please see Alison ASAP if you wish to join us.

## VILLAGE NEWS

### OG RESIDENTS' ASSOCIATION GENERAL MEETING



### OG RESTAURANT OPENING

A full house at the opening of the restaurant for Sundays Roast. Thank you for supporting the newly renovated restaurant and Michelin.





## ART GROUP @ V144

The group were inspired by a visiting speaker, Petal Ashmole, who is a new village resident. Her grandfather was the lighthouse keeper at Michaelmas Island in Albany, and Rottnest in the late 1880s. He was also a highly talented, self taught maritime artist. Petal presented a piece of his work, of which there are many, and shared his life's journey in WA from when he arrived as a teenager. Many thanks for a wonderful presentation Petal.

Members of the Art Group visited the Perth Potters Exhibition in early July. Their group are very skilled and displayed 200 pieces in a limited space with excellent results.

You are most welcome to join us for outings and to listen to our guest speakers at V144.

CERAMIC PIECES BY MEMBERS OF THE PERTH POTTERS CLUB'S EXHIBITION VISITED BY SOME OF THE OG ART GROUP.



## WELCOME TO THE 80'S CREW!



## RESIDENT'S PHOTOS



BLACK COCKATOOS HAVING BREKKY  
BY TERRY KIRKLAND



BIRD OF THE MONTH - BROWN HONEYEATER  
BY TERRY KIRKLAND



## BINGO

We had our first Bingo afternoon with quality prizes that were appreciated by the winners.

36 people rolled up to have "eyes down" to the calling of the "Master Caller", Mike Collett. One game was played using the electronic caller, but everyone preferred the calling done by Mike.

A big thank you to Ivan Ward for researching the electronic game on the internet. It was then agreed that this should be a regular occurrence on the 4<sup>th</sup> Wednesday every month at 2:30pm. The next event is on 27 August. Those present decided to have a door charge of \$2 to cover prizes and card costs.

Come along and join in the fun!



WHAT DO YOU CALL  
CHEESE THAT'S  
NOT YOURS?

MACHO CHEESE.



WHY WAS  
THE BROOM  
LATE?

IT OVERSWEPT.



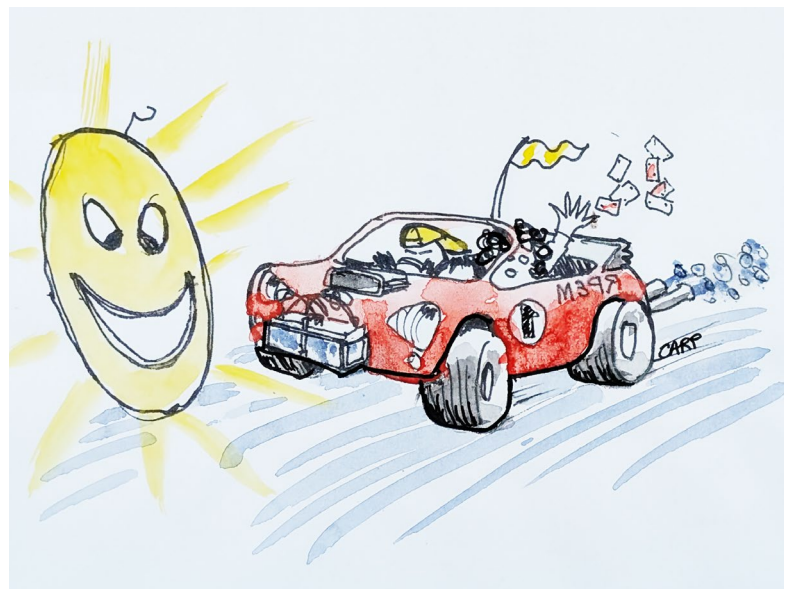
WHAT DO YOU CALL  
A BEAR WITH  
NO TEETH?

A GUMMY BEAR.



WHY DID THEY QUIT  
GIVING TESTS  
AT THE ZOO?

BECAUSE IT WAS FULL OF CHEETAHS.



## SPEEDY SPEEDY

No matter how hard I try  
My Toyota Hybrid won't comply  
When off to Bridge the other day  
I road the break all the way  
Got the happy smile and well done  
But the process took too long  
How else to keep the speed down  
To avoid the too fast and angry frown

Ray and Margaret off to Bridge in an open car  
getting the frown and too fast

ART BY COLIN ANDREWS AND  
WRITTEN CONTENT BY RAY PURDY



## UKULELE SUNDOWNER



What a night this was! We sang for nearly one and half hours to 60s and 70s songs, including John Denver, Elvis Presley, Judith Durham, just to name a few.

Many thanks to Ivan Ward for putting all the words to the songs on a Power Point which made everyone sing with a lot more gusto.

## OFFICE & STAFF NEWS

### STAFF FAREWELL



**KIM THOMAS**  
Maintenance  
Coordinator



### MAINTENANCE REQUESTS

For any maintenance requests please contact reception or Alison Rogers, Village Manager.



### THE LAUNDRY ROOM

We're pleased to advise that the laundry is now back up and running with a new pricing structure:

One laundry service - \$60 (includes up to two loads of washing which can be done simultaneously). Ironing service \$30 per 30 minutes.

If you are interested in accessing these services, please contact Claudia on 9285 3032.

## AUGUST WELLNESS PROGRAM

### TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30am <b>FUN FIT</b> Function Room		8:30am <b>FUN FIT</b> Function Room	
10am <b>CHAIR FIT</b> Function Room	9:30am <b>CHAIR YOGA</b> Function Room	10am <b>CHAIR FIT</b> Function Room	10am <b>GYM STRONG</b> Gym
11:15am <b>STABILITY &amp; BALANCE</b> Function Room		11:15am <b>STABILITY &amp; BALANCE</b> Function Room	11am <b>STRETCH &amp; RESTORE</b> Ritson Room
	2pm <b>GYM STRONG</b> Gym		



# WELLNESS PROGRAM

LAUREN HARPHAM & NIALL MCGURK

As we step into the final month of winter, I'm sure I'm not the only one looking forward to saying goodbye to the cold, rainy days. With spring just around the corner, it's exciting to welcome the longer days, a little more sunshine, and the chance to enjoy more time outdoors!

## July Highlights: Workshops & Guest Presentations

We had a great time in July with a variety of events and workshops that offered something for everyone.



We had the pleasure of welcoming Rachel, our local audiologist from Audika, who gave an engaging and informative presentation on hearing health. She spoke about the different types of hearing loss, their causes, symptoms, and the links between hearing loss and other health conditions. The session attracted a great crowd, and the number of thoughtful questions asked at the end showed just how valuable residents found the talk. A heartfelt thank you to Rachel for sharing her time, expertise, and positive energy with us.

Our IT 4 Retirees mini workshops are now well underway. We kicked things off



with an hour-long seminar regarding online safety and scam awareness. Like the hearing session, this seminar was very well received, with our host Mark answering a variety of tech-related questions from attendees.

**Please note:** the weekly workshops are currently fully booked and a waitlist is in place. If you haven't secured a spot, we kindly ask that you refrain from attending unregistered. We hope all participants find the sessions helpful and that they boost your confidence when using your devices.

## August Event – Sound Healing with Shelley

We're extremely excited to introduce something uniquely different to this month's event calendar – Sound Healing!



Sound healing is a gentle, meditative practice that uses vibrations and frequencies from instruments like crystal bowls, gongs, and chimes to promote relaxation, reduce stress, and support emotional well-being. It's a wonderful experience that many find deeply soothing and restorative.

Shelley (our new Finance Manager), is a very experienced practitioner, she will guide participants through a relaxing session designed to leave you feeling refreshed and rebalanced. No prior experience is needed, and residents will remain seated throughout (no laying unless you'd like to). All we ask is that you bring an open mind and heart.

**Please note:** While sound healing is safe for most people, it may not be suitable for everyone. To ensure everyone's safety and comfort, all participants will be required to complete a specific Sound Healing waiver prior to the session.

\*\*\*Wellness section continues on page 14.



## Wellness Warrior



### WELLNESS WARRIOR

FOR  
JULY

CONGRATULATIONS  
CHRISTINE BUNNY



Christine has remained one of the most consistent and energetic attendees of the Wellness program classes and events.

She has impressively surpassed 20 class attendances for two consecutive months! You always bring an air of witty humour and welcome competitiveness to the classes, well done Christine!

Wellness Program - Phone: 9285 3015  
wellness@oceangardens.com.au

## Wellness Class Changes & Updates

- 24 July – 4 September – Neuro Fit cancelled
- Thursday Gym Strong – time change, now 10am
- On The Fly Fridays – cancelled until September

## Upcoming Events

- 4 August - 2pm, Ritson Room – Sound Healing with Shelley
- September – Kings Park Wildflowers
- 15 October - Arthritis & Osteoporosis WA Presentation
- December – Christmas Markets

## ON THE FLY FRIDAYS



## WALKING FOOTBALL





# Ocean Gardens Events August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>GET OG SOCIAL</div> <div>SPECIAL EVENTS NEW ONGOING EVENTS</div> <div>IF YOU HAVE A PARTICULAR INTEREST AND WOULD LIKE TO FORM A GROUP, PLEASE CONTACT THE PRESIDENT OF THE RESIDENTS' ASSOCIATION, CAROLE WALLACE.</div>						
<div>4</div> <div>8:30am Fun Fit, F/R</div> <div>9:30am Bowls</div> <div>10am Chair Fit, F/R</div> <div>10:30am Patchwork Meeting, V144</div> <div>11:15am Stability &amp; Balance, F/R</div> <div>1:30pm Snooker</div> <div>2pm Sound Healing, R/R</div>	<div>5</div> <div>9am The Workshop</div> <div>9:30am Bowls</div> <div>9:30am Floreat Shopping Bus</div> <div>9:30am Chair Yoga, F/R</div> <div>10:30am Piano Tuesday, F/R</div> <div>1:30pm Rummikub, R/R</div> <div>1:30pm Table Tennis, F/R</div> <div>1:30pm Snooker</div> <div>2pm Gym Strong, Gym</div> <div>2pm Croquet</div> <div>7pm Table Tennis, F/R</div>	<div>6</div> <div>8:30am Fun Fit, F/R</div> <div>9:30am Bowls</div> <div>10am Chair Fit, F/R</div> <div>10am Reabold Atrium Catchup</div> <div>11:15am Stability &amp; Bal, F/R</div> <div>11:30am Catholic Mass, R/R</div> <div>1:30pm Snooker</div> <div>2pm Art Group, V144</div> <div>2pm Croquet</div> <div>4pm Art Group Meeting, V144</div> <div>4pm Hale School - Art &amp; IT, V144 &amp; R/R</div>	<div>7</div> <div>9:30am Bowls</div> <div>10am Gym Strong, R/R</div> <div>11am Stretch &amp; Restore, R/R</div> <div>1:30pm Snooker</div> <div>2pm Croquet</div> <div>4pm Games and Pizza, F/R</div>	<div>8</div> <div>9:30am Bowls</div> <div>11:15am Line Dancing, F/R</div> <div>1:30pm Snooker</div> <div>1:30pm Mahjong, R/R</div>	<div>9</div> <div>9:30am Bowls</div> <div>10am Morning Tea, Floreat Atrium</div> <div>1:30pm Snooker</div> <div>1:30pm Rummikub</div> <div>2pm Croquet</div>	<div>10</div> <div>9:30am Bowls</div> <div>1:30pm Snooker</div> <div>2pm Croquet</div> <div>5pm Sundowner Entertainment</div> <div>- Indigo Lounge, F/R</div>
<div>11</div> <div>8:30am Fun Fit, F/R</div> <div>9:30am Bowls</div> <div>10am Chair Fit, F/R</div> <div>10:30am Patchwork Meeting, V144</div> <div>11:15am Stability &amp; Balance, F/R</div> <div>1:30pm Snooker</div>	<div>12</div> <div>9:30am Bowls</div> <div>9am The Workshop</div> <div>9:30am Floreat Shopping Bus</div> <div>9:30am Chair Yoga, F/R</div> <div>10:30am Piano Tuesday, F/R</div> <div>1:30pm Rummikub, R/R</div> <div>1:30pm Table Tennis, F/R</div> <div>1:30pm Snooker</div> <div>2pm Gym Strong, Gym</div> <div>2pm Croquet</div> <div>7pm Table Tennis, F/R</div>	<div>13</div> <div>8:30am Fun Fit, F/R</div> <div>9:30am Bowls</div> <div>10am Chair Fit, F/R</div> <div>10:30am Floreat Atrium Catchup</div> <div>11:15am Stability &amp; Bal, F/R</div> <div>1:30pm Snooker</div> <div>2pm Art Group, V144</div> <div>2pm Croquet</div> <div>6:30pm Book Club, R/R</div>	<div>14</div> <div>9:30am Bowls</div> <div>10am Gym Strong, R/R</div> <div>11am Stretch &amp; Restore, R/R</div> <div>1:30pm Snooker</div> <div>1:30pm U3A Presentations, F/R</div> <div>2pm Croquet</div>	<div>15</div> <div>9:30am Bowls</div> <div>11:15am Line Dancing, F/R</div> <div>1:30pm Snooker</div> <div>1:30pm Mahjong, R/R</div>	<div>16</div> <div>9:30am Bowls</div> <div>10am Morning Tea, Floreat Atrium</div> <div>1:30pm Snooker</div> <div>1:30pm Rummikub</div> <div>2pm Croquet</div>	<div>17</div> <div>9:30am Bowls</div> <div>1:30pm Bridge, R/R</div> <div>1:30pm Snooker</div> <div>2pm Croquet</div>

# Ocean Gardens Events August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>18</b> 8:30am Fun Fit, F/R 9:30am Bowls 10am Chair Fit, F/R 10:30am Patchwork Meeting, V144 11:15am Stability & Balance, F/R 1:30pm Snooker	<b>19</b> 9am The Workshop 9:15am Karryup Shopping Bus 9:30am Bowls 9:30am Chair Yoga, F/R 9:30am Piano Tuesday, F/R 10:30am Rummikub, R/R 1:30pm Table Tennis, F/R 1:30pm Snooker 2pm Gym Strong, Gym 2pm Croquet 7pm Table Tennis, F/R	<b>20</b> 8:30am Fun Fit, F/R 9:30am Bowls 10am Chair Fit, F/R 10:30am Bold Park Atrium Catchup 11:15am Stability & Bal, F/R 1:30pm Snooker 2pm Art Group, V144 2pm Croquet <b>4pm Hale School - Art &amp; IT, V144 &amp; R/R</b> <b>5pm Ocean Tidings Submission Deadline</b>	<b>21</b> 9:30am Bowls 9:30am Prayer Group, R/R 10am Gym Strong, R/R 10am Residents Gardens Club, Croquet Gazebo 11am Stretch & Restore, R/R 1:30pm Snooker 2pm Croquet	<b>22</b> 9:30am Bowls 11:15am Line Dancing, F/R 1:30pm Snooker 1:30pm Mahjong, R/R	<b>23</b> 9:30am Bowls 10am Morning Tea, Floreat Atrium 1:30pm Snooker 1:30pm Rummikub 2pm Croquet <b>5:30pm OG Annual Anniversary Dinner, F/R</b>	<b>24</b> 9:30am Bowls 1:30pm Snooker 2pm Croquet 3pm Movie 303 - 'True Lies', F/R
<b>25</b> 8:30am Fun Fit, F/R 9:30am Bowls 10am Chair Fit, F/R 10:30am Patchwork Meeting, V144 11:15am Stability & Balance, F/R 1:30pm Snooker	<b>26</b> 9:30am Bowls 9am The Workshop 9:30am Chair Yoga, F/R 9:30am Floreat Shopping Bus 10am Anglican Service, R/R 10:30am Piano Tuesday, F/R 1:30pm Rummikub, R/R 1:30pm Snooker 1:30pm Table Tennis, F/R 2pm Gym Strong, Gym 2pm Croquet 7pm Table Tennis, F/R	<b>27</b> 8:30am Fun Fit, F/R 9:30am Bowls 10am Chair Fit, F/R 11:15am Stability & Bal, F/R 1:30pm Snooker <b>1:30pm Bingo, F/R</b> 2pm Art Group, V144 2pm Croquet	<b>28</b> 9:30am Bowls 10am Gym Strong, R/R 11am Stretch & Restore, R/R 1:30pm Snooker 2pm Croquet	<b>29</b> 9:30am Bowls 11:15am Line Dancing, F/R 1:30pm Snooker 1:30pm Mahjong, R/R 2pm Sing Along, F/R	<b>30</b> 9:30am Bowls 10am Morning Tea, Floreat Atrium 1:30pm Snooker 1:30pm Rummikub 2pm Croquet	<b>31</b> 9:30am Bowls 1:30pm Snooker 2pm Croquet



## GAMES & PIZZA

Thursday, 4pm,  
7 August,  
Function Room.



## MOVIE 303

Sunday, 3pm, 24 August,  
Function Room.

'True Lies'.



## OG ANNIVERSARY DINNER

Saturday, 5:30pm,  
23 August, Function Room.