

# Miller House

social support



## Supported Social Opportunities

Miller House is offering:-

- Group activities and In House programs
- Do Care Visiting - A friendly, personally matched volunteer for a regular social visit (no cost)
- Volunteering opportunities within our Do Care Visiting program and group activities
- Community Lunches
- Education Sessions
- Talks and Presentations
- Strength and Balance Exercises
- Chair Exercises
- Walking Group
- Yoga From The Chair
- Games, Trivia, Craft and Cards
- Day Respite
- Centre based meals and morning tea
- Technology Devices, Education and Support
- Men's Group
- Women's group
- Intergenerational Program with a local preschool
- Gym
- Outings
- Community Events
- Meeting venue

**To receive the Miller House monthly newsletter with our calendar of activities or for more information on how we can support you please contact Miller House**

OFFICE HOURS: Tuesday to Thursday 8.45 am-4 pm Friday 8.45 am-3 pm

**Phone: 5232 5351**

**Address: 2 Miller Street Colac**

**Email: [millerhouse@cah.vic.gov.au](mailto:millerhouse@cah.vic.gov.au)**

**Facebook: Colac Miller House**

## U3A COLAC OTWAY EVENTS IN JANUARY & FEBRUARY 2025



**MOVIE** on Wednesday, 15th January at 7:00p.m. at Kanyana.  
**The Mirror has two faces**, about Rose and Gregory, both Columbia University professors who meet when Rose's sister answers Gregory's "personals" ad. Several times burned, the handsome-but-boring Gregory believes that sex has ruined his life, and has deliberately set out to find and marry a woman with absolutely no sex appeal.  
Enjoy the movie with a 'cuppa'.



### **EXPECT THE UNEXPECTED**

Thursday 23rd January 7.00-8.00 pm at Kanyana.

Cheryl Creighton grew up on a sheep farm in Gippsland and has an untreatable case of Travelitis. This has led to some unexpected travel experiences... most very positive but others less so. Whether it was on family holidays; catching up with friends; work related activities; at cultural and sporting events or wandering around other continents; there was always the possibility of something unscheduled or unplanned occurring. Join us to hear tales from the road less travelled.

### **COLAC POLICE TALK**

#### **Staying safe on the internet and your devices**

Colac Police have offered to come and inform us on how to be safe and what to look out for to recognize internet and phone scams.

Constable Steph Ward ; Wednesday 29<sup>th</sup> January at 10.30am – 11.30am Tea & Coffee provided.

### **LET'S TALK**

A preventative, grassroots, not-for-profit mental health foundation, breaking the stigma around mental health, encouraging help seeking behaviours and increasing community awareness around mental health. LET'S Talk Colac will conduct this session - Tuesday 11th February 12pm-1.30pm Kanyana. Light Lunch provided