

# HEARTBEAT VIC.- GOULBURN VALLEY BRANCH

## CALENDAR OF ACTIVITIES FOR “My Heart My Health” 2026

This is an outline of planned activities to provide heart peer support. Dinners, presentations, walks, social and other activities. All members, family, friends, and potential members are welcome to attend events. This group provides the opportunity to continue to maintain or improve your heart health by sharing experiences, professional education, exercise, telephone call support, news updates and a variety of social activities. You are welcome to attend any activity you feel may be of benefit to you. If you require transport to any event, we are happy to arrange this for you. Please contact email: [heartbeatvictoria@outlook.com](mailto:heartbeatvictoria@outlook.com) or M. 0427241724

**COME JOIN US.**

<b>Dinner meeting</b>	<b>Information/education Details</b>	<b>Social Luncheon bimonthly</b>	<b>Coffee- Catch ups third Thursday monthly</b>	<b>Heartbeat Tatura Walking group &amp; Peer support Group</b>
<b>Monday Feb. 2nd, Dinner, Peppermill Inn 6.00pm 7.00pm.</b>	<b>Amy De Paola, Director of GV Health Foundation &amp; Fundraising</b>	<b>No lunch in February</b>	<b>Thursday Feb. 19<sup>th</sup> 10.30am Degani Café, Riverside Plaza, Shepparton. Fee parking available</b>	<b>Walking group for term 1. Meet every Monday, 9.00am at Community House, short or long walk available followed by morning tea. Monday February 16<sup>th</sup> Heartbeat meeting 1.30pm- 2.30pm Information Video &amp; handouts followed by afternoon tea</b>
<b>Monday March 2<sup>nd</sup> Dinner, Peppermill Inn 6.00pm</b>	<b>Video Education Information</b>	<b>Tuesday March 24<sup>th</sup> Lunch 12MD RSL Club Shepparton.</b>	<b>Thursday Mar. 19<sup>th</sup> 10.30am Degani Café, Riverside Plaza, Shepparton.</b>	<b>Monday March 16<sup>th</sup> Tatura Meeting March 16<sup>th</sup> Meet at Car Park at back of Community House 11.30am to carpool to Shepparton for walk around Lake Victoria followed by picnic lunch Cost \$10.00. Can also visit SAM</b>

<b>Dinner meeting</b>	<b>Information/education Details</b>
<i>Good Friday April 3rd. Monday April 7th. Easter Mon</i> <b>Note: Meeting date change, Monday April 13<sup>th</sup> Dinner, Peppermill Inn 6.00pm</b>	<b>Pharmacy Presenter</b>
<b>May 4-10<sup>th</sup>. Heart Health Week, Heart Foundation This annual event is a national awareness campaign for heart health.</b>	
<b>Monday May 4<sup>th</sup>, Dinner, Peppermill Inn 6.00pm</b>	<b>Video Education Information</b>
<b>Monday June 1<sup>st</sup>, Dinner, Peppermill Inn 6.00pm</b>	<b>Guest presenter Pacemaker information</b>
<b>Monday July 6<sup>th</sup>, No Night Dinner meeting</b>	

<b>Social Luncheon bimonthly</b>	<b>Coffee- Catch ups third Thursday monthly</b>
<b>No lunch April</b>	<b>Thursday April 16<sup>th</sup> 1030am Degani Café, Riverside Plaza Shepparton.</b>
<b>Monday May 18<sup>th</sup> Lunch 12MD, Tatura Community House join with Heartbeat Tatura group session. Also, Guest presenter</b>	<b>Thursday May 21<sup>st</sup> 10.30am Degani Café, Riverside Plaza Shepparton.</b>
<b>No lunch June</b>	<b>Thursday June 18<sup>th</sup> 10.30am Degani Café Riverside Plaza,</b>
<b>No Lunch in July</b>	<b>No coffee morning in July</b>

<b>Heartbeat Tatura Walking group &amp; Peer support Group</b>
<b>Monday April 20<sup>th</sup> Walk time now 10.00am.</b>
<b>Monday April 20<sup>th</sup> Heartbeat meeting Tatura Community House. Video and information</b>
<b>Walks: Every Monday 10.00am Monday May 18<sup>th</sup> 1-3.00pm “Heart Health and Wellbeing Information Session” and afternoon tea at the Community House. Details TBA</b>
<b>Walks: Every Monday 10.00am Monday June 15<sup>th</sup> 1.30- 3.00pm Meeting, Video &amp; information followed by afternoon tea</b>
<b>Walks: Every Monday 10.00am No meetings in Tatura in July</b>

Dinner meeting	Information/education Details
Monday August 3rd Lunch meeting instead of night meeting Peppermill Inn, 12MD	
Dinner Meeting	Information/education Details
Monday Sept. 7 <sup>th</sup> . Dinner, Peppermill Inn 6.00pm	Karen Saccuzzo, Volunteer Coordinator GVH
September 30 <sup>th</sup> "World Heart Day"	
Monday Oct. 5 <sup>th</sup> Dinner, Peppermill Inn 6.00pm AGM 7.00pm	Cardiologist speaker.
Monday Nov 9th Celebration of GV Branch 40 <sup>th</sup> year of operation.	Details TBA
Monday Dec. 7th Christmas Dinner Peppermill Inn	Details TBA

Social Luncheon bimonthly	Coffee- Catch ups third Thursday monthly
Monday August 3rd Lunch meeting instead of night meeting Peppermill Inn, 12MD	Thursday 20 <sup>th</sup> Aug. 10.30am Degani Café Riverside Plaza, Shepparton Fee parking
Social Luncheon bimonthly	COFFEE- Catch ups third Thursday monthly
No Lunch September	Thursday Sept. 17 <sup>th</sup> Degani Café Riverside Plaza, Shepparton
Monday October 19 <sup>th</sup> Join Tatura Group venue TBA	October 15 <sup>th</sup> 10.30am, Degani Café Riverside Plaza, Shepparton
	Monday Nov. 19 <sup>th</sup> 10.30am Degani Café Riverside Plaza, Shepparton
No lunch December	Thursday Dec. 17 <sup>th</sup> 10.30am Degani Café Riverside Plaza, Shepparton

Heartbeat Tatura Walking group & Peer support Group
Walks: Every Monday 10.00am Monday August 17 <sup>th</sup> 1.30-3.00pm Meeting, Video & information followed by afternoon tea
Heartbeat Tatura Walking group & Peer support Group
Walks: Every Monday 10.00am Monday Sept. 21 <sup>st</sup> Rushworth, Wildflower walk and lunch. Details TBA Carpool to Rushworth
Walks: Every Monday 10.00am Monday October 19 <sup>th</sup> , Social Luncheon Venue TBA
Walks: Every Monday 10.00am  Monday Nov 9 <sup>th</sup> Join Shepparton activity Celebration of GV Branch 40 <sup>th</sup> year of operation. TBA
Walks: Every Monday 10.00am

Dinner meeting	Information/education Details
Social night.	

Social Luncheon bimonthly	Coffee- Catch ups third Thursday monthly

Heartbeat Tatura Walking group & Peer support Group Monday Dec.14 <sup>th</sup> Christmas get together. TBA
--

<p><b>Cardiac Rehabilitation, Volunteer Program GVH. Howard Phillips:</b> M.0422 084 089. One trained GVH volunteer attends Cardiac Rehabilitation on Thursdays each week to assist staff and clients as required and raise the profile of our heart peer support group. New Volunteers are always welcome. If you are interested in becoming a volunteer with this program, please contact Howard. Heartbeat GV Branch/Tatura Information kits to be given out at CR compiled by - Jan Phillips.</p>
<p><b>Welfare Officer. Jenny Hyland.</b> 0422820491 Please keep Jenny informed of any members who are not well or require support.</p>
<p><b>Can Collection Coordinator. Ian Powell.</b> M. 0418 575 141 &amp; <b>H Phillips.</b> M.0422 084 089 Heartbeat GV Branch collects aluminium cans as a fundraising project towards cardiac equipment for GVH. If you can support this project in any way, please contact Howard.</p>
<p><b>Social Activity Coordinator. Margaret Gray,</b> Bookings for special events or information please phone Margaret Gray 0427 548 342</p>
<p><b>News updates circulated as required by Robyn through email or post.</b> M.0427 241 724</p>