



TICKERTALK

MARCH 2024

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Aims of Heartbeat

1. To offer support to patients and their family and friends following a cardiac event such as heart attack, heart surgery, stents, angina, etc
2. To assist in the development of cardiac units by raising funds for the purchase of additional equipment for local hospitals

President's Report

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Summer is officially over so let's now hope for some lovely Autumn days, probably the nicest part of the year.

At our January meeting our guest speaker, Barbara Lemin from the SES was very interesting and informative, updating us on the need to prepare, pack and have items ready for fire, or flood emergency. An app is available for free to download on your phone to make you aware of any occurrence that could affect you

Our morning teas and lunches have been well received, with good attendance at venues. Thank you to Di Krieger for taking bookings and booking the venues.

Our proposed Mystery Trip is in danger of being cancelled due to lack of numbers, so if you have any family or friends who would like to join us ***please get them to book with Nola on mobile 0419 531 923 asap***

A big thank you to Rhonda for organizing and booking morning melodies at the Bendigo Club and Morning Music at the Capital, both very popular days outing.

One of our members, Pierce Grenfell, celebrated his 100 th birthday recently, congratulations from all at Hearbeat Bendigo, on this wonderful achievement. How about all those 90 year olds at our recent luncheon!! Well done ladies.

Spring Gully Dance Club are holding a fun raising day for Heartbeat on Sunday April 14 th any members are most welcome to attend, dancing is optional but just to sit and listen to the Old Time Music will be a great afternoon of relaxing. Wear your Heartbeat badges to show that we support them. This is promising to be a great fundraiser for us.

Social Club have been busy in planning events for the months ahead, any members friends &family are most welcome to participate. Check your Tickertalk for venues and dates.

A new venue has been booked for the next Kay's Fashions, it will be held at the Presbyterian Church Hall in Victoria Street Eaglehawk on Thursday May 9 th .

Frank Ward

President.

Social Activities & Events

19 MARCH	MYSTERY BUS TRIP
8 APRIL	COFFEE MORNING, PEPPERTREE FARM, 10.30AM
14 APRIL	SPRING GULLY DANCE Fund Raiser \$10.00
28 APRIL	CASTLEMAINE TO MALDON TRAIN, LUNCH
9 MAY	KAY'S AUTUMN/WINTER FASHIONS
13 JUNE	WINTER SOCIAL LUNCHEON, Camp Hotel, E'Hawk, 12.00pm
JULY	XMAS IN JULY
28 JULY	COUNTRY MUSIC Fund Raiser, Golden Hills Motel
17 SEPTEMBER	SPRING SOCIAL LUNCHEON, Bendigo Stadium, 12.00pm
22 OCTOBER	KAY'S SPRING/SUMMER FASHIONS
24 NOVEMBER	HEARTBEAT XMAS LUNCH

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Theatre Events to look forward to in 2024

20 March	Melbourne International Flower Show
5 May	"Kiss Me Kate" Musical
8 May	"Chicago" Musical
22 May	"Wicked" Musical
21 August	"Beauty and the Beast" Musical
8 September	"Ruddigore" by Gilbert & Sullivan
Date TBA	"Sister Act" Musical
6 November	"Tina Turner" Musical

PLEASE SEE LISTS AT GENERAL MEETINGS OR CONTACT:

NOLA: MOB: 0419 531 923 OR BARBARA: MOB: 0417 961 777

Payment for Events You Are Attending:

Pay by Direct Deposit to Heartbeat Bendigo

BSB 633-000 A/c 5776810

(Please add your surname in the reference or description field so that we know the payment is from you)

OR: Pay by cash to Event contact.



MORNING MELODIES



Wednesday 20th March

Capital Theatre 11.00 AM Cost: \$15

Silvie Paldino singing songs by "Eva Cassidy"

Lunch at Kangaroo Sports Club.

Thursday 21st March

Bendigo Club 11.00 AM Cost: \$25

"Dolly Parton & Queens of Country"

Morning tea, lunch & show.

Thursday 18th April

Bendigo Club 11.00 AM Cost: \$25

"The Johnny O'Keefe Show"

Morning tea, lunch & show.

Tuesday 7th May

Capital Theatre 11.00 AM Cost: \$15

Melinda Schneider performing "A Farewell to Doris"

Lunch at Kangaroo Flat Sports Club.

Thursday 16th May

Bendigo Club 11.00 AM Cost: \$25

"The Hoffman's Country & Comedy Show"

Morning tea, lunch & show.

All shows are confirmed and paid for 1 week prior to the show. If you have your name down and do not turn up, you will be sent an invoice that will have to be paid.

Please see list at General Meeting or contact Rhonda Mob: 0412 123 468

HEARTBEAT BENDIGO CONTACTS

PO Box 58, Bendigo North VIC 3550

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President – Frank Ward Ph: 5447 4545
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Secretary – Vivien Williamson

Email: secretary@heartbeatbendigo.org.au

Morning Melodies – Rhonda Anthony Mob: 0412 123 468.

Email: jaynat9902@bigpond.com

Card Lady – Llevelyse Shepley Ph: 5446 2515
Mob: 0413 302 804
Newsletter – Deb Pearson Mob: 0410 011 782



TLC Card Lady

Do you know of a member who is unwell, in hospital, bereaved, or celebrating a major event. Help us to let them know that we are thinking of them and wishing them well with a visit or a Card

Please contact Llevelyse Shepley Mob: 0413 302 804

SPRING GULLY DANCE

Heartbeat Fundraiser

\$10.00 pp

Sunday 14th April at 1.30pm

At

Spring Gully Hall



General Meeting for 2024

When: Sunday 17th March

Where: Uniting Church Hall Chum
St Golden Square

Time: 2pm

All Welcome

Future Dates

Sunday March 17,
Sunday May 19,
Sunday July 21,
Sunday September 15,
Sunday November 17.

Committee Meetings 2024

Saturday April 20
Saturday June 15
Saturday August 17
Saturday October 19
Saturday December tba

Coffee
& chat

Come Along & Enjoy

Coffee & Chat with Friends.

When: 8th April

TIME: 10.30 am

WHERE: "Peppertree Farm"

40-44 Thunder St Nth Bendigo

COST: at own expense



MALDON TRAIN



When: Sunday 28th April

Cost: \$35.25 (if we get 20 or more otherwise it will be \$47)

Itinerary

- Meet at Bendigo station at 9.00 AM
- Travel to Castlemaine by train from Bendigo 9.20 AM
- Arrive at Castlemaine 9.48 AM, get a coffee if you like from station café if it is open.
- Maldon train leaves at 10.30 AM
- Arrive at Maldon 11.15 PM
- Lunch at Maldon Hotel at own expense. There will be a bus from the station at Maldon to the hotel and back again.
- After lunch you will have time to have a look around Maldon
- Catch train back to Castlemaine at 3.45 PM
- Arrive at Castlemaine 4.30 PM
- Board Bendigo train 5.32 PM
- Arrive at Bendigo Station at 5.57 PM

You could drive yourself to Castlemaine station to save the 1 hour wait between trains.

Please see list at General Meeting or you can contact Rhonda Mob: 0412 123 468

MYSTERY ROAD TRIP

LAST CALL TO GET ON BOARD FOR THIS MYSTERY ROAD TRIP

BE QUICK TO GET A SEAT

Where will our road lead?

What adventure do we have for you?

This will be our first Mystery Tour; come along we have a fabulous day arranged for you.

Where you are going will not be revealed until you arrive.

Climb aboard and enjoy a day of Mystery and fun.

Cost \$95.00 PP

Includes all transport, all tours, morning tea and lunch.

** A minimum of 30 passengers is required for the tour to depart.

** Other Terms and Conditions apply.



KAY'S FASHION

When: Thursday 9th May

Where: Note New Venue

Presbyterian Church Hall, Victoria Street, Eaglehawk.

Enter via path to left of church Car parking to the right of church.



Members please bring a plate of afternoon tea for the table



Country Music Afternoon



Heartbeat Fundraiser

When: Sunday July 28th

Where: Golden Hill Motel Marong Rd

Time: 1.00pm

This was a great fundraiser last time so please come along, wear your badges to show our support, a very easy fundraising event. Family and Friends most welcome

Prescription Medication Information

Some prescription medication is now available as a 30 or 60 day supply. Your doctor needs to specify the supply amount on the prescription. Currently, the Safety Net for PBS medicine is at \$277.20 for concession card holders and \$1647.90 without the concession card. Next time you attend your doctor or request a repeat prescription you will need to ask if there is an advantage in you moving to a 60-dayscript. The cost for a 60-day supply will be the same as for a 30-day supply but you get double with fewer trips to the pharmacy. Not all medications are available on 60-day prescriptions but the bes toption for you should be discussed with your doctor and local pharmacy. Using the same pharmacy and doctor will also help track your spend for the Safety Net. If you do not use the same pharmacy keep your records to make sure you get help with this expense. Effective communication with your pharmacist and doctor helps build a strong care team and a strong care team in turn has better outcomes for your cardiac community.

(Courtesy of Heartbeat Victoria autumn 2024 edition)