

**24/7 On-call After Hours Service — Urgent Care Ph: 5237 8500**

**Location: 75 McLachlan Street, Apollo Bay**

Apollo Bay Medical Centre Ph: 5237 8595 | Email: [apollobaymedicalcentre@gorh.vic.gov.au](mailto:apollobaymedicalcentre@gorh.vic.gov.au)

Apollo Bay Campus Reception Ph: 5237 8500 | Email: [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

#### A Message from our CEO

The statistics show that we are looking at a year of increased Influenza and other respiratory viruses as well as COVID variants still increasing hospitalisations across Victoria. We are offering COVID booster and Influenza vaccinations at the Medical Centres, please book in via usual means. Also look after your health and immune system by eating well and doing daily exercise.

Thanks to Marrar Woorn for providing the food pantry where there is access to food 24 hours a day, a wonderful offering for our community. There are also many more exciting activities happening at Marrar Woorn, please follow the Facebook page or drop in.

We are changing the pathology collection service, both the way we collect and our pathology provider. Pathology collection services will be provided in the Apollo Bay Medical Centre, please make an appointment if you have a pathology request slip from elsewhere. If your pathology collection is required when you see one of our doctors or nurses, this will be organised for you. We hope this change in service will provide a better experience for our clients.

Have a wonderful week.

Thanks, Sandy.

#### Social Support Outings

Colac Shopping Bus – Monday 26<sup>th</sup> of June, picks ups commencing 10.30am. To RSVP please contact Charlotte on 0439 712 844.

Ladies lunches will be held on Friday 30<sup>th</sup> of June at 12pm. Ladies lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

Men's lunches will be held on Monday 26<sup>th</sup> of June at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

Information can be found on our website at [www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/](http://www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/)

#### Apollo Bay Second Sails

Just a friendly reminder not to dump unwanted goods at Second Sails. Unwanted goods is not donating if we cannot sell it and we have to pay to take them to the tip. This amounts to hundreds of dollars a month.

Our winter trading hours;

**Monday 10 - 3pm**

**Tuesday Closed**

**Wed 10 - 3pm**

**Thursday 10 - 3pm**

**Friday 10 - 3pm**

**Saturday 10 - 3pm**

Sunday trading occasionally.

Check Facebook for latest updates [www.facebook.com/Second-Sails-Op-Shop](http://www.facebook.com/Second-Sails-Op-Shop) and keep an eye out for our auctions.

#### Apollo Bay Exercise Groups

**Warm Water Exercises Monday** at 10.30am and Thursday at 9.30am. Apollo Bay Aquatic Centre. \$10 per class.

**Healthy Balance Wednesdays** at 11.15am - 12.15pm. Senior Citizen Hall, Whelan Street, Apollo Bay. \$10 per class.

**Strength For Life Tuesday and Wednesday** at 9.30am - 10.30am. Senior Citizen Hall, Apollo Bay. \$10 per class.

**Mixed Gym Group** – Monday and Wednesday at 2pm. The Gym, Apollo Bay.

**Walking Group** – Meet at the information centre at 9.30am on Tuesday mornings. Walk followed by coffee.

\*An initial physio assessment will be necessary before attending these classes (with the exception of the walking group).

Please bring your own water bottle. For any more information on the above, please call 5237 8575.