

HEARTBEAT VICTORIA - GOULBURN VALLEY BRANCH

CALENDAR OF ACTIVITIES FOR “My Heart My Health” 2025

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 who are welcome to attend our Heartbeat peer support group, 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 Arthur Fennell, email:

arfennell@bigpond.com M. 0428 875 790 or Kevin Reid, M. 0419 644 771

Date	ACTIVITY	Information Details
Monday Feb. 3 rd .	Dinner, Peppermill Inn 6.00pm 7.00pm. Open discussion re planned activities for 2025	Printed Calendar of events available and other heart support information
Monday March 3 rd .	Dinner, Peppermill Inn 6.00pm	Heart health educational Webinar.
Monday April 7 th . <i>Good Friday April 18th.</i>	Dinner, Peppermill Inn 6.00pm	Heart health educational Webinar.
May 1-7th Heart Week in Australia	This annual event is a national awareness campaign for heart health.	Information TBA

Date	WALK, TALK, Lunch/Dinner	COFFEE- Catch ups
	No Walk and lunch February	Monday Feb 17 th 10.30am Muffin Break, Riverside Plaza Shepparton. Fee parking available
Monday 17 th March	11am Victoria Lake walk, meet at rotunda next to SAM. Lunch 12oon GV Hotel, Shepparton.	Thursday Mar 20 th 10.30am Baking Dough Café, 251-253Maude St. Shepparton Fee parking at back of café.
	No Walk and lunch April	Wednesday April 16 th 1030am Muffin Break, Riverside Plaza Shepparton. Fee parking available

Date	ACTIVITY	Details
Monday May 5th	Dinner, Peppermill Inn 6.00pm	<i>Speaker: Cardiologist TBA</i>
Monday June 2nd	No Dinner meeting	
Monday July 7th	No Dinner meeting	
Monday August 4 th	No Dinner meeting Lunch meeting RSL	
Monday Sep. 1 st .	Dinner, Peppermill Inn 6.00pm Short meeting to prepare for AGM in Oct.	Heart health educational Webinar.
September 29th World Heart Day	The theme for World Heart Day 2025 is to develop an inclusive campaign that focuses on long-term behaviour change and sustained engagement in heart health activities.	

Date	WALK, Talk and Lunch/dinner	COFFEE- Catch ups
Wednesday May 21st	11am Victoria Lake walk, meet at rotunda next to SAM. Lunch 12noon, Shepparton Club.	Wednesday 28 th May 10.30am Baking Dough Café, 251-253 Maude St. Shepparton Fee parking at back of café.
Wednesday June 18 th	Lunch at 12MD Milestone Café and Bistro 7723 Goulburn Valley Highway Kialla. Social event <i>Can go earlier and enjoy a look around other businesses and activities at this site</i> . RSVP to Gerald 0408354720	Wednesday 4 th June 10.30am. Muffin Break, Riverside Plaza Shepparton. Fee parking available
July	No walk or lunch in July	NO COFFEE MORNING JULY
Thursday August 7 th	Lunch at 12MD, RSL Club Shepparton. Social event RSVP to Gerald 0408354720	Wednesday 20 th August 10.30am Baking Dough Café, 251-253 Maude St. Shepparton Fee parking at back of café.
.	No walk or lunch September See details in green column for special social event TBA	TBA

Date	ACTIVITY	Details
Monday Oct. 6 th	Dinner, Peppermill Inn 6.00pm AGM 7.00pm	TBA
Monday Nov 3 rd .	Dinner, Peppermill Inn 6.00pm	Heart health educational Webinar.
Monday Dec. 1 st	Christmas Dinner Peppermill Inn Social night	Details TBA

Date	WALK, Talk and Lunch/Dinner	COFFEE- Catch ups
Thursday Oct. 16 th	Special social event TBA	Coffee morning & Speaker Community House Details Date & TBA
Thursday Nov.20 th	11.30am Meet at car park Tatura Lake Bartlett area 12.30pm Lunch at Tatura Middle Hotel 162 Hogan St. Tatura	Friday Nov.28 th 10.30am Muffin Break, Riverside Plaza Shepparton. Fee parking available
	No walk or Lunch	Thursday Dec 18 th 10.30am Baking Dough Café, 251- 253Maude St. Shepparton Fee parking at back of café.

Cardiac Rehabilitation, Volunteer Program GVH. Howard Phillips: 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 Information kits to be given out at CR compiled by - Jan Phillips.

Welfare Officer. Jenny Hyland. 0422820491 Please keep Jenny informed of any members who are not well or require support.

Can Collection Coordinator. Ian Powell. M. 0418 575 141 & **H Phillips.** 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 Ian. Working bees announced in Heartbeat GV Newsletter

Walks and Social Activity Coordinator. Gerald Quinn. M 0408354720, For bookings please phone Gerald. Assistance with transport or other information about this monthly activity please phone Gerald or Kevin Reid 0414644771

News updates circulated as required by email or post. Editors Robyn & Arthur Fennell. M.0427 241 724 Please assist us with information for the Newsletter. We would welcome some personal stories about your Heart Health Journey.