

The
RIVENDELL
Community
PROGRAM



JULY
2010



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Melbourne Museum Trip
JULY 8th

9.30am- 4.00pm

Come and enjoy a great day out
at the museum, feast your eyes

and excite your mind with,
The story of Sam the Koala.

WILD: Amazing Animals in a
Changing World.

The Dinosaur walk.

The Melbourne story.

The Mind: enter the Labyrinth.

Bugs Alive.

Marine Life.

The Human Body.

See the amazing Water Smart
Home,

marvel at CSIRAC - Australia's
first computer

and the museum's most popular
display - PHAR LAP.

Don't miss out on what promises
to be a great day for all.

BYO lunch or \$\$\$\$\$\$

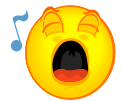
Bookings essential

**JOINT ACTIVITY
ALL WOMEN AND MEN
TUESDAY JULY 6TH
1.30PM TILL 3.30PM
EXPLORING THE MULTI
DIMENSIONAL WORLD OF
CHAKRAS AND
ARCHETYPES**

**THIS SHOULD BE A FASCINATING
DEMONSTRATION AND DISCUSSION
OF THESE ALTERNATIVE FORMS OF
UNDERSTANDING THE HUMAN
CONDITION, BOTH SPIRITUALLY AND
PHYSICALLY. BE THERE!**

**Tuesday July 13th Joint Activity,
All Men and Women
1.30pm till 3.30pm**

Come and join Jo the **Dietician** from the Yarra Valley Community Health Service. Get some great ideas about how to eat better. Get an idea of what it means to be healthier and how this can impact on your whole life - either for the better or the not so. Learn about nutrition. The last time Jo came up to Rivendell, Participants were very impressed with her knowledge.



Singing

**RecLink Rocky Road Choir
Wednesdays**

1.00 – 3.00

At the Memorial Hall
Or catch the Bus at Rivendell
12.30 sharp

We are always looking for new members so if you think you might have a song in your heart – you probably have! Come along or see Mitzi or Adam

July Dates:

Wednesday 14th Wednesday 21st
Wednesday 28th



Women's Group

Tuesday July 20th

1.30 – 4.00

Come and make your own Vision board

A Vision Board is a poster on which you paste images that you've torn from various magazines. It's simple.

The idea behind a vision board is that when you surround yourself with images of who you want to become, what you want to have, where you want to live or where you want to have a holiday, - your life changes to match those images and desires.

**BBQ and Sing Along/
Karaoke**

Friday July 16th

Everyone is welcome.

Lunch \$3.50

Starts 11.30am and not before.

Till 4.00

Come and help us christen our new BBQ, donated to Rivendell by the generosity of the old Stepping Stones Group

**JOINT ACTIVITY,
ALL WOMEN AND ALL MEN
Tuesday July 27th**

**The Titanic Exhibition at the
Melbourne Museum.**

**Departing 9.15am till 4.30pm
COST \$14.00 Payment must be in no later than the Friday 23rd July. No pay- no go**

This has been reported as being one of the most fascinating interactive displays ever to come to Melbourne. There will be a lot of walking involved and it is held in a specially sectioned off space within the Museum. It takes around two hours to go through it properly. We have been advised that there are some amazing photos and artefacts on display.