



# The Islander

The next edition of *The Islander* will be published on **Friday 24 July 2015**. All items/materials must be received by **4.00pm on Mon. 20 July 2015**.

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*Christmas Island Community Newsletter*



## Seniors Bus Cruise



On Friday the 26th June, Nurse Sally, Nurse Yvonne and Nurse Helen arranged for the seniors to be treated to a bus trip to the golf course as a change to the usual "Stay On Your Feet" program. A total of 16 people attended the outing. The Shire of Christmas Island provided

the bus with Garry Foo as our driver who took the scenic route to the golf course and who was a great tour guide. The Seniors had a fabulous fun morning initially getting energetic by participating in playing Golf, Quoits and Bocce. We then all had a delicious morning tea with



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## Seniors Bus Cruise



some home baked food from the nurses and some also supplied by the Hospital. It was then back into the bus for the trip home where everyone was singing along to a variety of songs and having lots of laughs. Those who attended expressed such appreciation and showed genuine happiness. They are already asking when the next outing will be. Our plan is to

arrange another bus outing in early September. Both the Shire and the IOTHS support the "Stay On Your Feet" program every Friday at the Community Hall from 9.30-11am. It is open for anyone over 55 years to attend with its aim to do some gentle exercise and a social gathering for seniors.



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