



PORMPUR PAANTHU NEWS WEEK

Issue 126: Monday 7 November 2022



Pormpuraaw's newly equipped Community Gym will be officially opened today, Monday 7 November, and every day from 5.30pm-7.30pm - come and have a look!

Let's get fit! Build some muscle! Have a go!

You must be over 18-years-old to use the gym (at your own risk).

You'll need shoes, a towel and water, and please do wipe down the equipment you use, after you use it.

Hand sanitiser will be supplied and users must also sign a one-off form before getting in there.

Don't forget to come along today to check it out!



NOTICE of the ANNUAL GENERAL MEETING of PORMPUR PAANTHU ABORIGINAL CORPORATION



**Friday 18 November
10AM-12PM (+Lunch)
PPAC After School Care
(Corner Shed)**

At the meeting members will have the opportunity to:

- find out about PPAC's operations and finances
- ask questions about the operations and finances of PPAC
- speak about any items on the agenda
- vote on any resolutions proposed

At the meeting members will be asked to vote to:

- accept the Minutes of the last AGM
- accept the Annual Report
- accept the Auditor's Report
- accept the Annual Financial Statements
- Rule Book Amendments.
- appoint and pay an auditor
- elect directors

Ganthi Kuppusamy CEO

5 ways to drink less alcohol

1. Have dedicated alcohol-free days
Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday
2. Only have a couple of standard drinks
3. Alternate alcoholic drinks with water
4. Swap soft drinks and mixers for soda or mineral water
5. See the PPAC Healing Counsellors for support or call us on 4060 4260

HEALING MODE

PORMPUR PAANTHU ABORIGINAL CORPORATION

COVID-19 RATs are available now from PPAC admin office. Please be safe from COVID-19 and stay home if you are sick!

Pormpur Parr-ir Pama & Parr-ir Paanthu (Youth Program) @ the Hall

7th to 11th November - Timetable for Age 12 to 24



Times	Monday 7 th November	Tuesday 8 th November	Wednesday 9 th November	Thursday 10 th November	Friday 11 th November
8:30 – 10am	Healthy Breakfast & Exercise: - Cereal/toast/fruit - Exercise Circuit	Healthy Juice Bar - Make your own freshly squeezed juice combo	Healthy Breakfast & Exercise: - Cereal/toast/fruit - Exercise Circuit	Cooking - Quiche	Healthy Breakfast & Exercise - Cereal/toast/fruit - Exercise Circuit
11am – 12pm	Indoor Games - Board Games/word games - Memory Games/cards	Cooking - Spooky Finger Cookies			
12pm – 1pm	Closed	Closed	Closed	Closed	Closed
1pm – 3pm	Improve Reading and Writing Skills	Afternoon Tea with Trish: - Yarn about Health and Wellbeing Matters	Learning Basic Computer Skills / Money Matters	Arts and Crafts - Make Decorations for Spooky Disco	Afternoon Tea Trish: Yarn about Health and Wellbeing Matters
3pm - 4:30pm	Freestyle Ball Games	Indoor Cricket	Cooking - Popcorn for Movie night	Freestyle Ball Games	Friday Afternoon Basket Ball Comp_3 x 3
4:30pm – 5pm	Closed for Packing up/Cleaning Up				
	Scary Movie Night: Wednesday Night (6pm to 7:30pm)				
	Spooky Disco: Friday Night (6pm to 9pm)				

ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY