### What are activity groups?

These groups are for people who want to:

- make friends
- enjoy trips, outings and visits
- get some time out.

All activity groups have qualified and experienced staff on hand to help.

#### Who are the groups for?

People aged 65+ or 50+ if Aboriginal or/and Torres Strait Islander.

Weekly centre-based respite is also available for people who care for someone at home.

#### How do I take part?

Call Adult Day Service on 5471 3566 to help you get started.

You can also refer yourself through the My Aged Care website at www.myagedcare.com.au.



Our services are delivered on the traditional lands of the Dja Dja Wurrung people.

Artist: Kerri Douglas



Residents from Mount Alexander Shire can take part in any of these groups



Cornish Street, Castlemaine VIC 3450, PO Box 50 www.castlemainehealth.org.au



# Making Connections

Activity groups to help people make friends and connections in their community.



## Weekly Timetable

	9am		10am		11am		12pm		1pm		2pm		3pm		4pm
Monday		ALEX CLU each mor		e seniors	who enjoy	group act	ivities, goo	od compan	y and an o	uting on th	e first Mor	nday of			
	MEN'S CI	S CLUB A men's only, active club with fortnightly outings.													
		MONDAY BOWLS Enjoy carpet bowls with the Wayward Bowlers and a light lunch afterwards. Wesley Hill Hall.													
Tuesday	ACTIVE TUESDAYS, ACTIVE CHOICES For active, independent seniors who like to get about and meet people with like- minded interests. Outings are chosen by the group around the monthly themes of: Shop `til you Drop, Magical Mystery Tour, Out to Lunch and Active Discovery.														
Wednesday	WEDNESDAY CLUB A mixed, quieter group aimed at those with higher support needs. Always held at our centre with meal included.														
		STRENGT TRAINING Gentle cha and stand movemen music. Cla to individu and uses r and breath technique Held at RS	air-based ing ts to ss adapts Jal levels relaxation ning s.	<b>CAFE CAT</b> Enjoy a c friendly c local cafe	uppa and :hat at a										SUPPORT NEEDS Low Low/Moderate Moderate/High High
Thursday		_													
Friday									any and ou of the mon						
	FRIDAY E	XPLORERS	As the nai	me implies	, this club	is for activ	e seniors	who like to	o get out ar	nd about to	explore n	ew places			