

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.



Artist: Kerri Douglas

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



Making Connections

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



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

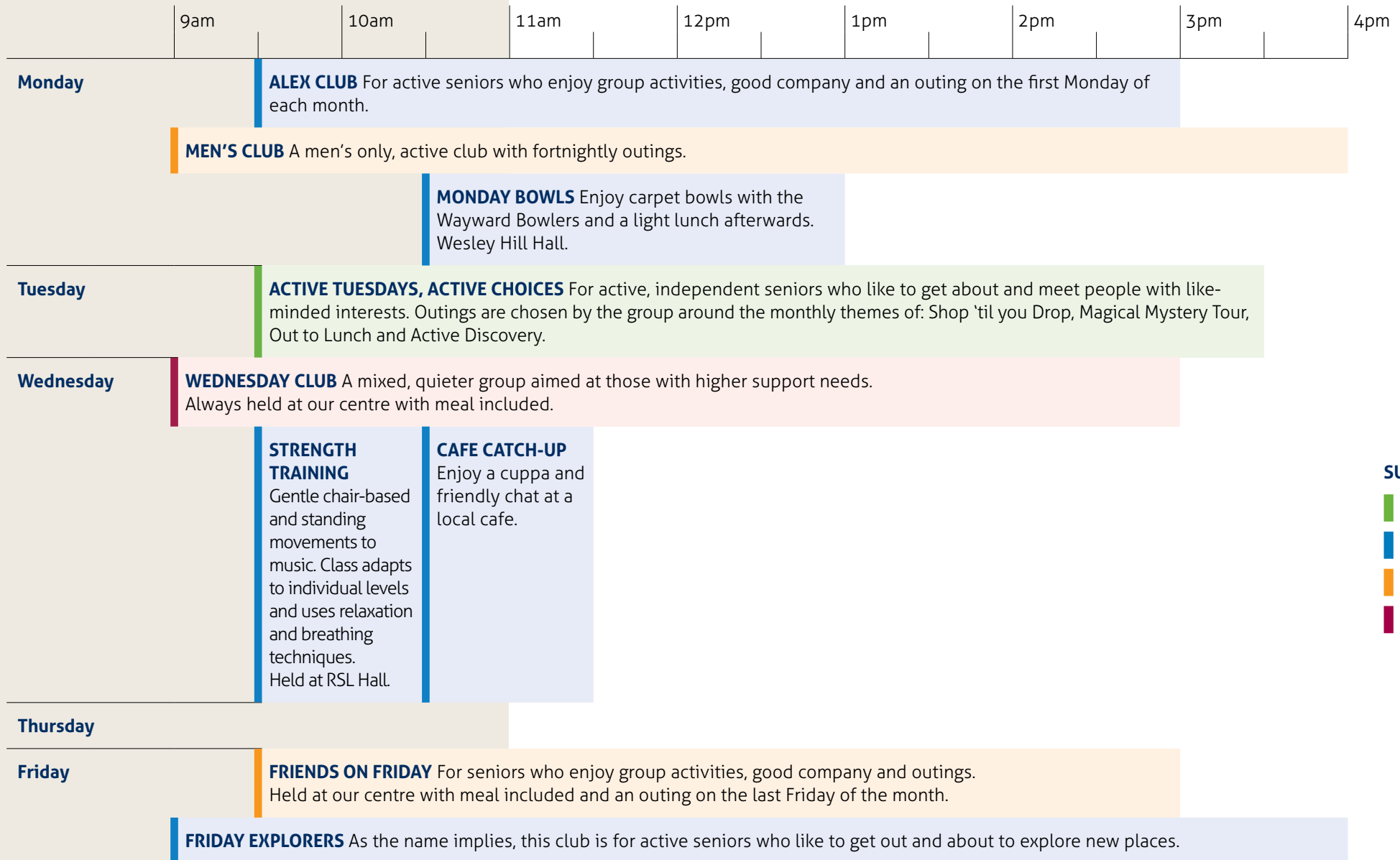


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www.castlemainehealth.org.au

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Weekly Timetable



SUPPORT NEEDS

- Low
- Low/Moderate
- Moderate/High
- High