

## Details

### When:

Monday 10am – 2pm

### Where:

Pioneer Settlement, Swan Hill

### Who:

Open to all men in the community who like to do woodwork, painting or restoration work.

### What:

Provides morning tea, supervised work on restorative or new woodwork projects, lunch and stimulating conversation.

### Cost:

\$10 which includes lunch

Transport via taxi or  
ADS bus can be arranged



SWAN HILL DISTRICT HEALTH

For session enquiries

**Contact:** Adult Day Services

**Phone:** (03) 5033 9359

[www.shdh.org.au](http://www.shdh.org.au)

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## Adult Day Services Men's Shed

**Monday**  
**10am – 2pm**  
**Pioneer Settlement,**  
**Swan Hill**



**Swan Hill**  
**District Health**  
*my hospital*

## ADULT DAY SERVICES SWAN HILL



The Adult Day Services (ADS) is a program that is run to provide social and recreational support senior men and women who want to interact with others in the community.







ADS run a variety of groups that cater for the differing needs of their individual members.

Adult Day Services - Men's Shed is a space for senior men to do woodwork and painting on new or restorative woodwork projects with supervision. This program promotes personal wellbeing and helps maintain independence at home. Morning tea and lunch is provided.



This program is supported by funding from the Commonwealth and Victorian Governments under the HACC and CHSP programs.

## Our Activity Groups:

-  **Mon am – ADS Men's Shed**  
(Pioneer Settlement)
-  **Tues am – Golden Memories**  
(Neighbourhood House)
-  **Wed am – Crafty Ladies**  
(Neighbourhood House)
-  **Wed pm – Italian Men**  
(Neighbourhood House)
-  **Wed pm – Italian Women**  
fortnightly (Catholic Centre)
-  **Thurs am – O.P.A.L.S**  
(Older People Active Lifestyle)  
(Neighbourhood House)
-  **Fri am – Sun Shiners**  
(Nyah West)

**Assessment is required prior to attending the group.**  
**Please phone us to arrange an assessment or to attend a free trial session.**