

## Details

### When:

Thursday 10am – 2pm

### Where:

Neighbourhood House  
100 Gray Street, Swan Hill

### Who:

Senior men and women interested  
in interacting with others.

### What:

Provides morning tea, fun  
activities, lunch and stimulating  
conversations.

### 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

O.P.A.L.S

(Older People Active Lifestyle)



Thursday  
10am – 2pm  
Neighbourhood House,  
Swan Hill



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

## ADULT DAY SERVICES SWAN HILL

The Adult Day Services (ADS) is a program that provides social and recreational support for senior men and women who enjoy interacting with others.

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



Adult Day Services  
**O.P.A.L.S.**








Our mixed group interact through fun activities, special theme days, music and occasional outings which enable social connection.

The program aims to promote personal wellbeing and help maintain independence at home.

Morning tea and lunch are 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.**