

Details

When:

Friday 10:30am – 2:30pm

Where:

Nyah West Senior Citizens Hall

Who:

Senior men and women in the Nyah district who are interested in meeting with others in the community.

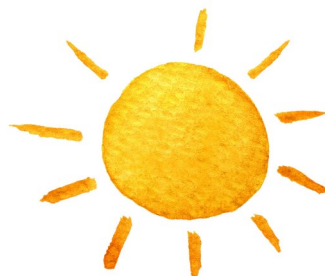
What:

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

Cost:

\$10 which includes lunch

Transport via
ADS bus can be arranged



SWAN HILL DISTRICT HEALTH

For session enquiries

Contact: Adult Day Services

Phone: (03) 5033 9359

www.shdh.org.au

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Adult Day Services Sun Shiners

Friday

10:30am – 2:30pm

Nyah West

Senior Citizens Hall



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 to senior men and women who enjoy interacting with others in the community.

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

Adult Day Services **Sun Shiners** is a group for senior men and women in the Nyah area who are interested in fun activities, conversation and outings. The program aims to promote personal well-being and help 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.