

Details

When:

Tuesday 11am – 2pm

Where:

Neighbourhood House
100 Gray Street, Swan Hill

Who:

Senior men and women who enjoy talking about the old times and reminiscing.

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

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Adult Day Services
Golden Memories

Tuesday
11am – 2pm
Neighbourhood House,
Swan Hill



Swan Hill
District Health
my hospital

ADULT DAY SERVICES SWAN HILL

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









Adult Day Services run a variety of groups that cater for the different needs of the individual members.

Adult Day Services Golden Memories group concentrates on remembering and discussing childhood events, stories, songs, games and quizzes as well as having morning tea and lunch. Our aim is to promote personal wellbeing and to help maintain your independence at home.



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.