

## Details

### When:

We have various groups available  
Monday – Friday

### Where:

Neighbourhood House (100 Gray  
Street, Swan Hill) and Nyah West

### Who:

All senior men and women who  
want to interact 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 Social Support Groups

We have various groups  
available Monday – Friday



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 for senior men and women who want to interact and connect with others in the community.

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

Adult Day Services have social groups for senior men and women promoting personal well-being with the aim to help maintain your independence at home. We celebrate through fun activities, special theme days, music and occasional outings which facilitate much social interaction.



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 group, please phone us to arrange an assessment or come for a free trial attendance.**