

## Details

### When:

We have various groups available  
Monday – Friday

### Where:

Neighbourhood House  
98–100 Gray Street, Swan Hill

### Who:

All senior men and women who  
want to interact with others.

### What:

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

### Cost:

My Aged Care—\$10

Home Care Package— from \$55

Transport can be arranged on  
request

SWAN HILL DISTRICT HEALTH

For session enquiries

Contact: Adult Day Services

Phone: (03) 5033 9359

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

Publication Date: 01/10/2019



## Adult Day Services Social Support Groups

We have various groups  
available Monday – Friday



## 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 and Home Care Packages.

### Our Activity Groups:

- Monday– ADS Men’s Shed
- Tuesday– Golden Memories
- Wed am – Crafty Ladies
- Wed pm – Italian Men
- Wed pm – Italian Women (fortnightly)
- Thursday – O.P.A.L.S (Older People Active Lifestyle)
- Friday - Brainstormers

Come for a **free trial attendance** or ask us about a referral through My Aged Care.