

Details

When:

Tuesdays: 11am to 2pm

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

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Golden Memories

Tuesday

11am – 2pm

Neighbourhood House,
Swan Hill

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

Golden Memories is a group for senior men and women with a focus on dementia and brain health.

Activities in the group assist clients engage with others, reminisce about the past and support conversation.

The group includes morning tea, and a two-course lunch.

Our aim is to promote mental health and help maintain independence at home.



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.