

## Details

### When:

Thursday 10am–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, light  
exercise, fun activities, lunch and  
stimulating conversations.

### Cost:

My Aged Care (+\$10 for lunch)  
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)

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## Adult Day Services

O.P.A.L.S

(Older People Active Lifestyle)

Thursday

10am – 2pm

Neighbourhood House,  
Swan Hill





## ADULT DAY SERVICES SWAN HILL

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

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

### O.P.A.L.S.

Our mixed group interact through fun activities, special theme days, music and occasional outings which enable social connection.

The program aims to promote personal wellbeing and help maintain independence at home.

Morning tea and lunch are provided.



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.