

Our Groups

Monday

Men's Shed—9am-1pm

Tuesday

Art Group—10am-2pm

Forget Me Nots—11.30am-3pm

Wednesday

Crafties—9am-1pm

Bingo Italiano / Carte Italiane

1.30-4pm (alternating fortnightly)

Thursday

OPALS— 10am—2pm

Friday

Brainstormers—11.30am—3pm

Come for a **free trial attendance** or

ask us about a referral through

My Aged Care.

Cost:

Varies depending on referral and funding eligibility.

Home Care Package: from \$18.50 p/hr +GST

National Disability Insurance Scheme: from \$20.68 p/hr

Commonwealth Home Support Program: no hourly charge

Lunch \$12 (for two-course meal)

FOR MORE INFORMATION CONTACT:

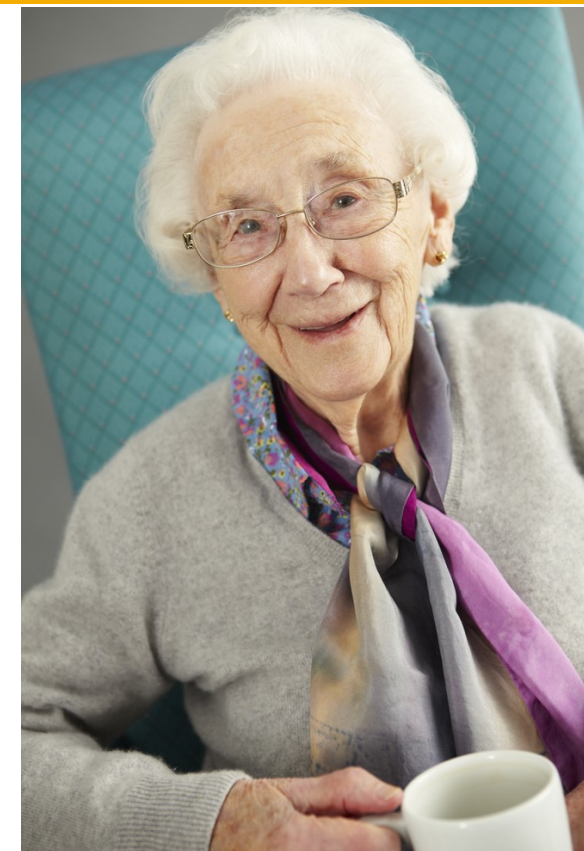
Department | Social Support Groups

Address: 98-100 Gray St, Swan Hill

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Social Support Groups
Forget Me Not's
Tuesday's 11.30am-3pm
Neighbourhood House, Swan Hill

What We Offer

Forget Me Not's is a group for seniors and people living with a disability, with a focus on dementia and mental health.

Activities in the group assist members to engage with others, reminisce about the past and support conversation with others in the community, with occasional outings.

The group includes a two-course lunch and afternoon tea.

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

What Our Members Say

"It's a way for me to keep in touch with different parts of the community"

"I feel lost if I miss the group"

"I can see that all clients here are treated the same."

"It's a happy day, relaxing and making new friends"

"It's a friendly place"



Details

When:

Tuesday 11.30am-3pm

Where:

Neighbourhood House,
98-100 Gray St, Swan Hill

Who:

Seniors in the community who enjoy reminiscence and want to maintain their brain health.

What:

Supervised group games, puzzles and activities with lunch, afternoon tea and stimulating conversation.

