

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

Phone: (03) 5033 9359

Email: socialsupport@shdh.org.au

Web: www.shdh.org.au



Social Support Groups

OPAL's

(Older People Active Lifestyle)

Thursday's 10am-2pm

Neighbourhood House, Swan Hill

What We Offer

OPALs is a group for seniors and people with a disability, who have an interest in socialising, joining in with activities and games and stimulating conversation.

Fun activities, games and puzzles, lots of laughter and occasional outings are our specialty.

OPALs includes morning tea and a two-course lunch.

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

What Our Members Say

“I love having a bit of fun”

“It’s a happy day, relaxing and making new friends”

“It’s about getting away from everything else”

“I especially enjoy the sense of community at Social Support”



Details

When:

Thursday 10am-2pm

Where:

Neighbourhood House,
98-100 Gray St, Swan Hill

Who:

Seniors in the community, or people living with a disability who enjoy socialising with others and participating in group activities and puzzles.

What:

Recreational support group morning tea, lunch and stimulating conversation.