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

Brainstormers

Friday's 11.30am-3pm

Neighbourhood House, Swan Hill

What We Offer

Brainstormers is a group for seniors and people with a disability who are interested in puzzles, riddles, conundrums and other mental challenges in a fun space.

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

Afternoon tea and a two-course lunch is provided.

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

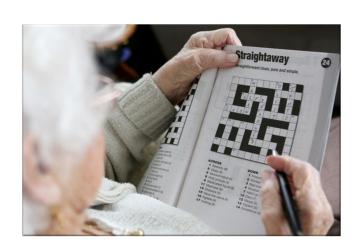
What Our Members Say

"I especially enjoy the sense of community at Social Support"

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

"I enjoy socialising and keeping my mind active"

"I enjoy having fun with everyone and meeting others"



Details

When:

Friday 11.30am-3pm

Where:

Neighbourhood House 98-100 Gray St, Swan Hill

Who:

Seniors who are looking to participate in mental challenges, puzzles and riddles.

What:

Fun mental challenges with morning tea, lunch and stimulating conversation.

