

## 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](mailto:socialsupport@shdh.org.au)

**Web:** [www.shdh.org.au](http://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.

