

GROUP TIMETABLE

WE PROVIDE OUR MEMBERS WITH RECREATIONAL & SOCIAL SUPPORT THROUGH A VARIETY OF ACTIVITIES & GAMES, TAILORED TO SUIT INDIVIDUAL INTERESTS & HOBBIES. WE CELEBRATE FUN ACTIVITIES, SPECIAL THEME DAYS, MUSIC & OUTINGS, WHICH ENCOURAGE SOCIAL INTERACTION & FOSTER FRIENDSHIPS.

PHONE: (03) 5033 9359

ACTIVE AGEING - MONDAYS 9AM OR 10AM

SCOUT HALL, KEN HARRISON RESERVE

ACTIVE AGEING RUNS TWO EXERCISE CLASSES FOR SENIORS WISHING TO IMPROVE OR MAINTAIN THEIR PHYSICAL WELLBEING IN A SUPPORTIVE AND FUN ENVIRONMENT. BOOKINGS ESSENTIAL TO DETERMINE THE MOST APPROPRIATE GROUP FOR YOU. COST \$4 FOR MORNING TEA



THE SHEDDERS - MONDAYS 9AM-1PM

NEIGHBOURHOOD HOUSE MEN'S SHED

THE MEN'S SHED IS A SPACE FOR MEN TO WORK ON NEW OR RESTORATIVE WOODWORK & PAINTING PROJECTS WITH SUPERVISION, PROMOTING PERSONAL WELLBEING & HELP MAINTAIN INDEPENDENCE AT HOME.

COST \$12 FOR LUNCH



ARTIES - TUESDAYS 9.15AM- 1PM

SWAN HILL SENIOR CITIZENS HALL

A CREATIVE PAINTING GROUP FOR THOSE WITH AN INTEREST IN EXPRESSING THEMSELVES & WORKING ON THEIR PERSONAL PAINTING SKILL. NO EXPERIENCE NECESSARY, ONLY WILLINGNESS TO ENGAGE & LEARN A NEW SKILL.

COST \$4 FOR MORNING TEA



FORGET ME NOTS - TUESDAYS 9.30AM-1PM

SWAN HILL NEIGHBOURHOOD HOUSE

A GROUP WITH A FOCUS ON DEMENTIA SUPPORT & MENTAL HEALTH. ACTIVITIES ASSIST MEMBERS TO ENGAGE WITH OTHERS, REMINISCE & SUPPORT CONVERSATION & FRIENDSHIPS.

COST \$12 FOR LUNCH



CRAFTIES - WEDNESDAYS 9AM-1PM

SWAN HILL NEIGHBOURHOOD HOUSE

CRAFTIES IS FOR THOSE WITH AN INTEREST IN CRAFT & CONVERSATION. GROUP CRAFT PROJECTS OR SOLO ACTIVITIES TO OCCUPY YOUR HANDS, WHILE ENJOYING CONVERSATION & LAUGHTER.

COST \$12 FOR LUNCH



CARTE ITALIANE / BINGO ITALIANO - ALTERNATE WEDNESDAYS 1.30-4PM

SWAN HILL NEIGHBOURHOOD HOUSE

A GROUP FOR ITALIAN-SPEAKING SENIORS WHO ARE INTERESTED IN ENGAGING WITH OTHERS, PLAYING GAMES AND HAVING FUN. THERE IS AN EMPHASIS ON SOCIAL SUPPORT AND FUN. THESE GROUPS ALTERNATES FORTNIGHTLY.

COST \$4 FOR AFTERNOON TEA



AFGHAN MEN'S - WEDNESDAYS 4-7PM

SWAN HILL UNITING CHURCH

THIS GROUP ENGAGES LOCAL AFGHAN MEN IN THE SWAN HILL AREA TO MEET AND CONVERSE WITH OTHERS. MEMBERS PLAY GAMES, PARTICULARLY CARROM, AND SHARE A LIGHT MEAL.

COST: FREE



OPALS - THURSDAYS 10AM-2PM

SWAN HILL NEIGHBOURHOOD HOUSE

A GROUP FOR THOSE WHO HAVE AN INTEREST IN SOCIALISING, JOINING IN WITH ACTIVITIES & GAMES AND STIMULATING CONVERSATION. THESE DAYS ARE ALSO HELD REGULARLY.

COST \$12 FOR LUNCH



GAMES GROUP - FRIDAYS 10AM-12PM

SWAN HILL NEIGHBOURHOOD HOUSE

THIS GROUP IS AIMED TO CHALLENGE THOSE INTERESTED IN BOARD & CARD GAMES.

WITH DIFFERENT GAMES TO CHOOSE FROM EACH WEEK, WE ENCOURAGE STIMULATING CONVERSATION AND CONNECTION.

COST \$4 FOR MORNING TEA



GARDEN CLUB - FRIDAYS 12-2PM

SWAN HILL NEIGHBOURHOOD HOUSE

THIS GROUP IS AIMED AT SUPPORTING GREEN THUMBS IN GROWING A VARIETY OF VEGETABLES, HERBS AND FLORAL OPTIONS IN OUR COMMUNITY GARDEN. ALSO INVOLVES PLANNING FOR CROP ROTATIONS AND A SOCIAL CHAT AND CUPPA.

COST \$4 FOR AFTERNOON TEA



OUTINGS

WE HAVE OUTINGS IN THE COMMUNITY, TO LOCAL EVENTS AND NEARBY TOWNS MOST MONTHS. PLEASE PHONE TO ENQUIRE ABOUT OUR NEXT OUTING!

COST VARIES

