

# Supported Social Groups

Are for older people who would like to socialise with people of their own age, make new friends, enjoy a meal together and recharge your mind, body and soul.

## Group Activities

- Fun exercises and games
- Bingo, quizzes and word games
- Singing and music
- Art and craft
- Activities with I-pads and computers
- Monthly outings and guest speakers
- Gardening in our court yard



And there is always time for social chats with new and old friends.

You will need to have an assessment in your home before starting, to check we get the right day and group that suits you. You may need to wait.

We can give extra support for people with physical and cognitive conditions.

## Details

**When:** Groups run on Monday, Tuesday, Wednesday and Thursday

**Time:** 10 am – 2.30 pm

**Where:** Sunbury Community Health  
12–28 Macedon Street Sunbury

**Cost:** \$15 per week. Monthly outings may cost more

**We provide morning tea and lunch. We also provide transport for those who need it.**

**The bus leaves at 9 am for pick up and leaves at 2.30 pm to take people home.**



**If you are interested in joining one of our Supported Social Groups call 9744 4455**

This service is primarily funded by the Commonwealth Home Support Program of the Australian Government Department of Social Services [www.dss.gov.au](http://www.dss.gov.au)

