

Mount Alexander Shire's Social Support Program enables older persons requiring assistance to remain socially active.

We run a program of fun and engaging activities, catering to different interests and abilities. Our friendly staff and volunteers provide home visits, group sessions, and accompanied outings.

To learn more call 5471 1797.

This service is available to eligible Commonwealth Home Support Program (CHSP) and Aged Care Package clients, and those in the Home and Community Care Program for Younger People (HACC PYP).

**The Social Support team  
would love you to get involved**



**To find out more please call  
5471 1797**

## **Community Wellbeing Social Support Program**



## **Mondays**

### **Be Connected - Tech Help**

9am - 12 noon

Cost: \$2

Drop-in sessions at the Castlemaine Senior Citizens Centre. Get a cuppa and practical support for all things digital, including computers, laptops, smart phones and tablets.

### **Water Exercise Program**

12.00pm - 2:00pm

Cost: Class \$5.70, Bus \$3.70

Bus transport to a gentle warm water exercise class at the Kangaroo Flat pool.

## **Tuesdays**

### **Scrabble & Games**

10am - 12 noon

Cost: Activity \$3, Bus \$3.70

Play a friendly board game. Held at the Ray Bradfield Room. Includes morning tea.

## **Musical Memories**

1.30pm - 3pm

Cost: Activity \$3, Bus \$3.70

Fun for those who enjoy music sing-along, tap your feet or test your musical knowledge. Held at the Ray Bradfield Room. Includes afternoon tea.

## **Wednesdays**

### **Maldon Community Lunch Bus**

10am - 2pm

Cost: Lunch \$7, Bus \$3.70

Transport to a delicious two course community lunch at the Maldon Community Centre.

## **Thursdays**

### **Say G'day**

12.30pm - 3.30pm

Cost: Bus \$3.00, purchase own lunch/tour entry

A scenic drive and lunch/afternoon tea at a cafe. Chat and share stories and a few laughs with a friendly group.

## **Monthly Men's Outings**

3<sup>rd</sup> Thursday of the month

Cost: Bus \$3.70, purchase own lunch

Local outings, just for blokes.

## **Chewton Senior Citizens Lunch Bus**

4<sup>th</sup> Thursday of the month

Cost: Bus \$3.70, lunch \$20

Join local seniors for lunch at the Chewton Senior Citizens hall.

## **Fridays**

### **Friday Out and About**

10am - 3pm

Cost: Bus \$5.00, purchase own lunch and entry fees

Diverse and engaging excursions and outings, followed by lunch.