

The Social Support Program is designed for older people who need assistance with getting out, socialising and doing the things they enjoy doing.

We provide a range of fun and friendly programs to cater for different needs and interests including home visits, outings and activity groups.

To find out more or to join one of our activity groups telephone 5471 1797.

This service is available to eligible Commonwealth Home Support Program (CHSP) clients and Home and Community Care Program for younger people (HACC PYP) clients.

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



**To find out more call
5471 1797**

Community Wellbeing Social Support Program



Mondays

Be Connected

9am - 12 noon

Cost: \$2

Drop in to the Castlemaine Senior Citizens hall for a cuppa and some practical advice and support for all things digital, including computers, laptops, smart phones and tablets.

Monday Afternoon Cards

Monday 12 noon - 3pm

Cost: \$2

For those who like to enjoy a social game of cards in a friendly environment.

Water Exercise Program

12.00pm - 3.30pm

Cost: Class \$5, Bus \$3.55

Gentle warm water exercise class at the Gurri Wanyarra Wellbeing Centre in Kangaroo Flat.

Doctor's clearance is required.

Limited places.

Tuesdays

Scrabble & Knitting Group

10am - 12 noon

Cost: Activity \$2.50, Bus \$3.55

Take your pick - knit and chat or play a friendly game of scrabble. Held at the Ray Bradfield Room. Includes morning tea.

Musical Memories

1.30pm - 3pm

Cost: Activity \$2.50, Bus \$3.55

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

Thursdays

Say G'Day

1.30pm - 3.30pm

Cost: Activity \$2.50, Bus \$3.55

Have a chat and share stories and a few laughs with a welcoming and interesting group. Includes afternoon tea.

Chewton Senior Citizens Lunch Bus

4th Thursday of the month

Cost: Bus \$3.55

Purchase own lunch (\$18-\$22)

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

Wednesdays

Maldon Community Lunch Bus

10am - 2pm

Cost: Lunch \$7, Bus \$3.55

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

Fridays

Friday Out and About

10am - 3pm

Cost: Bus \$5.00 purchase own lunch and tour entry

Variety of fun and local shopping trips, tours and lunch outings.