



ARE YOU A CARER LOOKING FOR SOME FREE, FUN AND RELAXING ACTIVITIES?

Join us to participate in some activities for your health and wellbeing.



We can provide respite care for your care recipient in our Social Support Groups, or they can join in with these activities listed below with you!

When	Time	Activity	Location
Thursday 7th November	10.00 - 2.30	Mont De Lancy Homestead	Span House 64 Clyde St, Thornbury
Wednesday 20th November	10.30 - 1.30	Cooking activity and games day	Your Community Health 125 Blake St, East Reservoir
Friday 29th November	1.00 - 3.00	DIY Workshop Learn a new skill	Darebin Men's Shed Community Health 125 Blake St, East Reservoir

Questions/RSVP: call Donna, 8458 6774