



## Activity Programs

Activity Programs are designed to help older people and people with disabilities stay healthy and active by engaging in interesting, social and fun activities.

### Activity Programs provide an opportunity to:

- Continue to enjoy old hobbies and try new ones
- Make new friends and explore new interests
- Keep your body and mind active
- Stay informed about health and community services.

Activity Programs can also provide carers with respite.

Merri Community Health Services operates over 25 different Activity Programs per week. Some activities are based at our centres while others are based in the community.

### Activities are held at:

- Ilma Lever Gardens, Coburg
- 5D Cromwell Street, Glenroy
- 382 - 386 Moreland Road, Brunswick West
- Out and about in the community
- Supported Residential Services

As there are a variety of activities on offer there is bound to be one which meets your needs and interests. Activities run between the hours of 9:30am and 3pm Mondays through to Fridays.

For most activities, our modified buses can provide transport to and from the activity. And our friendly cook ensures all your dietary needs are met so you can enjoy a tasty, freshly cooked meal.

### Choosing and joining an activity program

The Activity Program Team Leader will explore with you which activities best meet your needs and interests. Sometimes, attending a new group can be daunting. If you are feeling a bit unsure or hesitant about coming along, the Team Leader can support you until you feel confident to stay.

### Who can use these services?

- Referrals for activity programs can be made by individuals (self-referral), carers, health professionals including doctors and other service providers
- You may be able to join one of our groups if you are frail, have a disability or find it difficult to independently attend other activities or clubs.

### How much does it cost?

Activity program fees for individuals are generally no more than \$12 per session. When phoning for further information please ask for specific program costs.

### For further information and appointments:

- Phone Service Access on (03) 9388 9933