

ACTIVITY GROUPS

Make friends, build connections and stay active in your community

WHO ARE ACTIVITY GROUPS FOR?

Activity Groups are designed to help adults maintain their independence, build social connections and work towards their goals.

They're funded by the Commonwealth Home Support Program (CHSP), HACC Program for Younger People (HACC-PYP), the NDIS and Support at Home.

HOW TO GET INVOLVED

Contact Social Support Services or refer yourself through the My Aged Care website.

T. 5471 3566

E. ads@castlemainehealth.org.au

W. myagedcare.com.au

Day	Location	Times	Group	Description
Monday	Harcourt	10am – 2pm	Monday Alex Club	For active seniors who enjoy group activities and good company. Centre-based with meal included.
	Castlemaine	9.30am – 4pm	Monday Outing Club	For active seniors who enjoy outings and centre-based activities.
		10am – 11.45am	Monday Movement Groups & optional Coffee Club between sessions	1-hour chair-based exercises with cardio and hand/leg weights. Helps reduce risk of falls and improve balance, general fitness levels and overall health and wellbeing.
Monday	Maldon	10am – 3pm	Maldon Monday Outing	For seniors who enjoy going on an outing each week.
Tuesday	Castlemaine	9am – 3pm	Active Tuesdays, Active Choices	For active, independent seniors who like to get out and about. Outings are chosen by the group.
Tuesday	Maldon	8am – 9.10am – 10.30am	Maldon Tuesday Movement Groups & optional Coffee Club	1-hour chair-based exercises with cardio and hand/leg weights. Helps reduce risk of falls and improve balance, general fitness levels and overall health and wellbeing.
Wednesday	Harcourt	9.30am – 3pm	Wednesday Club	A quieter group aimed at those with higher support needs. Centre-based with meal included.
	Castlemaine	10am – 11.45am	Wednesday Movement Groups & optional Coffee Club	1-hour chair-based exercises with cardio and hand/leg weights. Helps reduce risk of falls and improve balance, general fitness levels and overall health and wellbeing.
Thursday	Maldon	8am – 9.10am – 10.30am	Maldon Thursday Movement Groups	1-hour chair-based exercises with cardio and hand/leg weights. Helps reduce risk of falls and improve balance, general fitness levels and overall health and wellbeing.
		11.30am – 5pm	Maldon Thursday Outing	For active seniors who enjoy going on an outing each week.
Friday	Castlemaine	9.30am – 3.30pm	Friday Explorers	For independent seniors who enjoy going out and about to explore new places.
		10am – 11.30am	Parky Pals	A monthly support and respite group for people living with Parkinson's and their carers. Meets on the third Friday of each month at the Castlemaine Golf Club.