



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
Tuesday 15th October	12.00 - 2.00	High Tea	Span House 64 Clyde St, Thornbury
Thursday 24th October	10.00 - 12.00	Ten Pin Bowling and Lunch	Oz Ten Pin Bowling 445 Grimshaw St, Bundoora (transport can be provided)
Wednesday 30th October	10.00 - 3.30	Dandenong Ranges Botanic Gardens Garden tour and Picnic lunch	Meet at Your Community Health 125 Blake St, East Reservoir

Questions/RSVP: call Donna, 8458 6774