



**Timetable – Social Support Groups**

**Diversitat Aged Support**

**Healthy Living Centre, 25-41 Arunga Avenue, Norlane VIC 3214**

**Phone: 5222 7275**

**Geelong Active Diverse Seniors (GADS)**

**Gadabout Group \*Clients must be assessed as high needs to attend this group which has a higher staff / client ratio**

<b>Day</b>	<b>Time</b>	<b>Transport</b>	<b>Meal</b>	<b>Snacks</b>	<b>Includes</b>
Monday GADS	9.30 - 2.30	Bus/ Car/ Taxi	2 Course hot	Healthy snacks & tea and Coffee	Bus outings/Shopping/ Craft/ Art/Books/Bocce/Games/ Exercise Cultural Celebrations/Films
Tuesday GADS	9.30 - 2.30	Bus/ Car/ Taxi	2 Course hot	Healthy snacks & tea and Coffee	Bus outings/Shopping/ Craft/ Art/Books/Bocce/Games/ Exercise Cultural Celebrations/Films
Wednesday GADS	9.30 - 2.30	Bus/ Car/ Taxi	2 Course hot	Healthy snacks & tea and Coffee	Bus outings/Shopping/ Craft/ Art/Books/Bocce/Games/ Exercise Cultural Celebrations/Films
Thursday GADS	9.30 - 2.30	Bus/ Car/ Taxi	2 Course hot	Healthy snacks & tea and Coffee	Bus outings/Shopping/ Craft/ Art/Books/Bocce/Games Exercise/ Cultural Celebrations/Films
Friday GADS	9.30 - 2.30	Bus/ Car/ Taxi	2 Course hot	Healthy snacks & tea and Coffee	Bus outings/Shopping/ Craft/ Art/Books/Bocce/Games/ Exercise Cultural Celebrations/Films

### International Woman's Group

Day	Time	Transport	Meal	Snacks	Includes
Monday	1pm - 3pm	Own	No - Some meal outings	Healthy snacks & tea and Coffee	Bus trips Other trips, speakers, Music, Craft, Entertainment
Wednesday	11am – 1pm	Own OR Bus/taxi at chargeable fee	No - Some meal outings	Healthy snacks & tea and Coffee	Bus trips Other trips, speakers, Music, Craft, Entertainment

### KuLoo Arts – Karen & Karenni background client group

Day	Time	Transport	Meal	Snacks	Includes
Wednesday	9.30- 2.30	Bus/ taxi /own	No - Some meal outings	Healthy snacks tea and Coffee	Bus trips Other trips, speakers, Music, Craft, Entertainment

### Macedonian Men's Group

Day	Time	Transport	Meal	Snacks	Includes
Monday Tuesday Thursday Friday	9.00- 12.30	Own	No	Healthy snacks tea and Coffee	Cards, Billiards, Speakers bocce

### Italian Men's Group

Day	Time	Transport	Meal	Snacks	Includes
Monday Tuesday Thursday Friday	12.30- 5.00	Own	No	Healthy snacks tea and Coffee	Cards, Billiards, Speakers bocce

### Multicultural Meals Group

Day	Time	Transport	Meal	Snacks	Includes
Second Friday of Every Month	12- 1pm	Own	2 Course-freshly cooked	No	Christmas Celebrations Music

(except January and Public holidays)					
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### Retired on a Mission (ROAM)

Day	Time	Transport	Meal	Snacks	Includes
Friday	10.00-1.00	Bus outings		Healthy snacks tea and Coffee	Visits to places of interest/ health information

### Yoga for Beginners

Day	Time	Transport	Meal	Snacks	Includes
Wednesday	11:00AM-12:00PM	Own			All men and Women are welcome.

**\*Italian and Macedonian Men’s Groups-have men from other backgrounds, including Croatian and Slovenian**

**Cost range from \$1 per session to \$50 per session depending on length/ meal/ Inclusions**

**Assessments by Diversitat staff are required prior to commencement in Support Groups, and professional interpreters are used as per Diversitat Aged Support policy, Commonwealth Department of Health CHSP Program and Victorian Department of Human Services HACC PYP Program Requirements**

**Contact Diversitat Aged Support- Phone: (03)5222 7275 for more information**