

## Information for Carers

The Supported Social Groups also known as The Planned Activity Group or PAG offers activities for older adults who would like to socialise with people of a similar age and ability.

The program is designed to support individual needs within a group setting. There are specific days for people with dementia and also for people who are frail or have a disability. These programs provide stimulating activities which assist in maintaining independence in the community whilst providing carer support.

Other groups offer outings and centre based activities designed to maximise socialisation.

We are often looking for volunteers to help our staff. If you are interested in volunteering please contact our Volunteer Co-ordinator on 9784 8100

### For more information

Phone

**1300 665 781**

and ask to speak with  
an Access Worker

## Locations

### Mornington Community Health

62 Tanti Avenue

Mornington 3931

Phone 5970 2000

### Hastings Community Health

185 High Street

Hastings 3915

Phone 5971 9100

**Disclaimer:** The information contained in this brochure is intended to support not replace discussion with your doctor or health care professionals.

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Funded by the Australian Government Department of Health. Visit the Department of Health website ([www.health.gov.au](http://www.health.gov.au)) for more information.

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#### Peninsula Health

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Telephone (03) 9784 7777

[www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)



Peninsula  
Health

## Community Health

## Supported Social Groups

## For Seniors

## Why people come to the group

- to get out of the house and have some fun
- to meet new friends
- to enjoy a home cooked lunch
- to go on outings
- to do indoor activities



## Some of the activities include:

- scrabble and other board games
- general knowledge games
- carpet bowls
- woodwork
- arts and craft
- chair based exercises
- outings
- music
- gardening

## Transport is available



## Meals

Morning tea and lunch are provided (special dietary needs are catered for)

## Cost

The cost is \$10 for the day

