

Resthaven Group Programs

Region: Metropolitan East

Outlet: Resthaven Paradise and Eastern Community Services

Health and Wellness Groups

Resthaven's Health and Wellness Groups help you maintain your physical and mental health, to remain living at home and leading an independent lifestyle.

Some Health and Wellness groups target specific chronic diseases, which help you manage symptoms and improve your quality of life.

Exercise Groups

Exercise groups run by Resthaven are focused on improving strength, fitness and balance, and can be tailored to your individual needs.

Social Groups

Keeping socially active helps to maintain mental health and wellbeing. By joining one of Resthaven's Social Groups, you will have the opportunity to meet new people, go on outings, and enjoy the activities you love with like minded people.

Respite – Day

Resthaven's day respite groups have a social focus.

Activity Description

Respite Group

Centre based activities in a group setting. Meal provided.

Mens Social Group

Meets fortnightly for social activities.

Move to the Music

A mixture of rhythm and balance, toning and stretches. All abilities with a focus on fun.

Falls and Balance (FAB)

Exercise and education to assist in improving balance, confidence and falls prevention knowledge.

Move Well

Gentle exercise to maintain strength and flexibility.

Keep Fit Chi Ball

Gentle exercise. Choose from Chi Ball sitting and standing class or Chi Ball standing class (external venue).

Parkinson's Support Group

Education and support for clients with Parkinson's disease.

Carer Support Group

Peer support, information and advice for carers.

Speech Group

Speech groups are run by speech pathologists and focus on the reablement of speech after surgery or stroke. Light refreshments available. Speech therapist attends group fortnightly.

Keep Active Group

Gentle exercise to assist in maintaining strength and flexibility.

Aquatic Exercise Group

Water based exercise program. Located at Clovercrest State Swim, 438 Montague Road, Modbury.

Unless otherwise indicated sessions are held at:

61 Silkes Road, Paradise.

Referral may be required to attend an activity.

Resthaven Paradise and Eastern Community Services can help facilitate your **My Aged Care** application.

Transport may be available to and from activities.

Please enquire.

Most social/respite groups include morning tea and/or lunch and/or afternoon tea.

Activity timetable may vary depending on demand.

Please confirm details with Resthaven Paradise and Eastern Community Services.

Please contact Resthaven Paradise and Eastern Community Services on 8154 8444, or email pecs@resthaven.asn.au for more information or to make a booking.



Resthaven Group Programs

Monday	
10 am – 2 pm	Respite Group
10.30 am – 12.30 pm	Men's Social Group (Fortnightly)
2.30 – 3.30 pm	Move to the Music
Tuesday	
10.30 – 11.30 am	Falls and Balance Group (FAB)
1 – 2 pm	Move Well
Wednesday	
9.15 – 10.15 am	Keep Fit (Chi Ball sitting and standing)
10.30 am – 12 pm	Parkinson's Support Group
10.30 am – 12 pm	Carer Support Group (Monthly)
1.30 – 3 pm	Speech Group

Thursday	
9.15 – 10.15 am	Keep Fit (Chi Ball standing)
10.30 am – 12 pm	Keep Active Group (Chair based exercise)
10 – 10.45 am	Aquatic Exercise
11 – 11.45 am	Aquatic Exercise

