

Region: Hills Mallee Southern

Outlet: Resthaven Murray Bridge, Hills and Fleurieu Community Services

Health and Wellness Groups

Resthaven's Health and Wellness Groups help you maintain your physical and mental health.

Resthaven Community Services offer a range of group programs for older people who live at home to support them in 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

Resthaven exercise groups focus 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. Resthaven's Social Groups offer the opportunity to meet new people, go on outings, and enjoy the activities you love with like minded people.

Respite – Day

Resthaven's social groups are available as small group respite, respite for working carers, or extended day respite. All respite groups have a social focus.

Activity Description

Parkinson's Support Group

Meets on the first Monday of each month at Port Elliot and second Monday of the month at Murray Bridge. Includes social activities, education, and support.

Gentle Moves Exercise Group

Gentle exercise group that meets on the first and third Monday of the month at Murray Bridge.

Wellness Groups

Social and cognitive activities, gentle exercise, pampering and relaxation. Held at Murray Bridge every Wednesday afternoon, and Port Elliot every Tuesday Morning. Morning or afternoon tea is provided.

Keep Active Group

Moderate exercise group held every Thursday morning at Murray Bridge.

Support Shed

Meets every Friday in the Murray Bridge 'Support Shed' for exercise, activities and companionship. Lunch is provided.

An ACAT referral may be required to attend an activity. Resthaven Murray Bridge, Hills and Fleurieu Community Services can assist you with organising this if necessary.

Transport may be available to and from activities. Please enquire. Most social groups include morning tea and/or lunch and/or afternoon tea.

Please note that the activity timetable may vary depending on demand. Please confirm details with Resthaven Murray Bridge, Hills and Fleurieu Community Services.

Resthaven Murray Bridge, Hills and Fleurieu Community Services

Phone: 8534 2600

Email: mbhcs@resthaven.asn.au

Murray Bridge Office:

37 Swanport Road, Murray Bridge, SA, 5253

Port Elliot Office:

50 North Terrace Port Elliot SA 5212

Strathalbyn Office:

9 Rankine Street, Strathalbyn, SA, 5255, Australia



Monday	
10 am - 12 noon <i>(monthly)</i>	Parkinson's Support Group <i>(Port Elliot & Murray Bridge)</i>
9.30 am- 10.30 am <i>(fortnightly)</i>	Gentle Moves Exercise Group <i>(Murray Bridge)</i>
Tuesday	
10 am - 12 noon <i>(weekly)</i>	Wellness at the Old School House <i>(Port Elliot)</i>
Wednesday	
1.00 pm - 3.30 pm <i>(weekly)</i>	Wellness on Wednesday <i>(Murray Bridge)</i>
Thursday	
10 am – 11 am <i>(weekly)</i>	Keep Active Exercise Group <i>(Murray Bridge)</i>
Friday	
11 am - 2 pm <i>(weekly)</i>	Support Shed <i>(Murray Bridge)</i>

