

Region: Metropolitan West

Outlet: Resthaven Western Community Services

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 include respite clubs, small group respite, respite for working carers, or extended day respite. All respite groups have a social focus.

Activity Description

Regency Cottage Respite (Mon-Fri 9 am to 5 pm)

Respite groups provide a variety of activities. A cooked meal is provided. Located at 111 Regency Road, Croydon Park.

Cognitive Stimulation

Making Mind Matters program Level 3: activities based on cognitive stimulation. Light refreshments provided. Held at Woodville.

Chair based exercises

EMMA program: basic chair/ wheelchair based exercise. Light refreshments provided. Held at Woodville.

Social Club

Craft activities and games. Morning/afternoon light refreshments provided. Held at Woodville.

Chi Ball

Gentle chair/wheelchair exercise and relaxation. Light refreshments provided. Held at Woodville.

Referral may be required to attend an activity. Resthaven Western 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 Western Community Services.

Please contact Resthaven Western Community Services on 8345 0577, or email westerncs@resthaven.asn.au for more information or to make a booking.

Monday	
10 am – 12 pm	Coffee group
1 pm – 3 pm	Chair based exercises (Includes afternoon tea)
Tuesday	
10 am – 12 pm	Chair based exercises (Includes morning tea)
1 pm – 3 pm	Cognitive stimulation (Includes afternoon tea)
Wednesday	
10 am – 12 pm	Social Club (Includes morning tea)
1 pm – 3 pm	Social Club (Includes afternoon tea)
10 am - 3 pm	Social activities (Includes morning/afternoon tea and lunch)
Thursday	
1 pm – 3 pm	Chair based exercises (Includes afternoon tea)
Friday	
10 am – 12 pm	Chi Ball and Social Group (Includes morning tea)