

## 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

Respite groups providing a variety of activities. Cooked meal provided. Located on Regency Road, Croydon Park.

### Exercise and Social Group

Chair / wheelchair based exercise, social activities and games. Cooked lunch provided. Held at Woodville.

### Easy Moves

Chair / wheelchair based exercise and light refreshments. Held at Woodville.

### Social Club

Activities and games plus a cooked lunch provided. Held at Woodville.

### Exercise and Relaxation

Gentle exercise and relaxation followed by light refreshments. Held at Woodville.

Book Exchange available: Bring a Book, Take A Book.

**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](mailto:westerncs@resthaven.asn.au) for more information

Monday	
8.45 am – 5 pm	Regency Cottage Respite
1.30 – 3.30 pm	Easy Moves
Tuesday	
8.45 am – 5 pm	Regency Cottage Respite
10 am – 2 pm	Exercise and Social Group
Wednesday	
8.45 am – 5 pm	Regency Cottage Respite
10 am – 2 pm	Social Club
Thursday	
8.45 am – 5 pm	Regency Cottage Respite
1.30 – 3 pm	Exercise and Relaxation
Friday	
10 am – 2 pm	Chi Ball and Social Group (Includes lunch)