

## Region: Metropolitan South

## Outlet: Resthaven Marion 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 lead 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.

## Activity Description

### Wellness on Wednesday

Exercise, education and support for clients with arthritis or related conditions. Hot hand wax, massage, Reiki plus social connections.

### Tai Chi

Gentle exercise group.

### Parkinson's Self Management Group

Exercise, education and support for clients with Parkinson's.

### Move to the Groove

A mixture of rhythm and balance, toning and stretches.

### Men on the Move (MOM)

Men's social group (including outings).

### Memory Matters

Activities to improve procedural memory, social skills and confidence.

### Hot Stuff

Hand arthritis group. Hot hand wax, hand massage, gentle exercise, education, self management tips and more.

### Healthy Body, Health Minds

8-10 week block. Exercise including Tai Chi and Chi Ball, discussion and positive thinking. Covers grief, loss, depression and other topics.

### Health Moves

Gentle exercise program.

### Girls on the Go (GOG)

Women's social group (including outings).

### Friday Club

Social group; activities, guest speakers, outing.

### Flinders Cardiac Group

Low intensity exercise for clients with heart failure.  
*\*Referral required from Flinders Medical Centre*

### Fitness and Balance (FAB)

Exercise and education to improve balance, confidence and knowledge related to falls prevention

### Easy Moves for Active Ageing (EMAA)

Low intensity exercise for people with reduced mobility and exercise tolerance.

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Unless otherwise indicated, sessions are held at:  
**43 Finnis Street, Marion.**

**Referral** may be required to attend an activity. Resthaven Marion Community Services can help facilitate your **My Aged Care** application.

**Transport** may be available to and from activities. Please enquire.

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

**Activity timetable may vary** depending on demand. Please confirm details with Resthaven Marion Community Services.

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Please contact Resthaven Marion Community Services on 8306 4400, or email [marioncs@resthaven.asn.au](mailto:marioncs@resthaven.asn.au) for more information or to make a booking.

Monday	
1.00 – 2.00	Move to the Groove
1.30 – 2.30	Health Moves
1.30 – 3.30	Memory Matters
Tuesday	
9.00 – 10.00	Flinders Cardiac Group*
10.30 – 11.30	Easy Moves for Active Ageing
10.30 – 12.00	Fitness and Balance
1.00 – 2.00	Tai Chi
1.30 – 2.30	Health Moves
Wednesday	
10.00 – 11.30	Hot Stuff – Hand Arthritis Group
1.30 – 4.30	Wellness on Wednesday
2.00 – 3.30	Health Body, Health Minds
Thursday	
9.30 – 10.30	Health Moves
10.00 – 12.00	Parkinson’s Self Management Group
10.00 – 12.30	Men on the Move
11.00 – 1.00	Flinders Cardiac Group*
1.30 – 2.30	Health Moves
Friday	
9.30 – 10.30	Health Moves
10.30 – 11.30	Easy Moves for Active Ageing
10.45 – 11.45	Fitness and Balance

Friday (continued)	
1.00 – 2.00	Fitness and Balance
1.00 – 3.30	Friday Club
Saturday	
1.00 – 4.00	Girls on the Go

