

## Region: Metropolitan North

## Outlet: Resthaven Northern 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.

## Activity Description

### Keep Fit or Falls Prevention Group

Individual exercise programs undertaken within a group setting.

### Pulmonary Rehabilitation

Gentle exercise with equipment, and education for cardio pulmonary fitness.

### Aqua Physiotherapy

Water based exercise program. Client will be individually assessed by a physiotherapist prior to joining class. Ability to swim is NOT required. Located at Elizabeth Aquadome.

### Cognitive Stimulation Therapy Program

Activities to improve procedural memory, social skills and confidence.

### FAB – Fitness and Balance

Exercise and education to improve balance, knowledge and confidence.

### Parkinson's Keep Active

Exercise, education and support for clients with Parkinson's disease or similar neurological conditions.

### Tai Chi

Gentle exercise to improve balance and sense of wellbeing.

### Social Connections (weekly)

Weekly social group which includes activities and outings.

### Social Connections (monthly)

Monthly outings to various locations and events. Day and time will vary depending on activity.

### Gardening Group

Clients plan, plant and maintain raised gardens and pots in the courtyard at Resthaven Northern Community Services. Also may include cooking activities using fresh produce from the gardens.

### Parkinson's Plus

Includes exercise, education and support for clients with Parkinson's disease or similar neurological conditions (2 week block).

### Strength and Balance

Exercise, education to improve strength, balance, knowledge and confidence.

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Unless otherwise indicated all sessions are held at:  
**16 Gillingham Road, Elizabeth**

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

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Please contact Resthaven Northern Community Services on 8259 5600, or email [northernncs@resthaven.asn.au](mailto:northernncs@resthaven.asn.au) for more information or to make a booking.

# Resthaven Group Programs

Monday	
10.00 – 11.00	Keep Fit or Falls Prevention Group
11.00 – 12.00	Keep Fit or Falls Prevention Group
Tuesday	
10.00 – 11.00	Pulmonary Rehabilitation
11.00 – 12.00	Pulmonary Rehabilitation
11.00 – 12.00	Cognitive Stimulation Therapy Program
1.00 – 2.00	Keep Fit or Falls Prevention Group
2.30 – 3.30	Keep Fit or Falls Prevention Group
Wednesday	
9.30 – 10.30	Tai Chi
10.00 – 11.30	Parkinson's Keep Active
11.00 – 12.30	Parkinson's Keep Active

Wednesday continued	
10.30 – 12.00	Parkinson's Plus
1.30 – 2.30	FAB - Fitness and Balance (Falls Prevention)
Thursday	
9.00 – 11.00	Gardening Group (Fortnightly)
9.30 – 11.00	Strength and Balance
10.30 – 1.00	Social Connections
1.15 – 2.15	Aqua Physiotherapy
2.15 – 3.15	Aqua Physiotherapy
Friday	
10.00 – 11.00	Pulmonary Rehabilitation
11.00 – 12.00	Pulmonary Rehabilitation
1.00 – 2.00	Pulmonary Rehabilitation
10.30 – 1.00	Social Connections

