

ACTIVE AND OLDER

We understand that everyone is different, which is why our program includes a range of activities and assistance that is delivered in your home, in our centres, or through social outings in the community.

We ask clients to pay a small contribution towards the services they receive, however no-one will be denied access if they are unable to pay.

We value your feedback

If you have a suggestion, concern or want to provide feedback about our service, please call us on 1300 65 88 30 and our friendly staff will assist you.

For an interpreter phone 13 14 50. To call using a modem or TTY service please call 1800 55 56 77 and ask for 1300 65 88 30.



We understand our community's needs because we're locals assisting locals.



MIDCOAST
assist

We'd love to hear from you

Visit us:

4 Breese Parade, Forster
71 Booner Street, Hawks Nest
6 Church Lane, Stroud

Online:

www.midcoastassist.com.au

By phone:

1300 65 88 30

By email:

AgeingAssist@midcoast.nsw.gov.au



Our services are provided in partnership with the Australian Government.

midcoastassist.com.au



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**AGEING
SUPPORT
SERVICES**



Codger's Men's group

Check out our 2019 schedule inside

Welcome to our men's group, 'Codgers'

'Codgers' provides an opportunity for conversation and companionship over lunch with the support of skilled staff and volunteers.

The group is for men who would like to access social activities and/or whose carers require respite.

When?

'Codgers' is held every second Wednesday as listed, from 10am-2pm.
(Please let us know in advance if you're unable to attend).

Where?

The 'Codgers' men's group meets at various social and recreational venues in the Tea Gardens/Hawks Nest and surrounding areas.

We will let you know well in advance the location for each gathering.

Costs

Transport & admin: \$12.00

Plus the cost of lunch which is at your own expense.

**So we're calling all our local codgers...
we hope to see you there!**

'Codgers' gatherings January – June 2019

- Wednesday 23 January
- Wednesday 6 February
- Wednesday 20 February
- Wednesday 6 March
- Wednesday 20 March
- Wednesday 3 April
- Wednesday 17 April
- Wednesday 1 May
- Wednesday 15 May
- Wednesday 29 May
- Wednesday 12 June
- Wednesday 26 June

'Codgers' gatherings July – December 2019

- Wednesday 10 July
- Wednesday 24 July
- Wednesday 7 August
- Wednesday 21 August
- Wednesday 4 September
- Wednesday 18 September
- Wednesday 2 October
- Wednesday 16 October
- Wednesday 30 October
- Wednesday 13 November
- Wednesday 27 November
- Wednesday 11 December