

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**



**DOLPHIN'S
SOCIAL GROUP**

Find out what's coming up inside

'Dolphin's gatherings – look what's on through to December 2019'

Welcome to our social group, 'Dolphins'

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

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

When?

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

Where?

The 'Dolphins' group meets at the Hawks Nest Community Hall, Booner Street, Hawks Nest. On the 3rd Friday of each month the group goes on an outing.

Costs

Transport to and from the hall, morning tea and lunch is \$20.00. The outings are also \$20.00.
On an outing you will need extra money for desserts and drinks.

**Please call to arrange to join the group
... we hope to see you soon!**

October 2019

- **Friday 4 October - Outing**
Birthday Morning Tea & local outing for lunch
- **Friday 11 October**
Singing with Joan and Colin
- **Friday 18 October**
In house activity
- **Friday 25 October**
Youth Challenge Entertainment

November 2019

- **Friday 1 November**
Birthday Morning Tea & Melbourne Cup Day
- **Friday 8 November**
Villa Voce Performance
- **Friday 15 November - Outing**
Raymond Terrace Bowling Club
- **Friday 22 November**
In house activity
- **Friday 29 November**
U3A Choir

December 2019

- **Friday 6 December**
Birthday Morning Tea & Anne Stuart playing the piano and singing.
- **Friday 13 December - Outing**
Christmas Party Celebration
- **Friday 20 December -**
Volunteer thank you morning tea & hamper draw. 12 Noon finish.

**And remember, growing old
is to be celebrated....**



**Our age represents the
number of years the world
has been enjoying us!**