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

MIDCOAST assist

AGEING SUPPORT SERVICES

DOLPHIN'S SOCIAL GROUP

Find out what's coming up inside

MIDCOAST assist

‘Dolphin’s gatherings – look what’s on through to February 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 $15.00 and for outings it is $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!

November 2018

- **Friday 2 November**
  Birthdays
- **Friday 9 November**
  Sing-a-long with Joan & Colin
- **Friday 16 November - Outing**
  Karuah RSL
- **Friday 23 November**
  Old Bones Ukulele
- **Friday 30 November**
  U3A Choir

December 2018

- **Friday 7 December**
  Birthdays and Anne Stuart
- **Friday 14 December - Outing**
  Bulahdelah Bowling Club
- **Friday 21 December**
  Morning Tea to thank volunteers, hampers and early finish at 12 noon.

January 2019

- **No group**

February 2019

- **Friday 1 February**
  Birthdays and welcome back

And remember, growing old is to be celebrated….

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