

## Welcome to our Ladies Group

Ladies Social Group provides an opportunity for conversation and companionship over morning tea and lunch with the support of skilled staff and volunteers.

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

### When?

Our Ladies Group meets every Tuesday from 10am - 2pm. Check the list of dates for January – June listed in this brochure.

Please let us know in advance if you are unable to attend.

### Where?

St Stephens Catholic Church Hall  
Witt Street, Tea Gardens

### Costs

Admin and morning tea: \$4.00  
If you require transport as well: \$12.00

Lunch can be brought in, or bought at own expense.

**We look forward to seeing you there!**

## Ladies Group gatherings July – September 2019

- Tuesday 2 July
- Tuesday 9 July
- Tuesday 16 July
- Tuesday 23 July
- Tuesday 30 July
- Tuesday 6 August
- Tuesday 13 August
- Tuesday 20 August
- Tuesday 27 August
- Tuesday 3 September
- Tuesday 10 September



## Ladies Group gatherings September – December 2019

- Tuesday 17 September
- Tuesday 24 September
- Tuesday 1 October
- Tuesday 8 October
- Tuesday 15 October
- Tuesday 22 October
- Tuesday 29 October
- Tuesday 5 November
- Tuesday 12 November
- Tuesday 19 November
- Tuesday 26 November
- Tuesday 3 December
- Tuesday 10 December
- Tuesday 17 December

## 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](http://www.midcoastassist.com.au)

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### Ladies group

Check out our 2019 schedule inside