

## Monday Mixed Social Program

Our mixed social program on Mondays offers a broad range of activities including gentle exercises, musical entertainers, guest speakers, socialisation, games and quizzes. We also hold restaurant outings, community outings, cultural days and art and craft classes.

mecwacare's trained staff run regular planning sessions where client input is used to develop the eight-week program. Morning tea and a healthy two-course lunch is provided. Transport is also available by mecwacare bus or a taxi if required.

### Who can join?

People who live in the City of Stonnington and surrounding areas, and are over the age of 65 or have a disability, can join the program.

### Where is the program?

The program is held at the Bowen Street Community Centre at 72 Bowen St, Malvern East Melway reference 69 D2.

### When does the program run?

Every Monday 10am to 3pm

### Cost

\$15.00 per session includes GST, morning tea and lunch, as well as transport for Stonnington residents.

### How can I find out more information?

To find out more contact us on 9564 5100 or 9564 5102 or visit our website - [www.mecwacare.org.au](http://www.mecwacare.org.au)

