

Tuesday Men's program

As part of mecwacare's Tuesday men's program, we offer gentle exercises, musical entertainment, guest speakers, games and socialisation. We also arrange outings into the community to restaurants and attractions.

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?

The program runs on Tuesdays at 10am to 3pm.

Cost

\$15.00 per session includes GST, morning tea and a two-course 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 check our website at www.mecwacare.org.au

