

At **HELLO MONDAY** you will
meet great people
enjoy a delicious meal
have **fun** and
give your **brain** a work out too!

*"We laugh and share
our stories, and the
food is good too!"*



Above a recent outing to a
Woodcarving business.

'Hello Monday' has a cost of \$10.00 per session, which includes lunch and an activity. If you are just coming for lunch the fee is \$7.50.

Transport assistance: \$4.00 return or \$2.50 single trip.

Invoices are distributed monthly for payments.

If you would like to attend the 'Hello Monday' program please call Carers and Disability Link or contact the 'My Aged Care' Contact Centre on 1800 200 422 or website www.myagedcare.gov.au and request a referral for the 'Carers and Disability Link, Barossa - Centre Based Respite Program'. For assistance with your referral please call our office on 8562 4000.

E-mail: barossa@cadl.support



If you are over 65 and would like to meet new friends and enjoy quality activities then why not give 'Hello Monday' a go!!

Mondays 12 noon - 3pm

Lunch included



**Venue: Reusch Community Centre
24A Murray Street, Nuriootpa, SA**

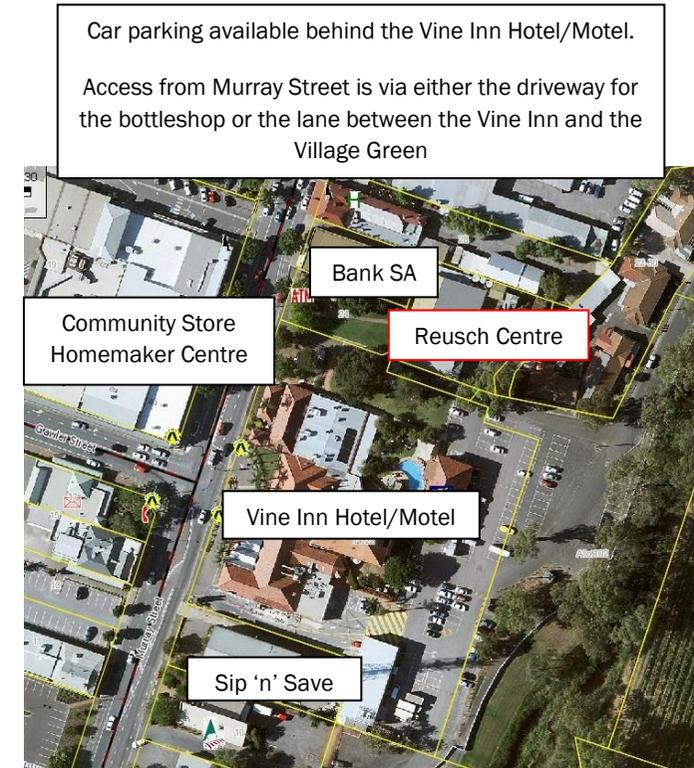
The **'Hello Monday'** is a welcoming and warm program where Carers and their 'cared for' can feel supported by other people experiencing similar 'life issues and challenges'. Every Monday a Carer Support Worker is present to offer support. Friendships are nurtured and developed in a safe and positive environment.



Activities Include:

- Social games and quizzes
- Bus Trips
- Music and entertainment
- Cooking and crafts
- Indoor bowls
- Fun and reminiscence
- Theme days
- Guest Speakers
- PLUS we provide activities based on 'your suggestions and requests.....'

Activities are conducted by a qualified Lifestyle Coordinator with the support and assistance of Contractors and Volunteers.



Carers and Disability Link supports people who are caring for a family member or friend who has a disability, illness or is frail aged.