

Will my information  
be kept private?

Yes. We will keep your name  
and contact details on your  
consumer record. Other details  
will be recorded in your  
consumer file.

Only the workers who you  
have direct contact with may  
read your file. If we need to  
talk to someone else, we will  
get your permission first.

For more information on  
Consumer Privacy, read our  
brochure:

'Your Information-It's Private'

Where can I get more  
Information?



The Planned Activity Group  
program operates from the  
Senior Citizen Clubrooms on  
the corner of Market and  
Golden Streets.

Contact the PAG Program  
Coordinator on  
54952977

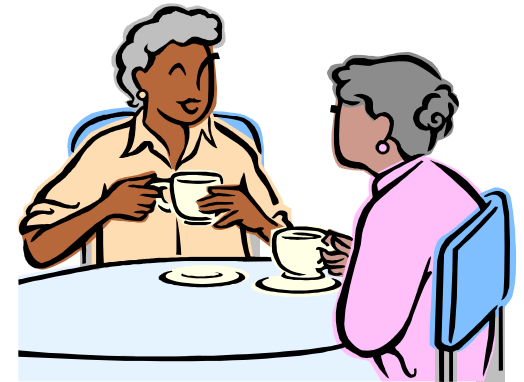
Please leave a message with your  
name and contact number.

Is there a cost?

A nominal daily fee which includes a meal  
applies.

October 2009

## St. Arnaud Planned Activity Group



The Planned Activity Group  
Program provides a  
welcoming and supportive  
Social environment.

Primary Care Services

# EAST WIMMERA HEALTH SERVICE

## ST. ARNAUD PLANNED ACTIVITY GROUP PROGRAM

Do you enjoy meeting new people and sharing new and interesting activities?

The Planned Activity Group of St. Arnaud meets twice a week to bring people together to participate in group activities and outings.

### Who is the Planned Activity Group suited to?

This program is particularly suited to people who may live at home on their own or those who may otherwise not have the opportunity to get out and about as much as they would like.

### How can I join the Planned Activity Group Program?

Interested individuals can telephone the Program Coordinator. An initial visit will be organised to discuss details of the program including eligibility.

### What happens at the Planned Activity Group Program?

We actively seek input from group members regarding ideas for activities and outings.

Some of the activities which can be enjoyed by people include:

- Discussions, craft, cards & crosswords, competitions, quiz days, movie days & games days
- Gentle exercises, bowls & gardening
- Barbeques, picnics & luncheons at local and out of town venues.
- Entertainers & bus trips to areas of interest to the group, such as historic sites, concerts & other out of town attractions.

### Transport to the Program

There is a small bus that is available to pick up clients.

Alternatively, clients can make their own arrangements to get to the Centre.



The program does not operate on week-ends or Public Holidays.

If you feel the need for more social contact in a friendly atmosphere, please call your local Planned Activity Group Coordinator on 54 952 977.