

# Men's Shed



## Our Cheerful Group

Kevin is our Men's Shed Coordinator who works with a great team and many Volunteers to ensure all the men across our three villages are able to escape to 'The Shed' on a regular basis.

## Buses

Shepparton Villages is fortunate to have three 12 seater buses, one located at each village.

The buses are available to pick our men up from the facility and take them out on any trips organised for the Men's Shed group and if it's just a day in 'The Shed' they are wanting, then transport can be easily arranged.

## Varied Outings

Our Men's Shed program is paramount to maintaining the health, happiness and wellbeing of our male residents.

Many outdoor trips and activities offered reflect the needs and desires of our residents.

Some trips often arranged are:

- Fishing trips
- Lunch at hotles or clubs
- Visiting places of interest local landmarks waterway, museums etc
- Outdoor BBQ's
- Scenic Country Drives



## Our Men's Shed

This program operates two days a week (Wednesday and Friday) and is a very important program offered to our male residents. The men love the opportunity to socialise, share life experiences and help maintain feelings of identity and self worth and they look forward to a weekly catch up with their mates.

It provides the opportunity to create woodwork objects and then sand and paint them in readiness for selling them at our fetes or to be donated to local charitable organisations. The funds raised will go towards the purchase of equipment and supplies. The Men's Shed is well patronised by our male residents with the assistance of many enthusiastic and community minded volunteers. Independent Living Unit residents are welcome to attend the Men's Shed by joining our Volunteer Program.

Other activities at the Men's Shed include:

- Gardening
- Computer Games/Entertainment
- Billiards/snooker/pool
- Tinkering with old engines and motors
- BBQ's and much more.
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Any ideas and suggestions are always welcome.



For more information contact:

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