



Lifestyle & Leisure

Fact Sheet

Cheerful Team

Chris heads up our Lifestyle and Leisure Program and works with a wonderful team of Diversional Therapists ensuring all our residents are living an interesting, active and meaningful life.

Lifestyle and Leisure

Our activities program is paramount to maintaining the health, happiness and wellbeing of all residents and the activities offered reflect the needs and desires of our residents.

Activities offered:

- Broadband for Seniors ➤ Craft ➤
- Bingo ➤ Shuffleboard ➤ Hoy ➤ Bobs
- Cards ➤ Board Games ➤ Cooking
- Gardening ➤ Quiz ➤ Singing
- Footy Tipping ➤ Reading group
- Outings to concerts ➤ BBQ's
- Shopping outings ➤ Scenic Drives
- Hot Breakfasts

Buses

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

In caring for our residents we think it is important to offer them the opportunity to stay connected with the community and encourage them to get out and about. Safe and comfortable transportation is readily available and our residents thoroughly enjoy these special outings.

Men's Shed Visits

'The Shed' operates two days a week (Wednesday and Friday) and is a very important part of life for 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.

The buses are available to pick our men up from their 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.

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
- Computers
- Billiards
- Tinkering with old engines and motors
- Fishing trips
- Country drives
- Visiting places of interest
- BBQ's and much more. Any ideas and suggestions are always welcome

For more information contact:

Christine Crawford

Lifestyle & Leisure Coordinator

Telephone: (03) 5832 0800

Email: banksiadt@sheppvillages.com.au

FOR MORE INFORMATION OR ENQUIRIES PLEASE CONTACT:

Administration Office, Tarcoola Village.

9 Batman Avenue, Shepparton VIC 3630, Postal Address: P O Box 203, Shepparton VIC 3632.

Telephone: (03) 5832 0800 Fax: (03) 5821 3998 Email: info@sheppvillages.com.au

Web: www.sheppvillages.com.au