



Lifestyle and Leisure



Cheerful Team

Chris Crawford 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.

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.

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
- Games: Shuffleboard, Hoy, Bobs, Cards, Board Games
- Cooking
- Gardening
- Quiz
- Singing
- Footy Tipping
- Reading group
- Outings to concerts
- BBQ's
- Shopping outings and scenic Drives
- Hot Breakfasts



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/pool/snooker
- Tinkering with old engines and motors
- Fishing trips
- Lunch at hotels or clubs
- Visiting places of interest; local landmarks, waterways and museums etc
- BBQ's and much more.

Any ideas and suggestions are always welcome



For more information contact:

Christine Crawford
Lifestyle and Leisure Coordinator

Telephone: (03) 5832 0800

Email: banksiadt@sheppvillages.com.au

For more information or enquiries please contact:

9 Batman Avenue, Shepparton VIC 3630 | PO Box 203, Shepparton VIC 3632

t. (03) 5832 0800 f. (03) 5821 3998 e. info@sheppvillages.com.au w. www.sheppvillages.com.au