

WE'RE HERE FOR YOU

Life Without Barriers is a not-for-profit organisation, providing care and support services across Australia. We started small, but we've grown to over 100 offices in Australia. We think local, but draw on our wealth of experience to make sure local communities – from city suburbs to remote townships – all receive the support and services that are right for them.

WE'D LIKE TO HEAR FROM YOU:

For more information please contact:

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CAPALABA SENIORS ACTIVITY CENTRE

Come join us

09/07/2015 | LWB10261



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Supporting older people

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Supporting older people

Relationships, friendships, exploring new challenges and the opportunity to get out and about in the community are important to the health and well-being of older Australians. That's why Life Without Barriers has established a Seniors Activity Centre in Capalaba. At the centre we offer opportunities for seniors to pursue their interests, learn new skills, get out and about and develop new friendships in a warm, welcoming and supportive atmosphere.

Life Without Barriers Capalaba Seniors Activity Centre offers a friendly and caring home-like environment, where seniors can relax and enjoy the company of others, take part in activities, or just relax and take a little time out.

The seniors that attend the centre enjoy maintaining their independence, relationships and connecting with their local community.

Our seniors spend time socialising together while enjoying activities such as crafts, trivia, social outings, hanging out in the men's shed or just come along to catch up with friends or make new ones. Our seniors tell us that it's the social support, companionship and a sense of belonging we offer, that they value most.

"WE LOVE BEING INDEPENDENT AND HAVING CHOICES"

OPENING HOURS AND COST

The centre is open Monday to Friday from 9.00am to 4.00pm.

If you require transport to and from the centre, we are able to provide a free air-conditioned mini-bus. The centre will also provide transport for all our group community outings.

COST

There is a fee of \$15* per day, which includes morning & afternoon tea and lunch. We cater for a range of dietary requirements, including gluten free and dairy intolerance.

*Fees can be reduced (conditions apply)

CENTRE ACTIVITIES

The following activities that our senior currently enjoy are:

- Music
- Arts and Crafts
- Card Making Classes
- Puzzles and Mind Games
- Monthly Bus Trips
- Op Shopping
- Men's Workshop
- Gardening
- BBQ and Picnics
- Café Crawl

