



Eligibility

To be eligible, you need to be registered with My Aged Care.

You can attend our wellbeing classes through:

- Commonwealth Home Support Program
- Home Care Package funding

We can help you through this process.

Check out our latest schedule over the page!

Here for your health and wellbeing

Looking to stay fit and active, maintain your independence and connect with like-minded people?

Join our weekly wellbeing classes with trained staff, that are tailored to your your health and wellbeing goals, including:

- Cognitive puzzles and games
- Chair based exercise
- Light morning tea
- Connection with like-minded people

Get in touch today to find out more

02 9302 3600 • info@holdsworth.org.au



Here for your health and wellbeing

Wellbeing schedule

Join us in your local area for cognitive stimulation, including puzzles and games, physical exercise class, including dancing and gentle chair exercises plus a light morning tea.

Day	Location	Time
Monday	Gaden Community Centre	10am - 12pm
	Coogee	10.15am - 12.15pm
		12.30pm - 2.30pm*
Tuesday	Kensington Community Centre	9am - 11am
		11.15am - 1.15pm
Wednesday	Gaden Community Centre	10am - 12pm
Thursday	Gaden Community Centre	11.30am - 1.30pm*
	Eastlakes	10am - 12pm
Friday	Gaden Community Centre	10am - 12pm

*Indicates dementia friendly wellbeing class

Get in touch today to find out how we can help
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