



## Seniors Social Support Groups

The SydWest Seniors Social Support Group organizes a wide array of meaningful activities to empower our seniors to stay active, healthy and socially connected within the community at large.

Our aim is to improve the physical, mental, and emotional well-being of our seniors through an array of wide variety of activities & programs for our seniors.

These Groups create opportunities for like-minded seniors to meet, socialise, bond on a regular basis and share their experiences, skills and knowledge with each other.



### Some of the programs we offer are as follows:

- Stimulating activities to keep your brain active and healthy
- Art and Craft activities
- Wellness & Recreational Activities
- Health and Medical Related Talks
- Healthy cooking demonstrations
- Service Activities
- Festive Celebrations
- Social Outings

### Eligibility Criteria:

- 65 years & above
- Have a Social Support & Community Transport Referral codes from My Aged Care – the SydWest Team will be able to assist you to obtain these referral codes.
- Living in Western Sydney



[www.facebook.com/sydwestms](http://www.facebook.com/sydwestms)

[www.sydwestms.org.au](http://www.sydwestms.org.au)

*ALL-STAR team of the 2022 Aged Care Services Association Awards*

### Support Groups include:

- Arabic
- Bhutanese
- Chinese (Cantonese)
- Chinese (Mandarin)
- Croatian
- Filipino
- Indian Fijian Subcontinent
- Indian Glenwood
- Maltese
- Multicultural
- Persian
- Serbian
- Spanish
- Turkish



## Locations

125 Main Street  
Blacktown

Level 1, 13 Cleeve Close  
Mt Drutt

Workshop 1, Granville Centre  
1 Memorial Drive  
Granville

## Contact

For more information on our Seniors Social Support Groups [SSSGs], please contact us on:

Tel: 9621-6633

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