



Men's Social Group

Join us in a range of activities and socialise with others over a relaxed morning tea.

From learning how to use your device, to music appreciation, and gentle movement, this group aims to enhance your social wellbeing while having fun and discovering something new.

Every Wednesday
24th June - 9th September
2026

YANADA HOUSE

92 Dennis Street Northcote

-  10.00am – 12.00pm.
-  \$7.50 per session, for Individuals registered with My Aged Care.
-  Tea, Coffee, and Biscuits provided.
-  Registration required.
Please call 8470 8970.

See over for session details.



Please call 1800 200 422 to register with My Aged Care. Or call Darebin Council's Carefinder Team on 8470 8543 to explain the process and seek your permission to make a referral.



24th June: Exercise with Hand Weights

Gentle guided weight-bearing exercises to promote and maintain upper body strength.



1st July: Trivia

Enjoy a fun morning of trivia covering a range of topics, general knowledge, and bizarre facts.



8th July: Device Support

Bring along your device and questions to learn how to use specific features, with special guest Sam from Darebin Libraries.



15th July: Music Appreciation

Bring along your favourite tunes or artists to share and sing along with the group.



22nd July: Book/Movie Club

What's your latest read or movie you have watched? Share with the group and discover something new.



29th July: Device Support

Bring along your device and questions to learn how to use specific features, with special guest Sam from Darebin Libraries.



5th August: Seated Yoga

This traditional practice can help reduce stress, enhance movement, and increase flexibility.



12th August: Device Support

Bring along your device and questions to learn how to use specific features, with special guest William from Darebin Libraries.



19th August: Table Games

Get ready for some fun and friendly competition. Connect with others through classic and new games.



26th August: Device Support

Bring along your device and questions to learn how to use specific features, with special guest William from Darebin Libraries.



2nd September: Reminiscing

Bring along a meaningful item from your past to share, whether it's a photo, a letter, or a cherished object.



9th September: Device Support

Bring along your device and questions to learn how to use specific features, with special guest William from Darebin Libraries.

CITY OF DAREBIN

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National Relay Service relayservice.gov.au

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.



Speak your language T 8470 8470

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