



# Morning Tea 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 whilst having fun and learning something new.

**Every Wednesday**  
7th January - 25th March  
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.



### 7th January: Table Games

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



### 14th January: Gentle Movement

Enjoy a morning of gentle exercises, followed by a healthy morning tea.



### 21st January: Music Appreciation

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



### 28th January: Cooking

Discuss easy, nutritious recipes and prepare a simple meal together to share.



### 4th February: Gentle Movement

Enjoy a morning of gentle exercises, followed by a healthy morning tea.



### 11th February: Device Support

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



### 18th February: Art Appreciation

Explore the meaning and story behind works of art. Share your thoughts and discover something new.



### 25th February: Book/Movie Club

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



### 4th March: Gentle Movement

Enjoy a morning of gentle exercises, followed by a healthy morning tea.



### 11th March: Device Support

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



### 18th March: Table Games

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



### 25th March: 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](http://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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