

JOIN US  
ANYTIME!

# TERM 1 TIMETABLE

24 JANUARY- 31 MARCH 2022

## THE MEMORY INNOVATIONS CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11.00am – 12.30pm <b>FOOD FOR THOUGHT</b>	1.30pm – 2.30pm <b>LET'S GET MOVING</b>	10.30am – 11.30am <b>BRAIN GAMES</b> Central Coast	10.30am – 12.30pm <b>ARTS SMARTS</b>
	2.00pm – 4.00pm <b>ARTS SMARTS</b>	11.00am – 12.00pm <b>BRAIN GAMES</b>	11.00am – 12.00pm <b>LET'S GET MOVING (ADVANCED)</b>
		11.30am – 12.30pm <b>LET'S GET MOVING</b> Central Coast	1.00pm – 2.00pm <b>LET'S GET MOVING</b>
		2.00pm – 4.00pm <b>ARTS SMARTS</b>	

### ARTS SMARTS

No prior art making experience required just a willingness to have a go. Our facilitator will provide individual attention while promoting camaraderie and fun. A variety of art making materials are used to unleash your inner artist.

### FOOD FOR THOUGHT

Our cooking group aims to empower seniors to prepare meals and snacks that may help support their cognitive health. Our recipes are designed to be simple and cater to different dietary needs. We also offer one-to-one dietary assessments to those requiring more in-depth dietary advice and food plans.

### LET'S GET MOVING

A group exercise class catering to all fitness and mobility levels. The exercises are designed to improve your cardiovascular fitness, strength and balance in a relaxed and fun atmosphere. We will run an advanced group for those with higher baseline fitness and some experience with strength training, including some more challenging balance training.

### BRAIN GAMES

Practical activities and games designed to stimulate the brain and encourage participants to engage in new and fun learning experiences. The sessions will involve problem solving, quizzes, games, riddles and app based learning.

### HOME SAFETY

We offer home safety assessments conducted by our highly experienced Occupational Therapist, providing equipment and home modification recommendations as well as referrals for major and minor works.



**MEMORY  
INNOVATIONS  
CENTRE**

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*CatholicCare*  
Diocese of Broken Bay  
SENIORS