

JOIN US
ANYTIME!

TERM 2 TIMETABLE

26 APRIL - 30 JUNE 2022

THE MEMORY INNOVATIONS CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11.00am – 12.30pm FOOD FOR THOUGHT	10.30am-12.30pm ARTS SMARTS	10.30am – 11.30am BRAIN GAMES Central Coast	11.00am – 12.00pm LET'S GET MOVING
	1.30pm – 2.30pm LET'S GET MOVING	11.00am – 12.00pm BRAIN GAMES	
	2.00pm – 4.00pm ARTS SMARTS	11.30am – 12.30pm LET'S GET MOVING Central Coast	
		2.00pm – 4.00pm ARTS SMARTS	

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.

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, riddles, quizzes 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