

IN CENTRE
& ONLINE
PROGRAMS



MEMORY
INNOVATIONS
CENTRE

CatholicCare
Diocese of Broken Bay
SENIORS

Concerned about your memory?

1a Clarke Road Waitara

(02) 9481 2659

www.catholiccaredbb.org.au/mic



ARE YOU CONCERNED ABOUT YOUR MEMORY? UNSURE WHERE TO TURN?

The Memory Innovations Centre improves quality of life, wellbeing and helps support cognitive decline for older Australians. Our professionally run programs focus on having fun, connecting with others and stimulating your brain.

The programs combine science and social activity and are run by experienced facilitators to ensure you get the best outcomes for your health and wellness. Our programs are simple, enabling people to use the strategies at home.

A cozy, warm and welcoming environment awaits you at our centre in Waitara, with a team who are always on hand for a cuppa and a chat. Alternatively you can access our programs from the comfort of your own home.

“ I AM ENJOYING THE
PROGRAMS VERY MUCH
& LOVE MEETING
NEW PEOPLE! ”

OUR PROGRAMS



DANCE WITH ME

A place to be yourself as you move, groove and unwind to a range of musical styles. Enjoy the benefits of connection, dance-based exercise, creativity and self-expression. Facilitated by our resident Dance Movement Therapist.



ART SMARTS

No prior art making experience required, just a willingness to have a go. This program is facilitated by an Art Therapist and is designed for small classes to provide individualised attention, yet promote fun and camaraderie. A variety of art making materials will be used to unleash your inner artist and stimulate both sides of your brain.



FOOD FOR THOUGHT

Facilitated by a Dietitian, our cooking class aims to inspire and empower older adults to prepare meals and snacks that help support their cognitive health and overall wellbeing. Our recipes are designed to be simple and can be personalised if needed. Enjoy cooking sessions and videos, nutrition education on hot topics of the week and discussions around making food interesting and nourishing again.



LET'S GET MOVING

Facilitated by our resident Physiotherapist, this exercise group caters for everyone's fitness and mobility level. The exercises are designed to improve your cardiovascular fitness, strength and balance, in a relaxed and fun atmosphere. Fun cognitive challenges ensure you are stimulating your body and mind!



BUILD YOUR BRAIN

Facilitated by a Psychologist this program is designed to exercise your working memory. You will be offered practical strategies to assist with memory changes including mindfulness and routine planning. The program aims to improve brain function and learning for seniors using the latest technology and research.



SPECIALISED SUPPORTS

We can also offer one-to-one consultations with Speech Therapy and Occupational Therapy.

PROGRAM SCHEDULE

TERM 3 - Monday 29 June to Thursday 17 September 2020

TERM 4 - Monday 28 September to Thursday 17 December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9.30am – 10.30am FOOD FOR THOUGHT	10.00am – 11.00am DANCE WITH ME	10.00am – 11.00am BUILD YOUR BRAIN	9.30am – 10.30am FOOD FOR THOUGHT
11.00am – 12.00pm FOOD FOR THOUGHT	11.30am – 12.30pm DANCE WITH ME	11.30am – 12.30pm BUILD YOUR BRAIN	10.00am – 11.00am DANCE WITH ME
11.00am – 12.00pm LET'S GET MOVING	1.00pm – 3.00pm ARTS SMARTS	1.30pm – 3.30pm ARTS SMARTS	11.00am – 12.00pm FOOD FOR THOUGHT
1.00pm – 2.00pm BUILD YOUR BRAIN			11.30am – 12.30pm DANCE WITH ME
2.30pm – 3.00pm BRAIN, MEMORY & HEALTH TALKS			1.00pm – 2.00pm LET'S GET MOVING
			2.30pm – 3.30pm LET'S GET MOVING

Due to social distancing requirements spaces are limited at the centre, however we are offering an online alternative and may be able to provide technology if needed.

Note we will not be open on the public holiday Monday 5 October. We will open Friday 9 October that week.



PAYMENT OPTIONS & FEES

OPTION 1: PER SESSION/CASUAL

- \$15.00 per session (1 hour)
- \$25.00 per session (2 hours)

Subject to availability.

OPTION 2: PER TERM/COMMONWEALTH HOME SUPPORT PROGRAM (CHSP)

- \$5.00 per session (\$60.00 per term) for 1 hour program
- \$8.00 per session (\$96.00 per term) for 2 hour program

Eligibility requirements for Specialised Support Service (obtained through My Aged Care).

OPTION 3: PER TERM/HOME CARE PACKAGE (FEE FOR SERVICE)

- \$170.00 for 1 hour program (~\$14.00 per session)
- \$270.00 for 2 hour program (\$22.50 per session)

We can charge these fees directly to your home care package irrespective of your provider. Let us know if you have a current home care package.

IF PAYMENT OPTIONS 1, 2, OR 3 DO NOT SUIT YOU, YOU MIGHT LIKE ONE OF OUR OTHER PACKS



INTRO PACK: \$60.00

5 sessions to use across any programs you wish (pre-booking is required). You can attend in-centre or online via a live zoom session. Limited to 1 per person and subject to availability.

Costs are subject to change.

SESSIONS AT YOUR OWN PACE: \$50.00

5 pre-recorded program specific sessions for you to work through at your own pace at home.