

JOIN US  
ANYTIME!



*CatholicCare*  
Diocese of Broken Bay  
SENIORS



MEMORY  
INNOVATIONS  
CENTRE

1a Clarke Road Waitara

**(02) 9481 2659**

[www.catholiccareddb.org.au/mic](http://www.catholiccareddb.org.au/mic)



## BE HAPPY, ACTIVE & KEEP YOUR BRAIN SHARP

**CatholicCare's Memory Innovations Centre improves quality of life, wellbeing and helps support positive brain health for seniors in our community.**

Our professionally run programs focus on having fun, connecting with others and stimulating your brain. Programs are delivered online and in-centre, allowing you to choose the option you are most comfortable with.

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

A cozy, warm and welcoming environment awaits you at our centre in Waitara, with a team who is always on hand for a cuppa and a chat! We run the majority of our programs from our Waitara hub but are expanding our programs to the Central Coast!

# OUR PROGRAMS



## 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.

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## 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.

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## 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 some app based learning.

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## FOOD FOR THOUGHT

Facilitated by a Dietician, 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.

## 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.



# PAYMENT OPTIONS & FEES

## OPTION 1: PER SESSION/CASUAL

\$25.00 per session  
*Subject to availability.*

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

\$7.00 per session (\$84.00 per term)  
*Eligibility requirements for Allied Health & Therapy Services (through My Aged Care).*

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

\$20.00 per session (\$220.00 per term)  
*We can charge these fees directly to your Home Care Package irrespective of your provider. CatholicCare will be providing Home Care Packages in 2022. Call us for more information.*



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

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CONTACT US

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E: [seniors@catholiccaredbb.org.au](mailto:seniors@catholiccaredbb.org.au)

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