

## AGED CARE AND CARER PROGRAM CALENDAR

### MONDAY

**Chinese Social Support Group**  
held in City of Greater Dandenong

**Multicultural Social Support Group**  
held in City of Greater Dandenong

**The Hive Community Garden at Braeside Park**



### TUESDAY



**The Hive Community Garden at Braeside Park**

**Polish Social Support Group**  
held in City of Greater Dandenong



### WEDNESDAY

**Cambodian Social Support Group**  
held in City of Greater Dandenong

**Mid-Week Respite Group** held in City of Greater Dandenong

**Multicultural Men's Program**  
held in City of Casey



### THURSDAY

**Spanish Social Support Group**  
held in City of Casey

**Filipino Social Support Group**  
held in City of Greater Dandenong

**Vietnamese Social Support Group**  
held in City of Greater Dandenong

**The Hive Community Garden at Braeside Park**



### FRIDAY

**Multicultural Social Support Group**  
held in City of Casey

**The Hive Community Garden at Braeside Park**

**Every Fortnight Creative Minds**  
held in City of Greater Dandenong



### SATURDAY

**Center Based Respite Program**  
held in City of Greater Dandenong



3rd Monday of each month:  
Monthly Multicultural Outing Group

**For further information contact SMRC:**

39 Clow Street,  
Dandenong VIC 3175

[www.smrc.org.au](http://www.smrc.org.au)

Ph: 9767 1900

Supported by Australian Government  
Department of Health and Aged Care.

## SENIOR EXERCISE PROGRAM CALENDAR

### MONDAY

**9.00 a.m. - 9.45 a.m.**

Warm Water Exercise  
with Instructor

**Location:** Dandenong  
Oasis

**9.45 a.m. - 10.30 a.m.**

Warm Water Exercise  
with Instructor

**Location:**  
Dandenong Oasis

**10.30 a.m. - 11.30 a.m.**

Gym Session

**Location:**  
Casey Race,  
Cranbourne East

### TUESDAY

**10.30 a.m. - 11.30 a.m.**

Strength Training –  
Chair based with  
Instructor.

**Location:**  
SMRC Office,  
Dandenong

**12.30 p.m. - 1.30 p.m.**

Gym and Warm Water  
Exercise program

**Location:**  
Cardinia Life,  
Pakenham



### WEDNESDAY

**1.00 p.m. - 2.00 p.m.**

Allied Health  
Hydrotherapy

**Location:**  
Genesis Fitness  
Dandenong



### THURSDAY

**10.45 a.m. - 11.45 a.m.**

Warm Water Exercise  
with Instructor

**Location:**  
Monash  
Aquatic Centre



**11.30 a.m. - 12.30 p.m.**

Warm Water Exercise

**Location:**  
Casey Race,  
Cranbourne East

### FRIDAY

**11.30 a.m. - 2.00 p.m.**

Gym session  
(LADIES ONLY)

**Location:**  
Genesis Fitness,  
Dandenong



#### Enquires:

Contact SMRC's  
Intake & Referral Team  
on (03) 9767 1900

#### Email:

[intake@smrc.org.au](mailto:intake@smrc.org.au)

[www.smrc.org.au](http://www.smrc.org.au)

#### SMRC:

39 Clow Street,  
Dandenong VIC 3175

#### Dandenong Oasis:

Heatherton Rd & Cleeland St,  
Dandenong VIC 3175

#### Casey Race:

65 Berwick-Cranbourne Rd,  
Cranbourne East VIC 3977

#### Cardinia Life:

4/6 Olympic Way,  
Pakenham VIC 3810

#### Monash Aquatic Centre:

626 Waverley Rd,  
Glen Waverley VIC 3150

#### Genesis Fitness:

63 Scott St,  
Dandenong VIC 3175

We conduct client reviews every 11 weeks.

Fee: Co-contribution required.

Supported by the Australian Government Department of Health.