

Uniting Senior Wellness Centre

Your **community** for good health.



Uniting

Welcome to your Senior Wellness Centre

We're a safe and supportive space for seniors and carers to meet, move and be mindful. Maintain or regain your physical, social and emotional wellbeing, all under one friendly roof.

What we do

We can tailor an exercise program just for you, or you may prefer to join group activities. Whether you're interested in a fitness class or an art class, a book club or mahjong, we have something for everyone to enjoy. You're also invited to share your ideas for group activities – we're always happy to explore new ways to connect.





Be active for healthy ageing.

Exercise in a supervised environment that's ergonomically designed for seniors. Our qualified exercise physiologists can work together with you to develop a personalised program that's tailored to your health and fitness goals. Our **Starter Pack** of 4 supervised gym sessions, following a fitness assessment, is a great way to kickstart your physical health. We also run group classes like **Stay Active Stay Strong** to improve mobility, strength and balance.



Stay social for emotional wellbeing.

Join other local seniors in recreational activities designed to strengthen cognitive function and build friendship bonds. We run classes that reflect the community's interests and preferences – it could be a painting class or a language group. Tell us what you enjoy, or come along to **Make It Mahjong** for a friendly game, or a **Get Arty** class. Whether you're a beginner, or more experienced, we cater for everyone.



Take a break for carer support.

It's important for carers to take breaks and practise some self-care on a regular basis. We can support carers and their loved ones with services designed to meet everyone's needs. We offer wellness programs and support groups just for carers, plus access to our gym equipment, while we engage their loved one in therapeutic respite programs or take them on outings.



How much does it cost?

If you're eligible for government funding, you can pay for Senior Wellness Centre activities using your Commonwealth Home Support Program (CHSP) or Home Care Package (HCP). You can also pay privately, as you go.

We're here to support your wellness, in a place you'll love.



About Uniting

Uniting NSW.ACT is responsible for the social justice, community services and chaplaincy work of the Uniting Church in NSW and the ACT.

We provide care and support for people through all ages and stages of life, with a focus on people experiencing disadvantage and vulnerability.

Our purpose is to inspire people, enliven communities and confront injustice.

We value diversity and always welcome everyone exactly as they are.

Drop by, or contact us to find out more.

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