



The Society of Saint Hilarion Inc Aged Care
COMMUNITY NEWSLETTER
JANUARY 2020

A Newsletter for Our Community Clients

Welcome to our first Community Care newsletter. This newsletter will be sent to you every month and will tell you about how we can help to improve your health and wellbeing. We will also tell you about other benefits and services in your community that you may not know about. We hope you enjoy this newsletter and find it helpful.

Would You Like to Join a Social Group?

Did you know that Saint Hilarion runs a social program called Tempo Mio? Tempo Mio is a daily social program for people over the age of 65 operating from our site at 7 Kelly Avenue, Seaton between 10.00am and 3.00pm Monday—Friday. Meet new friends, relax, enjoy nutritious fresh food throughout the day and have fun! \$20.00 per day includes fun activities, meals, morning and afternoon tea, and lunch — every day is different!



Would you like to try Tempo Mio? Call us and mention this newsletter to receive a complimentary visit FREE of charge—on us!

Are you interested in learning something new?

It is never too late to take up a new hobby or interest. There are a number of places that have interesting classes on everything from knitting to computers to woodwork. If you would like some help in finding, and then getting to and from a class,



Many libraries don't just loan out books for free, they also organise other community activities. We are here to help you make the most of these opportunities.

Are you interested in finding out more? Please ring us on ph: 8409 1500 or email: community@sainthilarion.asn.au.

we may be able to help. All you need to do is ask.

Do You Like Reading But Find It Difficult Because of Poor Eyesight?

You don't need to give up books just because it is difficult to read. Our staff can help you access a library service so you can choose books you most enjoy. We can then spend time reading to you on a regular basis. If you have never been to your local library, you will definitely enjoy the experience.



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