



Social Support Group

- ✓ **Tai Chi and gentle exercise**
- ✓ **Arts, crafts, cards & social activities**
- ✓ **Seasonal event & festival celebrations**
- ✓ **Aged care, health and digital literacy information sharing**
- ✓ **Monthly social outings**

Join MIC's friendly social support group to meet new people, stay active, enjoy a range of activities, and access useful information about aged care, health and living in Australia. This program is for people who are aged 65 years or over, live in Melbourne's eastern region, and approved by My Aged Care for Social Support Group service. For more information and eligibility, please contact (03) 7049 1603.



**Every Thursday
from August 2026**



Box Hill Town Hall