



Active Aging and Community Connection

At Intereach, we understand the importance of fostering a sense of community and promoting active aging among older Australians. We offer a diverse range of engaging social and physical activities that enhance well-being, promote social connections, and improve overall quality of life.

Our group timetable offers activities carefully tailored to meet the unique needs and interests of older people. From gentle exercise to friendship groups, we have something for everyone.

Group	When	Where	Time
Men's Group	Tuesday	Intereach Deniliquin	10am - 2pm
Ladies Group	Friday	Intereach Deniliquin	10am - 2pm
Therapeutic Exercise Class	Friday	Intereach Deniliquin	10am - 11am
Gentle Exercise Group	Tuesday / Thursday	MOTIV8 Gym	10.30am - 12pm
Friendship Group	Tuesday	Intereach Deniliquin	10am - 11am
Friendship Group	Wednesday	Barham Services Club	11am - 2pm

Eligibility: These groups are tailored for people aged 65+ receiving a Commonwealth Home Support Programme (CHSP) or Home Care Package services

Cost: Varies for each group.

To book your spot: please call Intereach on 1300 488 226



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Group	When	Where	Time	
Gunbower Strength and Balance Class	Monday / Friday	Gunbower Soldiers Memorial Hall	11am - 12pm	
Lockington Strength and Balance Class	Monday / Wednesday	Lockington and District Bush Nursing Centre	9am - 10am	
Echuca Social Group	Wednesday	Echuca Masonic Lodge	10.30am - 2.30pm	
Echuca Social Group	Friday	Echuca Masonic Lodge	10.30am - 2.30pm	
Lockington Social Group	Thursday	Lockington and District Bush Nursing Centre	10am - 2pm	
Echuca Strength and Exercise Class				
Echuca Masonic Lodge				
Monday 1pm - 2pm	Tuesday 9am - 10am	Wednesday 11am - 12pm	Thursday 9am - 10am	Friday 9am - 10am

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