



Merri Health

Healthcare that moves with you

Living Well, Ageing Well Social Telehealth Group Timetable

May 2020

- All groups are friendly, welcoming, informal and supportive, and facilitated by either Matilda, Joanna or Julie

	Monday	Tuesday	Wednesday	Thursday	Friday
2.30pm (groups will run for around 45 minutes)	Movies We will chat about a movie we've all watched on free-to-air TV the previous week and/or about movies in general.	Bingo Bingo sheets will be posted out to participants.	Pets For animal lovers – no need to currently own your own pet.	Trivia A wide range of general knowledge questions – learn things while having fun.	Cooking We will chat about a recipe we've all cooked the previous week, and/or about cooking in general.

Is there a group you would like to join that is not currently listed? Let us know your ideas for new group topics!