



Living well, every day

Connecting with others is vital to your wellbeing, at every age. To ensure you stay connected with your community, join us at one of our Wellbeing Day Centres.

Catering for the needs of older people, our Wellbeing Centres are a place where you will be made welcome and can enjoy spending time in the company of others.

You can take part in a wide range of activities, extend your knowledge through our education sessions or simply relax with a cup of tea and a chat.

Importantly, your care needs will be looked after by SummitCare's warm and professional team members.

If you have carers, your time at the Wellbeing Day Centre will also provide them with an opportunity to have some time to themselves.

We invite you to enjoy a wonderful day at one of our Wellbeing Day Centres.

To book and for more information on SummitCare's Wellbeing Day Centres please call us on 1300 68 55 48 or visit summitcare.com.au

About our day centres

SummitCare's Wellbeing Day Centres offer planned programs of activities, from cards and gentle exercise through to education on a range of issues directly relating to your health and wellbeing.

The centres will also host themed events, barbecues, gardening workshops and much more. These activities are designed to enhance physical, mental and social wellbeing.

All activities are conducted under the supervision of a fully qualified and experienced team. This ensures a safe, supportive, cheerful environment enabling participants to engage and socialise with others from their local community.

What's included

- A nutritious lunch that accommodates special diets, with light refreshments served throughout the day
- A variety of activities and themed events
- Education sessions on topics such as falls prevention, continence management and education management
- Outings to shops and places of interest

Additional services on request

- Basic health checks with a Registered Nurse
- Basic foot care
- Hair dressing services
- Transport services

Take time out

We look forward to welcoming you to SummitCare's Wellbeing Day Centres - a place where you can socialise, relax and enjoy your day, safe in the knowledge that medical professionals are always available.

Book today for yourself or a loved one.

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