



Seniors Program

Active Aging - Planned Activity Groups

About Mentis Assist

With over 30 years' experience, Mentis Assist provides specialised mental health support for people experiencing mental illness and their carers and for those culturally or linguistically diverse.

Mentis Assist helps people to identify their personal strengths, values and goals, while supporting and coaching them to achieve and develop these. We also help connect people with others in the community or to engage with family and friends, while providing support to remain living independently at home and in the community.

Support for Seniors

Mentis Assist's Seniors' team can assist with:

- Finding out about and contact suitable services
- Explaining how services work and assist with referral
- Helping to choose which services best suit the clients' needs and lifestyle
- Assistance with maintaining independence



Planned Activity Groups

Mentis Assist's Planned Activity Groups aim to improve participants' independence, quality of life and social participation within the community.

The Group also encourages participants to remain physically active while continuing to engage mentally and socially with friends and the broader community, helping to reduce the impact and conditions associated with ageing and isolation.

Activities are reviewed regularly and may be changed from time to time to meet the needs of participants.

Facilitators

Mentis Assist Planned Activity groups are staffed by trained facilitators who provide a variety of structured activities.

Orana (Tuesday)

10.30am – 3.00pm
Frankston

Wirilda Men's (Thursday)

10.30am – 3.00pm
Mornington

Wirilda Women's (Friday)

10.30am – 3.00pm
Senior Citizens
Dromana

**A small cost may be incurred*

Activities

- Games
- Discussions
- Crafts
- Outings
- Guest Speakers
- Music
- Movies
- and more