



Planned Activities Group

Introductory Information



Froniditha Care's Planned Activity Groups enable older people from Greek speaking background to socialise and reconnect with others and participate in activities that promote health and well being. It may also provide a break for carers. This service is funded by the Department of Health - Commonwealth Home Support Program.

HOURS OF OPERATION: 9.00AM - 2.30PM

LOCATIONS & DAYS OF OPERATION

Tuesdays & Wednesdays Clayton South

Froniditha Care,
Zisis Dardalis Activity Centre,
94 Springs Road, Clayton South, VIC 3169

Catering for residents who live in Bayside, Greater Dandenong, Kingston, Glen Eira, Stonington, Port Phillip City Council areas.

Mondays & Fridays Knox

Knox Gardens Community Hall,
Argyle Way,
Wantirna South, VIC 3152

Catering for residents who live in Monash, Whitehorse, Manningham, Knox City Council areas.

Thursdays Box Hill

Greek Orthodox Community of Box Hill
& Districts - Community Hall,
1 Hopetoun Parade, Box Hill, VIC 3128

Catering for residents who live in Monash, Whitehorse, Manningham, Boroondara City Council areas.

Tuesdays Frankston

Patterson Lakes Community Centre,
54 - 70 Thompsons Road,
Patterson Lakes, VIC, 3197

Catering for residents who live in Frankston and surrounds City Council areas.



PLANNED ACTIVITY GROUPS

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ACTIVITIES

Activities offered by Fronditha Care Planned Activity Group include:

A weekly feature activity
Gentle exercise program
Discussion Groups
Art & Crafts
Games
Guest Speakers
Outdoor trips
Music program

MEALS

Morning tea, a Greek midday meal and afternoon tea are provided.

TRANSPORTATION

Transportation by carer/family is encouraged.
Coordinator can arrange transportation to and from the centre where required.

COSTS

Care Recipients are required to contribute \$8.00 per session.
Options for monthly invoiced payments are available.

CONTACT DETAILS

Planned Activity Group Coordinator
Tel: 9552 4117
Mob: 0414 339 085