

LYREBIRD DAY CLUB

**Nowra RSL Hall, Junction Street, Nowra
Every Tuesday between 10a.m. and 2p.m.**

Nowra Lyrebird Day Club began in 1989 to give older veterans a place to go for socialising and respite.

Our activities include *Bingo, Indoor bowls, dominoes and quizzes as an example. Morning tea and lunch are also provided.*



The RSL Day Club is community based and provides a weekly program with social interaction and a range of activities for older people in the community.

The club is open to any member of the community, not just the ex-service community.

Day Clubs offer a setting in which to develop friendships and social support networks by providing the opportunities for members to be involved in a variety of stimulating activities that enhance health and wellbeing.

Day Clubs respect each member as an individual and provide a structured program that encourages participation and involvement.

Day Clubs are a financially independent, Not for-profit organisation and are organised by volunteers who oversee the activities and operation of the organisation.

There is no annual membership fee or enrolment fee for Day Club, but all members pay a daily contribution of \$10.00 to cover catering costs.

For more information contact: CAROL WELLER, Coordinator

On 0408478043 or delawarra@bigpond.com.au