

*Come and join us*

*at*  
***COCKBURN  
COTTAGE***

**8 Denman Avenue,  
Kootingal**

**For Further  
Information Contact:**

**Co-ordinator**

**Ph: 6760 3937**

**Or**

**Tamworth Community  
Centre**

**Ph: 6766 4480**

**COCKBURN COTTAGE  
SPONSORED BY  
TAMWORTH REGIONAL  
COUNCIL**



**COCKBURN COTTAGE**

**KOOTINGAL/MOONBI  
COMMUNITY CENTRE**

**67603937**



*home and community care*

**A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED**

Tamworth Regional Council  
PO Box 555 Tamworth NSW 2340

Updated 19/10/2011



## ARE YOU?

- \* Lonely or isolated?
- \* Wanting to see old friends or make new ones?
- \* Having difficulty attending to some tasks?
- \* Wanting to challenge your mind by learning something new or participate in activities?
- \* Caring for an elderly person at home?
- \* Caring for a younger person with a disability?

**Cockburn Cottage offers  
Activity Days  
and  
Services for Seniors and  
people with a  
disability**

## WHEN?

### SENIORS DAY PROGRAM

Every Tuesday 9am –2.30pm  
Every Thursday 9am—2.30pm

### ACTIVITY GROUPS

Small groups meeting to enjoy activities of their choice on arranged days.

### KOOTINGAL/MOONBI MENS GROUP

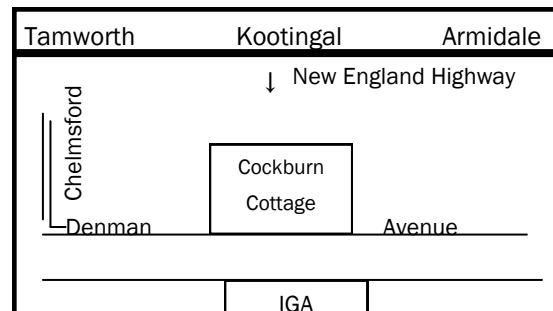
Meet 2nd Tuesday of the month at  
another location

### A GENTLE EXERCISE PROGRAM

Wednesdays from 10.30 to 11.30  
Everyone welcome!

### ROOM RENTAL ALSO AVAILABLE

If transportation is a problem,  
please call the Co-ordinator  
on 6760 3937



## WHAT DO WE DO?

### SENIORS DAY PROGRAM

Activities are varied and can include Day Bus trips, cards, board games, craft, gentle exercises, cooking, guest speakers and entertainment - getting together and having fun. *Morning Tea & Lunch supplied.*

### ACTIVITY GROUPS & COMMUNITY ASSISTANCE

Can assist Seniors within the community to remain living comfortably and independently in their own homes. Services can include but are not restricted to transport to local shops, small group gatherings for activities, assistance with letter writing or other correspondence, friendly visits, provide company to an appointment if needed, change light bulbs, put out garbage bins. All those little things that are difficult for seniors when family and friends are not close.

## COST?

A small fee is charged to cover the cost of food, transportation, craft materials and use of the Cottage.

For further information please call the  
Co-ordinator on 67 603 937.