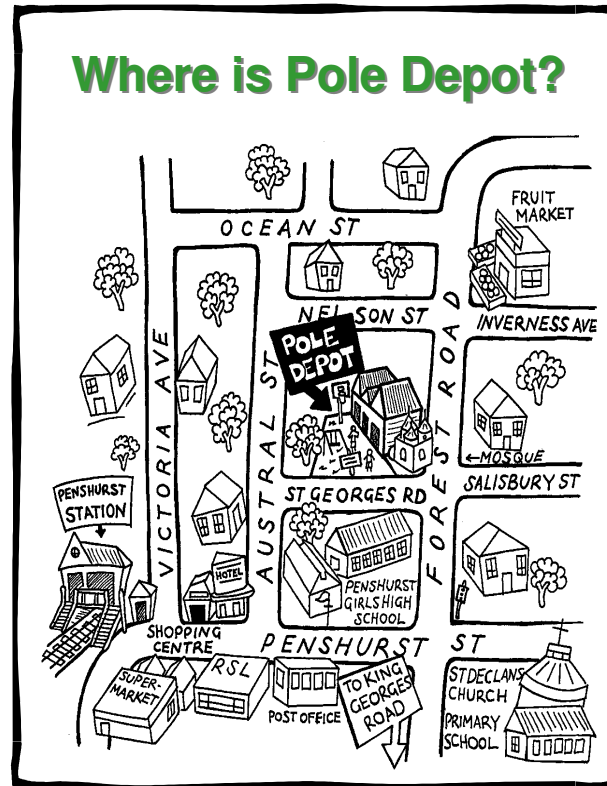


About our Centre

Pole Depot Community Centre is a vibrant multi-purpose centre that is committed to responding to the needs of the local community by:

- delivering relevant services and activities for children, youth, families, carers, frail elderly, people with disabilities and the Chinese community.
- maintaining up-to-date information on the Centre and its services.
- implementing community programs in response to identified need.



23 St Georges Road, Penhurst NSW 2222
Tel no. (02) 9580 0688 Fax no. (02) 9580 4487
Website: www.poledepot.org

CORRESPONDENCE:
PO BOX 152, PENSHURST 2222

Pole Depot Seniors Friendship Group



Pole Depot Seniors Friendship Group

Provides centre-based respite for frail, isolated, mentally alert elderly people.



Wednesdays
(during school terms)
10.30am—1.00pm

Transport may be provided subject to availability at \$3.50.

Cost to participants
PER SESSION
\$3.50 morning tea included.

For enquiries:
Donna 9580 0688

This program aims to provide a network amongst participants for contact, access to information and support, in order to maintain independence for as long as possible.

Our friendship group is a great way of meeting new people and sharing experiences.

Includes outings, guest speakers, barbecues, games and music.