



# MUMS & BUBS PLAYGROUP

JOIN US!

@ SUMMITCARE  
ST. MARYS

EVERY SECOND AND FOURTH WEEK OF THE MONTH  
10:30AM - 11:30AM

# PLAY, LEARN, LOVE.

SEEKING THE BENEFITS OF INTERGENERATIONAL PLAY, MUMS & BUBS PLAYGROUP WILL TAKE PLACE AT SUMMITCARE NURSING HOME LOCATED IN ST. MARY'S.

CURRENT RESEARCH ON INTERGENERATIONAL PLAY HAS FOUND BENEFITS TO BE OF THREEFOLD: THE OLDER GENERATION EXPERIENCE A TREMENDOUS LIFT IN THEIR SPIRIT AND MENTAL HEALTH, THEREBY IMPROVING NOT ONLY THEIR PHYSICAL HEALTH BUT THEIR OVERALL WELL-BEING; THE YOUNGER GENERATION GAIN AN EXCITING PLAY EXPERIENCE WITH A WHOLE NEW GROUP OF PEOPLE WITH A COMPLETELY DIFFERENT PERSPECTIVE ON LIFE, GIVING THEM AN OPPORTUNITY TO WITNESS AND LEARN TRUE 'HUMANNESS'; WHILE THE PARENTS BENEFIT FROM THE OPPORTUNITY OF LEARNING FROM THE OLDER GENERATION AND CONSEQUENTLY GAINING A DEEPER APPRECIATION FOR THE SIMPLE THINGS IN LIFE.

IF YOU WOULD LIKE TO SHARE IN THIS LIFE-CHANGING EXPERIENCE OR SIMPLY WANT TO HELP ALLEVIATE SOMEONE'S LONELINESS, REDUCE SOMEONE'S ANXIETY, MOTIVATE SOMEONE TO BE POSITIVE AND BE MORE MOBILE OR GIVE SOMEONE WHO'S CONSTANTLY BEING CARED FOR AN OPPORTUNITY TO LOOK AFTER SOMEONE INSTEAD, COME AND JOIN US.

## DATES AND TESTIMONIES

MAR 9 & 23

APR 12 & 27

MAY 11 & 25

JUN 8 & 22

JUL 13 & 27

AUG 10 & 24

SEP 14 & 28

OCT 12 & 26

NOV 9 & 23

"A JOYFUL EXISTENCE IN OLD AGE IS ATTAINABLE..."

"I THOUGHT I'M NOT GOOD WITH LITTLE PEOPLE BUT IM ENJOYING EVERY MINUTE OF IT!"

"I'VE FALLEN IN LOVE WITH THESE CHILDREN IMMEDIATELY."

FOR MORE INFORMATION OR TO CONFIRM YOUR ATTENDANCE  
PLEASE CONTACT NOELLYN 0400 017 345