



# Multicultural Wellness Centre

**VMCH Multicultural Wellness Centre**  
Building B, 355 Stud Road, Wantirna South

**VMCH**

If you're looking to stay active, make friends and get involved with people who speak your language, then look no further! Here at our centre, we provide social opportunities to people from non-English speaking backgrounds over the age of 65, in a warm, friendly environment.

It's a place for Victorian seniors from linguistically and culturally diverse backgrounds to come together.

## Who can join?

If you're over 65, live in the Eastern or Southern Metro region and speak a language other than English, we'd love to hear from you.

We also welcome and support people with an acquired physical disability, a visual or physical impairment, who have dementia or who are frail aged.

## Get involved

If you speak a language other than English, and celebrate a different culture, we've developed some activities just for you.

- Social and group activities
- Karaoke
- Tai Chi
- Gentle exercise
- Quizzes
- Games
- Outings and cultural events
- Information sessions from our Allied Health team
- Podiatry, physiotherapy and occupational therapy services.

## What does it cost?

We charge a small daily fee to contribute to the cost of the program which covers all activities and refreshments.



1300 698 624  
hello@vmch.com.au  
vmch.com.au



Now that I'm with like-minded people,  
it feels like home.

### Where is the centre located?

We're located at Building B, 355 Stud Road, Wantirna South.

### When do the programs run?

#### **Mondays**

Sri Lankan Social Support Group (Eastern) 9am–3pm  
Chinese Social Support Group (Eastern) 9am–3pm

#### **Tuesdays**

Filipino Social Support Group (Eastern) 9am–3pm  
Chinese Out & About Group (Eastern) 9am–4pm

#### **Wednesdays**

Chinese Social Support Group (Eastern) 9am–3pm  
Chinese Out & About Group (Southern) 9am–4pm

#### **Thursdays & Fridays**

Chinese Social Support Group (Eastern) 9am–3pm

### Here at VMCH, our services are as diverse as the people we support.

Our values underpin the work we do. As a Catholic for-purpose organisation, joy, love, courage and hospitality aren't just words to us, they guide us in everything we do.

While we've been around for over a century, we're always moving forward. We stay true to who we are by supporting people and families to live their best lives, providing a place to call home and spaces to learn and grow.

Our professional and compassionate teams are with you on your life journey. We provide a wide range of support from early learning and therapy, specialist education, disability services, affordable homes, residential aged care, retirement living and at-home aged care.

As a Catholic organisation, VMCH is committed to providing compassionate care in a nurturing environment to all residents and clients. VMCH does not support and will not facilitate Voluntary Assisted Dying.

Disclaimer: The information in this brochure has been prepared by VMCH (Villa Maria Catholic Homes) as a general guide to our services and operations. While every effort has been made to ensure accuracy, VMCH accepts no responsibility for any loss or inconvenience caused by reliance on the information set out in this brochure. Please contact us if you require detailed information about any of our services. June 2024.