

What is Café 94?

Café 94 is Multicultural Aged Care's social support group programme. We welcome culturally and linguistically diverse clients from all over the world, who are 65 years and over.



What makes us unique?

We deliver culturally appropriate sessions and activities to include everyone's cultural needs and preferences.



We provide aged care information and resources in many different languages.

"Café 94 gives me really useful information. I very much enjoy yoga time, the food is really great as well" - Rosa

What types of activities do we run?

Bus trips

Regular bus trips to give clients an opportunity to connect socially through the scenic tours to various destinations, shared lunch, OP Shop tours, and garden walks at outdoor venues.

"I love the bus trips and being out in the nature, I look forward to more trips to new places throughout the year" - Linda

Cultural Activities

We organise activities for clients to share their culture, provide social interaction and promote their wellbeing. Some of these include:

- Live music
- Dancing
- Cultural presentations (cultural costumes, celebrations of various national days, Christmas, Easter etc.)
- Art, craft and games (for example, Italian Carnevale masks, Easter bunnies, garden lanterns, mandala rock painting etc.)
- Experiencing different cuisines from all around the world

"I feel happy whenever I come to Café 94. This is a great chance for me to communicate with everyone and share our own stories. I'm also in love with the music and dancing" - Gloria



"I am interested in doing art work. It is creative and it helps me challenge myself" - Josephine

Wellness Activities

We provide lots of opportunities to participate in health focused activities such as:

- Chair yoga to help improve flexibility, reduce stress, and promote overall wellbeing
- Puzzles, word search and colouring in activity packs to boost memory and mental wellbeing

"I like Café 94 because I can socialise with people from different cultures" - Virginia

**All Café 94 activities or services incur a small co-contribution fee.*

How can you access our services?

If you would like to be a part of our Café 94 programme, please register with MyAgedCare as a **'Multicultural Aged Care Café 94'** client.

To do so, please follow the steps below:

Step 1: Call MyAgedCare on 1800 200 422

Step 2: Choose 'Multicultural Aged Care Café 94' in the social support group category

The MAC team can support you through the process and register with MyAgedCare on your behalf, if you wish.

We look forward to seeing you once you have registered.

If you choose to not register through MyAgedCare contact us to discuss further.



**To contact our team please call:
08 8241 9900.**



Multicultural
Aged Care

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Visit the Department of Health website for more information
www.health.gov.au

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