



**“It’s great to be
around a bunch of
blokes again”**

A meeting place for older men to
gather, chat, and get involved in
interesting projects.

Eastern Region Men’s Shed Program

Building friendships
and helping people

Contact Us

If you would like more information
on the Men’s Shed Program
please contact the Facilitator on

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E: mensshed@burnside.sa.gov.au

Web: www.burnside.sa.gov.au

*“The men in our group cover
all walks of life and their
interests cover many
different topics.”*

*“The camaraderie and
friendship from the other
chaps has been absolutely
superb.”*

About the Men's Shed

The Eastern Region Men's Shed provides a friendly and safe meeting place for older men, living in the eastern region of Adelaide, to come together in a traditional shed setting.

The program operates a number of groups each week with men from very diverse backgrounds and a wide range of life experiences and skills.

Tuesday morning sessions are specifically for older men with early stage memory loss. Each group operates for up to three hours each session, but men are welcome to spend shorter periods if they choose to.

Men can do woodwork projects, be involved in community projects, make or repair items for themselves or others and socialise with other men. No prior woodworking experience is necessary.

Other wellbeing programs

- 3Rs program
- Come and Try Activities
- Community Information Sessions
- Cooking Classes
- FYI Café Lunch Program
- Gent's Day Out Bus Trip
- Men's Breakfast
- Personal / Small Group Training
- Strength for Life Program

