

CAMPBELLTOWN



Joining a brain gym activity during an open day at Campbelltown's The Manse are Macarthur federal Labor MP Mike Freeland and Campbelltown state Labor MP Greg Warren. Picture: Robert Pozo

MPs join Manse fun

Brain gym demonstration all a part of open day

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MACARTHUR federal Labor MP Mike Freeland and Campbelltown state Labor MP Greg Warren joined seniors, volunteers and Macarthur Diversity Services Initiative (MDSI) staff to take part in a brain gym class at Campbelltown's historic The Manse recently.

MDSI staff and open day organiser Sue Gordon said

the brain gym aimed to improve balance, memory and cognitive abilities.

"We have over 4000 seniors and their carers from 12 language groups receive services at the Manse on a weekly basis," she said.

The open day was also a chance to show off the newly renovated 134-year-old Victoria era building.

Mrs Gordon said The Manse was the location of

the MDSI aged and disability services centre and it provided aged day care for people from other cultures.

"We wanted to acknowledge the support given to The Manse with a facelift in line with heritage conservation guidelines," she said.

"Works included painting and revamping the garden so it offers a sympathetic setting for the building and a fun place to be for visitors."