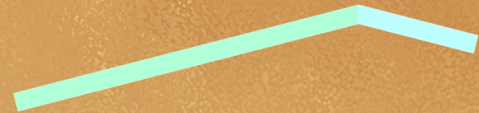




MEN'S SHEDS



US Men's Shed
Association™

SHOULDER TO SHOULDER

YOUR LOCAL MEN'S SHED

This center has offered to provide a meeting room for your meetings!

A local Men's Shed is a place for Senior and retired men to gather to have fun in a relaxed and inclusive environment.

IT IS WHATEVER ITS MEMBERS WANT IT TO BE.



COME AND SWAP STORIES IN A SAFE AND FRIENDLY ENVIRONMENT!

SHARE IDEAS, TALENTS, STORIES AND LAUGHS!

WHAT WILL YOU DO?

- Community Service Projects
- Listen to Guest Speakers
- Go on Outings
- Plan Events
- Develop New Friendships and
- Improve Your Health!

WHO BENEFITS?

- MEMBERS
- MEMBER'S FAMILIES
- THE COMMUNITY

Join Us!

Types of Meetings

**THE POSSIBILITIES ARE
ENDLESS!**

- **MEET HERE**
- **GO TO A RESTAURANT**
- **GO TO AN EVENT**
- **WORK ON A COMMUNITY SERVICE PROJECT**
- **BUILD ITEMS FOR A FUNDRAISER**
- **MEET ON ZOOM**

SOCIAL CONNECTIONS LEAD TO BETTER HEALTH

We are social beings and we need community and connection to thrive.

Sometimes, as we get older, some of those connections are lost due to retirement and our ever-increasing digital world.

Men's Sheds help to enhance the well-being of all men by encouraging social inclusion.

In the spirit of camaraderie, this movement benefits society at large and creates a positive ripple effect throughout our communities.



US Men's Sheds Assoc.™

USMSA is a non-profit organization that builds and promotes casual spaces for all men to connect, create, learn and socialize in a positive environment.



"We do it all...together!"

LOOK AT THESE MEN'S SHEDS!



Home Depot donated woodcraft kits, then Hopkins Sheddars helped 2nd graders become Crafters and Makers

With the woodcraft kits, Hopkins and Roseville Sheddars provided a workshop day for residents at the local Alzheimer's Center.



"This was a great Community Service project!"

MEN'S SHEDS IS A WORLDWIDE MOVEMENT!

THE SHED MOVEMENT ORIGINATED
IN AUSTRALIA AND CAME TO THE US IN 2016



“ *Going to the Shed is
the best part of my week!* ”



CONTACT:



US MEN'S SHEDS ASSOCIATION™
WEBSITE: WWW.USMensSheds.org

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Hawaii Men's Shed