

# Day Programme ACTIVITY OVERVIEW

Term 3 | July - September



4 Central Road, Hampton Park 3976 



## ZUMBA FUN | EVERY MONDAY & WEDNESDAY MORNING

Get your body moving and your energy flowing with Zumba every Monday and Wednesday morning! It's a fun, upbeat workout set to great music—no dance experience needed, just a smile and a willingness to groove. Shake, shimmy, and laugh your way to feeling fantastic. Everyone's welcome—let's dance our way into the day!



## YOGA SESSIONS | EVERY TUESDAY MORNING

Start your Tuesday with calm, stretch, and good vibes at our weekly Yoga sessions! Whether you're a beginner or a seasoned yogi, this gentle and inclusive class is a great way to relax your body, clear your mind, and boost your wellbeing. Come flow with us and feel refreshed, centred, and ready for the day ahead!



## MINDFULNESS SESSIONS | THURSDAY MORNING

Start your Thursday with calm and clarity in our weekly Mindfulness sessions. Designed to help you relax, reduce stress, and stay present, these gentle practices are perfect for all levels. Join us each Thursday morning to breathe deeply, find peace, and refresh your mind for the day ahead.



## GENTLE EXERCISE | FRIDAY MORNING

Ease into the end of the week with our Gentle Exercise sessions every Friday morning! Designed for all abilities, this low-impact class helps improve strength, balance, and flexibility in a relaxed and friendly environment. It's a great way to stay active, feel good, and start your Friday with a smile!



## FRIENDS WALKING GROUP | EVERY SECOND MONDAY

Lace up your shoes and join our Friends Walking Group every second Monday! Enjoy fresh air, good company, and gentle exercise as we explore different local spots together. It's a great way to stay active, catch up with friends, and discover new places—everyone's welcome!



## MONEY & MARKETS | EVERY SECOND TUESDAY

Bring your own money

Join us every second Tuesday for Money & Markets—a fun outing where you can practice managing your money while exploring local markets. Learn tips for budgeting, shopping smart, and making the most of your day out. It's a great way to build confidence and enjoy the market buzz all at once!



## ALL ABILITIES BOWLING | WEDNESDAYS AT 10 AM

Cost \$9.00

Ready to roll? Join us every Wednesday at 10 AM for a fun and friendly bowling session that's open to all abilities! Whether you're aiming for a strike or just in it for the laughs, this is a great way to get moving, make new friends, and enjoy some midweek fun. No experience needed—just bring your smile and let's bowl!



### **BAKE OFF FUN** | EVERY MONDAY & FRIDAY MORNING

Love the smell of something sweet in the oven? Come join us every Monday and Friday morning for our friendly Bake Offs! Whether you're a seasoned baker or just love licking the spoon, it's all about having fun, trying new recipes, and sharing delicious treats. Come for the baking, stay for the laughs—and maybe even take home the star baker title!



### **ARTS & CRAFT FUN** | TUESDAYS, WEDNESDAYS & FRIDAYS

Get creative and let your imagination shine at our Arts and Craft sessions every Tuesday, Wednesday, and Friday! From painting & drawing to beading, diamond art, and craft making—the possibilities are endless. Whether you're a crafty pro or just love to try new things, there's something fun for everyone. Come along, get messy, and make something amazing (or at least sparkly)!



### **TUESDAY ARVO BINGO FUN!** | EVERY TUESDAY AFTERNOON

Feeling lucky? Come join us every Tuesday afternoon for a fun-filled game of Bingo! It's the perfect way to relax, have a laugh, and maybe even shout "BINGO!" Whether you're a first-timer or a seasoned pro, everyone's welcome. Prizes, good vibes, and great company guaranteed!



### **TABLE TENNIS SHOWDOWN** | EVERY MONDAY & FRIDAY

Think you've got fast reflexes and killer spin? Come test your skills at our fun and friendly Table Tennis Competition! Join us every Monday and every second Friday for some exciting rallies, laughs, and a bit of friendly rivalry. Whether you're a ping pong pro or just playing for fun, it's all about good times and great shots. Paddles up – let the games begin!



### **LET'S GET GARDENING** | MONDAYS, WEDNESDAYS & FRIDAYS

Love the outdoors? Join our Let's Get Gardening program every Monday, Wednesday, and Friday! Whether you're a green thumb or just getting started, this is your chance to learn hands-on skills like mowing, weeding, planting veggies, and caring for all kinds of plants. It's fun, active, and a great way to connect with nature (and each other!). Come dig in and grow with us!



### **BOARD GAME BONANZA** | MONDAY AFTERNOONS

Kick off your week with some friendly fun at our Board Game Afternoon every Monday! Whether you're a Scrabble whiz, a Monopoly tycoon, a backgammon boss, or just love a good card game, there's something for everyone. Bring your game face (and your best banter) for a relaxed afternoon full of laughs, light competition, and great company. Let the games begin!



### **KARAOKE AFTERNOON** | EVERY WEDNESDAY

Ready to unleash your inner superstar? Join us every Wednesday afternoon for Karaoke! Whether you're belting out ballads, rapping your Favorite hits, or just love cheering on your friends, it's all about fun, laughter, and great tunes. No pressure, no judgment—just good vibes and great music. So, grab the mic and let's make some noise!



### **THE WORKSHOP** | TUESDAYS & WEDNESDAYS

Come along to the Workshop Shed every Tuesday and Wednesday and get stuck into something hands-on and fun! Whether you're into fixing things, building projects, getting creative, or just keen to learn how to use tools, there's something for everyone. No experience needed—just a willingness to give it a go and enjoy some great company. Everyone's welcome, so come share a laugh, learn new skills, and maybe even build something awesome!



### **THURSDAY OUT & ABOUT ADVENTURES**

Join us every Thursday as we head out to explore a new place or event! From animal sanctuaries and the zoo to train rides into the city or picnics in the botanical gardens—every week is a new adventure. Got a place you'd love to visit? Let us know—we're always open to suggestions! (Please note: some outings may include an admission fee.) Pack your curiosity & come along for the ride!



### **BASIC COMPUTER SKILLS | EVERY SECOND MONDAY & WEDNESDAY**

Want to feel more confident using a computer? Come along every second Monday and Wednesday for our friendly and easy-to-follow Basic Computer Skills sessions. Whether you're just starting out or want to brush up on the basics, we'll help you learn things like using email, browsing the internet, and typing with ease. No pressure, no jargon—just step-by-step support at your pace. Come learn, click, and connect!



### **LIFE SKILLS SESSIONS | EVERY SECOND TUESDAY AFTERNOON**

Join us every second Tuesday afternoon for our Life Skills sessions—practical, hands-on activities to help build confidence and independence in everyday life. From cooking and budgeting to communication and goal setting, each session offers something new and useful. It's relaxed, fun, and all about learning skills that make life a little easier. Come along, take part, and grow together!



### **TRAVEL TRAINING GROUP | EVERY SECOND MONDAY MORNING**

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Want to feel more confident getting around on public transport? Join our Travel Training Group every second Monday morning! Learn how to buy tickets, read timetables, navigate stations, and understand how buses, trains, and trams work. It's a relaxed, supportive way to build your independence and explore your city with confidence. Come along and get travel smart where adventures await!



### **CAFÉ CATCH-UPS | EVERY SECOND TUESDAY MORNING**

Cost \$10

Love a good coffee and a chat? Join us every second Tuesday morning as we head out to explore different cafes around town. It's the perfect way to relax, try something tasty, and enjoy some great company. Whether you're a latte lover or just in it for the cake, everyone's welcome. Come sip, smile, and share some good times with the group!



### **FRIDAY DISCO | FRIDAY AFTERNOONS**

Get your groove on at our fun-filled Disco every second Friday afternoon! With great music, good vibes, and plenty of dancing, it's the perfect way to end the week on a high. Everyone's welcome—so come along, let loose, and have a boogie with friends!



### **POSITIVE COMMUNICATION SESSIONS | EVERY SECOND TUESDAY**

Come join our Positive Communication sessions and build confidence in how you connect with others! In a relaxed and friendly space, we'll explore ways to express ourselves clearly, listen actively, and handle conversations with confidence and respect. It's all about building better relationships and having fun while learning. Everyone's welcome!



### **MUSIC & DANCE SESSIONS | EVERY SECOND WEDNESDAY AFTERNOON**

Feel the rhythm and let the music move you! Join us every second Wednesday afternoon for our fun and energizing Music & Dance sessions. Whether you love to dance, sing along, or just enjoy the beats, everyone's welcome to join in and have a great time. It's all about expressing yourself, having fun, and sharing the joy of music with friends!



### **BALL GAMES FUN | AT THE DAY PROGRAM & OUT IN THE COMMUNITY**

Get moving and have a blast with our Ball Games sessions every second Monday! Whether it's basketball, football, netball, or other fun team sports, we play both at the Day Program and out in the community. It's a great way to stay active, build teamwork, and enjoy some friendly competition. No matter your skill level—everyone's welcome to join in the fun!



### **FORTNIGHTLY MOVIE MORNINGS ON FRIDAYS**

Cost \$10

Lights, camera, action! Join us once a month on a Friday morning for a fun trip to the cinema. Whether you're into comedies, action, or a good, animated flick, it's the perfect way to sit back, relax, and enjoy a movie with friends. Don't forget the popcorn—movie magic awaits!