








DISABILITY SERVICE ACTIVITIES 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30 – 9.30	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club
9.30-10.30	Muscle Club	Muscle Club	Muscle Club	Muscle Club	Muscle Club
10.30-11.00	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
11:00-1:00	Community Access	Community Access	Community Access	Community Access	Community Access
1:00-1:30	Lunch	Lunch	Lunch	Lunch	lunch
1:30-2:00	Relaxation or yoga	Relaxation or yoga	Relaxation or yoga	Relaxation or yoga	Relaxation or yoga
2:00-5:00	Independent living skills	Independent living skills	Independent living skills	Independent living skills	Independent living skills

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	PROGRAM	ACTIVITY
	Breakfast Club	Early riser? Want to make the most of your morning? Join us for a great group of morning activities including music, board games, cooking, walking, hanging with friends and have breakfast together.
	Muscle Club	The gym is always more fun with friends. Join us for a workout at a local gym.
	Community Access	Community access is designed to expose the participants to a wide variety of locations and activities whilst in the community. Every outing will have a beneficial purpose for the participants whilst also ensuring that each participant is enjoying the activity and having a quality experience.
	Yoga	Want to stretch out while having fun? Maybe you like to lie around in strange positions? Join us for some fun and relaxation whilst you stretch with our great yoga teacher. Bring your mat!
	Relaxation	This activity gives the participants the time to relax, let their lunch settle and regroup so they can focus on learning new skills in the afternoon.
	Independent Living Skills	Develop important skills in cooking, budgets, house hold safety and cleaning, gardening, interior decorating. The aim is to build the skill sets around every day house hold duties.
	Breaks	Each break time slot, is designed to give the participants enough time to eat their lunch or snack with the other participants and engage in friendly table chit chat.