

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

morning program

9.00am - 12.00pm

Strategic Minds

Test your skills and bring out your competitive side against peers in a range of games available onsite.

9.00am - 12.00pm

Strike It Out

Learn basic cooking skills and give back to our community by preparing meals for Strike it Out Launceston.

Rosie Posie - Lay the table

The "Café Next Door" in Kings Meadows have invited us to do their table centre pieces. Grab the flowers and have a bouquet of a time!

9.00am - 12.00pm

Music

Get ready to rock and enjoy a fun filled morning of tunes past and present. Join in with instruments or dance and sing along.

9.00am - 12.00pm

Creative Cooking

Let's get creative and have fun with cooking! We will enjoy making delicious treats, baking and then decorating!
\$15 for the 13 week block

Pamper Parlour

Do you feel like a pamper experience? Go on, spoil yourself! Get close to a real life salon experience at our Hub Pamper Parlour.
\$15 for the 13 week block

9.00am - 12.00pm

Music

Get ready to rock and enjoy a fun filled morning of tunes past and present. Join in with instruments or dance and sing along.

afternoon program

12.00pm - 3.00pm

Rosie Posy - Create the table

The "Café Next Door" in Kings Meadows have invited us to create table centerpieces for our Rosie Posie program. Let's get creative and visit the Community Garden to grow and pick flowers to produce beautiful bouquets.

12.00pm - 3.00pm

Unlock your Zen

Stretch and loosen out your muscles with a fun, inviting and interactive environment either in the Hub or in the beautiful surrounds of the City Park. Or are you needing some Zen time? Then relax and tap into your senses in our Sensory Den and rejuvenate.

12.00pm - 3.00pm

Pub Lunch

Join your friends for lunch and a drink at the Park Hotel. Modified meals an option. Utilise your money skills and chat to others.
\$ - Own cost for lunch

Let's get Messy

Develop larger or more complex art pieces over several weeks. Add your touch to individual or group Art projects and explore different styles using different materials.
\$20 for the 13 week block

12.00pm - 3.00pm

Chat and Choose

You decide! What do you feel like today, a good chat with a friend and a cuppa? How about a game or some craft! Do it all!

12.00pm - 3.00pm

Unlock your Zen

Stretch and loosen out your muscles with a fun, inviting and interactive environment either in the Hub or in the beautiful surrounds of the City Park. Or are you needing some Zen time? Then relax and tap into your senses in our Sensory Den and rejuvenate.

ReLink Netball

You're invited to play at ReLink Netball, learn basic netball skills and play matches against others, you'll have a ball!

TO BOOK
nicole symonds

03 6323 0618

nicole.symonds@multicap.com.au

www.multicap.com.au

