

## MONDAY

9.00am - 3.00pm

### Community Break

Let's get out and above and see what's happening in our local community!

\$ - Own cost if required

9.00am - 12.00pm

### Digital Fun

Join us as we enjoy the dital world together! Play games, learn new skills, develop your online safety awareness. There will be something for everyone!

12.00pm - 3.00pm

### Digital Fun - Photo Editing

Join us as we enjoy the dital world together! Play games, learn new skills, develop your photoshop editing skills to create masterpieces.

3.00pm - 5.00pm

### Kidz Club

Be part of the club, with a great bunch of kids after school every Monday (excluding public & school holidays). Make friends, play games, dance or sing to your favourite.

## TUESDAY

9.00am - 12.00pm

### Meal Masters

Learn culinary skills while creating healthy, delicious meals. Sit down with your peers to enjoy some great conversation while you enjoy your cooking talents.

\$ - Own cost if required

12.00pm - 3.00pm

### Pick and Mix

From a bag pull an activity to do for the afternoon. Could be swimming, could be a walk, could even be a session at the gym!

\$ - Own cost if required

## WEDNESDAY

9.00am - 12.00pm

### Community Connections

Accessing the community through the local housing groups, retirement homes or schools. Expand Participants social and community networks whilst building skills in interpersonal relationships.

\$ - Own cost if required

12.00pm - 3.00pm

### Art Projects

Make a mini or major mosaic art project! Learn new skills and develop your creativity!

\$ - Own cost if required

6.00pm - 9.00pm

### Gym Time with Athlete 42

Let's get physical! Push yourself as hard as you like with exercise tailored to your needs. It's fun and you will be getting fitter before you know it.

\$ - Own cost if required

## THURSDAY

9.00am - 3.00pm

### Sport and Recreation

A day filled of sports and recreation activities. In conjunction with New Horizons and Reclink, let's head out and participate in fun sporting activities! Participants will head out and participate in physical based activities. Don't forget drinks for hydration and appropriate footwear and Hats!

\$ - Own cost if required

6.30pm - 9.30pm

### Social Club

Enjoy a great night out! Play some games, make new friends and socialise together in a fun environment.

\$ - Own cost if required

## FRIDAY

9.00am - 12.00pm

### Body and Soul

Let's get out of the hub and enjoy a light physical activity together, a walk along the river or the like!

\$ - Own cost if required

12.00pm - 3.00pm

### Chat and Choose

Get in touch with your creative side with some art, craft, sewing aod scrapbooking, as well as a good chat with friend.

\$ - Own cost if required

## SATURDAY

6.30pm - 9.30pm

### Social Club

Enjoy a great night out! Play some games, make new friends and socialise together in a fun environment.

\$ - Own cost if required



## TO BOOK

**jaymi walsh**

03 6433 5000

[jaymi.walsh@multicap.com.au](mailto:jaymi.walsh@multicap.com.au)

[www.multicap.com.au](http://www.multicap.com.au)

