

Day Activities Timetable 2023



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--|---|--|---|--|
| | Bus Pickup | Bus Pickup | Bus Pickup | Bus Pickup | Bus Pickup |
| 9.30-10:00am | Arrive Coffee Participant Meeting | Arrive Coffee | Arrive Coffee | Arrive Coffee | Excursion Day Bus trip to surroundings towns Pub Lunch |
| | Walk or Exercise | Walk or Exercise | Walk or Exercise | Walk or Exercise | |
| 10.00-11:00am | Groceries Fruit and Vegetable Shopping Games | Singing, Dancing and Spinning wheel exercise Morning Tea | Swimming | Fitness and Games Music Games Balloons Karaoke Parachute | |
| 11.00-11.30am | Morning Tea | Community BBQ or Community Access | | Morning Tea | |
| 11.30am- 12.30pm | Cooking | | | Cooking | |
| 12.30-1:00pm | Lunch | | Cooking Lunch | Lunch | |
| 1:00-2.00pm | Gardening | | Woodwork | Art & Craft | |
| 2.00-2.30pm | Activity of Participants Choice from the following: | | | | |
| | Fitness Equipment Colouring DVD Card Games | Jigsaw PS2 Talk group Karaoke | Board Games Sensory Room Numeracy and Literacy | | |
| 2.30-2.45pm | Drink and Snack | | | | |
| 2:45pm | Bus Departs Pick up | | | | |