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| Week 1/4 | January 2025 | | | | |
|--------------------------|---|---|--|--|---|
| | Mon, 6 January | Tue, 7 January | Wed, 8 January | Thu, 9 January | Fri, 10 January |
| 8:00 - 9:30 | Household Responsibilities; Morning Tea; Morning Thrive Session | | | | |
| Morning Session | <p style="text-align: center;">Special events</p>  <p>First Day Back for 2025 Social Morning & Catch up Prep for 2025</p> <p style="text-align: center;">Foundations</p>  <p>Service User Meeting and Team Discussion</p> <p style="text-align: center;">Passion & hobbies</p>  <p>Megan's Craft Class</p> | <p style="text-align: center;">Life skills</p>  <p>Op Shopping • Spending money optional</p> <p style="text-align: center;">Social engagement</p>  <p>Cinema Outing • \$15</p> <p style="text-align: center;">Recreation</p>  <p>Gardening</p>  <p>Vehicle Upkeep & Carwash</p> | <p style="text-align: center;">Life skills</p>  <p>Travel Training <u>Please Bring:</u></p> <ul style="list-style-type: none"> • Go Card • \$10 for drink <p style="text-align: center;">Recreation</p>  <p>Water Therapy <u>Please Bring:</u></p> <ul style="list-style-type: none"> • Swimwear • \$7 pool entry <p style="text-align: center;">Passion & hobbies</p>  <p>Photography: Capturing Photos, editing, Printing, Creating Art</p> | <p style="text-align: center;">Social engagement</p>  <p>Coffee Critics & Review Writing • \$15</p> <p style="text-align: center;">Passion & hobbies</p>  <p>Games & puzzles</p> | <p style="text-align: center;">No Crossroads Today</p> <p style="text-align: center;">Social engagement</p>  <p style="text-align: center;">Healthy</p>  <p>Centre Outing Picnic and Swimming day <u>Please Bring:</u></p> <ul style="list-style-type: none"> • Lunch • Togs, • Towel • Hat |
| Afternoon Session | <p style="text-align: center;">Life skills</p>  <p>Centre & Personal Shopping</p>  <p>Vehicle Upkeep & Carwash</p> | <p style="text-align: center;">Healthy</p>  <p>Round Robin Indoor Games</p> <p style="text-align: center;">Social engagement</p>  <p>Non-Verbal Communication</p> | <p style="text-align: center;">Foundations</p>  <p>Thrive Hub- Personal care</p> <p style="text-align: center;">Recreation</p>  <p>Lego & Model Building</p> | <p style="text-align: center;">Life skills</p>  <p>Sensory Exploration</p> <p style="text-align: center;">Social engagement</p>  <p>Review Writing</p> | <p style="text-align: center;">Recreation</p>  <p>Meditation Relaxation</p> <p style="text-align: center;">Social engagement</p>  <p>Group Discussion</p> |

| Week 2/4 | January 2025 | | | | |
|-------------------|--|---|--|--|--|
| | Mon, 13 January | Tue, 14 January | Wed, 15 January | Thu, 16 January | Fri, 17 January |
| 8:00 - 9:30 | Household Responsibilities; Morning Tea; Morning Thrive Session | | | | |
| Morning Session |  Centre & Personal Shopping |  Twin Towns: Legends of Rock & Roll • \$10 |  Bowling • \$7.50 |  Water Therapy <u>Please Bring:</u> • Swimwear • \$7 pool entry | No Crossroads Today |
| |  Healing Hooves 10:30am • \$10 |  Sailability • \$15 |  Aussie Games in the park |  Scenic Strength & Cardio at the Park |  Lunch Outing <u>Please Bring:</u> • \$25 • Morning Tea |
| |  Healthy Baking • \$3 |  Rainforest Walk |  Themed Craft: Australian Art • \$5 | |  Fish N Chips in the park <u>Please Bring:</u> • \$25 • Morning Tea |
| Afternoon Session |  Ladies Group |  Science Experiences/ Discussions |  Language & Culture Studies |   Memory Games Puzzles Bingo |  Mindful Colouring |
| |  Mens Group |  Thrive Hub - Personal Care |  Sensory Exploration | |  Group Discussion |

| Week 3/4 | January 2025 | | | | |
|-------------------|--|---|--|---|--|
| | Mon, 20 January | Tue, 21 January | Wed, 22 January | Thu, 23 January | Fri, 24 January |
| 8:00 - 9:30 | Household Responsibilities; Morning Tea; Morning Thrive Session | | | | |
| Morning Session |  Centre & Personal Shopping |  Twin Towns: Dusty & The Divas • \$10 |  Fishing & Park Outing |  Movie Buffs: Cinema Outing • \$15 |  Crossroads • \$50 |
| |  Travel Training Please Bring: • Go Card • \$10 for drink |  Cycling Without Age @ Paradise Point 10.45am 2 Trishaws & 11.30am 3 Trishaws & Picnic Lunch |  Cycling Without Age @ The Spit 10.45am 2 Trishaws & Picnic Lunch |  Scenic Strength + Cardio at the park |   Cycling Without Age Paradise Point 10.45am 2 Trishaws & Picnic Lunch Please bring: • morning tea • picnic Lunch |
| Afternoon Session |  Penpals / Cardmaking |  Australia Day Craft • \$5 |  Chair Yoga / Tai Chi @ the Centre | | |
| |  Library & Book Club |  Budgeting & Money Skills |  Lego & Model Building |  Sensory Exploration |  Meditation Relaxation |
| |  Australia Day Craft • \$5 |  Non-Verbal Communication |  Australia Day Craft • \$5 |  Review Writing |  Group Discussion |

| Week 4/4 | | January & February 2024 | | | | |
|-------------------|--|--|--|--|---|-----------------|
| | | Mon, 27 January | Tue, 28 January | Wed, 29 January | Thu, 30 January | Fri, 31 January |
| 8:00 - 9:30 | | Household Responsibilities; Morning Tea; Morning Thrive Session | | | | |
| Morning Session |   Public Holiday: Australia Day |  Twin Towns: The Cliff Richard Experience • \$10 |  Golf: Driving Range or Minigolf • \$10 |  Zumba Gold 10am • \$6 (Cash Only) |  Crossroads • \$50 | |
| | |  Sailability • \$15 |  Photography: Capturing Photos, editing, Printing, Creating Art |  Water Therapy <u>Please Bring:</u> • \$7 pool entry • Swimwear |  Lunch Outing <u>Please Bring:</u> • \$20-\$25 • Morning Tea | |
| Afternoon Session | |  Science Experiments / Discussions |  Language & Culture Studies |   Memory Games Puzzles Bingo |  Mindful Colouring | |
| | |  Recycling & Containers for Change |  Sensory Exploration |  Group Discussion | | |

Week 1/4

February 2024

Mon, 3 February

Tue, 4 February

Wed, 5 February

Thu, 6 February

Fri, 7 February

8:00 - 9:30

Household Responsibilities; Morning Tea; Morning Thrive Session

Morning Session

Life skills



Centre, Personal & OP Shopping

Spending money optional

Special events



Twin Towns: Tommy Memphis & The Tremors • \$10

Life skills



Travel Training
Please Bring:
• Go Card
• \$5 - \$10

Social engagement



Coffee outing • \$15

Social engagement



Crossroads • \$50

Recreation



Bowling • \$7.50

Recreation



Cycling Without Age @ Paradise Point 10:45 am 5 Trishaws & Picnic Lunch

Recreation



Cycling Without Age @ The Spit 10:45 am 2 Trishaws & Picnic Lunch

Healthy



Scenic Strength + Cardio at the park

Social engagement



Picnic Outing
Please Bring:
• Morning Tea
• Lunch

Passion & hobbies



Penpals / Cardmaking

Life skills



Healthy Lunch Club • \$5

Passion & hobbies



Craft • \$5

Recreation



Centre Based Games

Afternoon Session

Passion & hobbies



Megan's Craft Class • \$5

Healthy



Round Robin Athletic Games

Foundations



Thrive First Aid Training

Social engagement



Club

Recreation



Meditation Relaxation

Passion & hobbies



Men's Group

Social engagement



Non-Verbal Communication

Healthy



Bingo

Passion & hobbies



Craft • \$5

Social engagement



Group Discussion

Quarterly Reviews