



GEELONG

CENTRE-BASED DAY PROGRAM

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MONDAY

"LIVING & LEARNING"

- COFFEE CLUB
- SHOPPING ASSISTANCE
- COOKING PROGRAM
- EDUCATIONAL DISCUSSIONS
- HEALTH & EXERCISE

TUESDAY

"EXPRESS YOURSELF"

- BOOK CLUB
- MUSIC PROGRAM
- ART & CRAFT
- COMMUNITY OUTING

WEDNESDAY

"CREATE & GROW"

- ART & CRAFT
- COMPUTER PROGRAM
- GARDEN CLUB
- COMMUNITY OUTING

THURSDAY

"STRIVE & THRIVE"

- HEALTH & EXERCISE
- BALL SPORTS
- MINDFULNESS
- COMMUNITY OUTING
- ARCADE & GAMING

FRIDAY

"COMMUNITY CONNECTIONS"

- SELF CARE
- EDUCATIONAL DISCUSSIONS
- COMMUNITY OUTING
- SHOPPING ASSISTANCE

SATURDAY

"EMPOWERING MINDS"

- BRUNCH
- ART & CRAFT
- ARCADE & GAMING
- COMMUNITY OUTING

SUNDAY

CLOSED

SEPTEMBER 1ST

Vegetable Dumplings,
Safe Food Storage
Discussion
&
Bowling

SEPTEMBER 2ND

Music Program,
Mason Jar Aquariums
&
Fish Shaped Fruit Platter

SEPTEMBER 3RD

Bunnings,
Paint Stick/Stirrer
Scarecrows
&
Garden Care Discussion

SEPTEMBER 4TH

Reclink Basketball,
Guided Meditation
&
Healthy Frozen Berry Oat
Slice

SEPTEMBER 5TH

State Library
&
Picnic Lunch

SEPTEMBER 6TH

Merge with Werribee

SEPTEMBER 7TH

CLOSED

SEPTEMBER 8TH

Steak Sandwiches,
Growing Your Own Food
Discussion
&
Van Loons Nursery

SEPTEMBER 9TH

Music Program,
Clay Art (Keyrings)
&
Point Lonsdale
photography

SEPTEMBER 10TH

Painted CD Ornaments
&
Op Shopping in Geelong

SEPTEMBER 11TH

Exercise Program,
reflection activity
Laserquest/Waurn Ponds
Shopping Centre

SEPTEMBER 12TH

Reading Cinemas
or
Inhouse Movie & PJ Day,
self Care Discussion

SEPTEMBER 13TH

Merge with Werribee

SEPTEMBER 14TH

CLOSED

SEPTEMBER 15TH

Toad in the Hole,
Culinary Sauces
Discussion
&
Bowling

SEPTEMBER 16TH

Music Program,
Soap Making
&
Baking Apple Strudel

SEPTEMBER 17TH

Plant a Flower Box
Flower Garden
&
Wombat Gully
Nursery Visit

SEPTEMBER 18TH

Reclink Basketball,
Guided Beginner Tai Chi
&
Inhouse Group Games

SEPTEMBER 19TH

BBQ at Eastern Beach &
Ball Games
or
Bellarine Adventure Golf

SEPTEMBER 20TH

Merge with Werribee

SEPTEMBER 21ST

CLOSED

SEPTEMBER 22ND

Chicken Schnitzel, Kitchen
Cleanliness Discussion
&
Coffee Club

SEPTEMBER 23RD

Music Program
&
"Morphology"
Art Experience
Geelong Art Centre

SEPTEMBER 24TH

Window Green Houses,
Online Safety Discussion
&
Anglesea Scenic Drive

SEPTEMBER 25TH

Exercise Program,
Mindfulness Activities
&
Healthy Smoothies

SEPTEMBER 26TH

AFL Grand Final Party,
Footy Colours Dress Up
&
Ball Games at
Kardina Park

SEPTEMBER 27TH

Merge with Werribee

SEPTEMBER 28TH

CLOSED

SEPTEMBER 29TH

Beef Stroganoff,
Temperature Control
Cooking Discussion
&
Bowling

SEPTEMBER 30TH

Music Program,
Hand Stitched Card
Making
&
Torquay Coastline sketch

SEPTEMBER 2025