

My Choice - Day Program

Adults with additional needs



Term 3 | 2017 Program Guide:

Day:	Activity:	Time:	Activity Cost:
Mondays	Sensational Bowling: Start the week of by enjoying a social game of bowling!	9am to 3pm	No cost to participants
Tuesdays	Music & Gentle Exercise: Lets so some gentle exercise and listen to some relaxation music to enhance our health and wellbeing.	9am to 3pm	No cost to participants
Wednesdays	Water Aerobics Program: Let's participate in a group fitness session facilitated by an experienced water aerobics instructor! (45 minutes session)	9am to 3pm	No cost to participants
Thursdays	Hydrotherapy Pool / Pool / Spa: Let's enjoy some relaxation time at the amazing Melton Wave Pool.	9am to 3pm	No cost to participants
Fridays	Melbourne Explorers: Explore a different part of Melbourne each week & enjoy a BBQ for lunch!	9am to 3pm	No cost to participants

Program Suitability: This program is suitable for participants who have higher support needs and require a higher level of support and care and would like to attend a day program on a fulltime basis.

Program Eligibility Criteria: Participants of the NDIS and have the relevant line item (participate in community, social and recreational activities) included within their plan.

Program Meeting Point: Darebin Arts and Entertainment Centre in Preston.

Time: The program starts at 9am and finishes at 3pm.

Please Bring: Lunch and a drink to the program or money to purchase.

To make a booking or if you would like some more information about this program please contact our office on 9090 7205.