

GROUP PROGRAM ACTIVITIES CALENDAR



JULY - DECEMBER 2026
all programs include Pick up and drop home

M O N	<p>Monday Mates Enjoy a day out with your Mates. Visiting Parklands, enjoy morning tea, participate in games and off lunch.</p>	<p>Good Company Enjoy a day out, enjoying the sun in the parklands with morning tea and games & then off to lunch to enjoy continued chats and a scenic ride.</p>	<p>Strength Training ½ day Its no doubt, strength helps you mains stability and balance as we grow older. this class will do all this. Lunch included.</p>	<p>The Music Circle 1/2day Always wanted to sing or just love singing? We want you! Come Sing with us.</p>	<p>Tech Made Simple ½ day Keep up-to-date with technology so you can stay connected and maintain family + friends connection with ease! Lunch included.</p>	
T U E S	<p>Country Explorers Do you miss those open roads, and scenic routes? If so, this group is for you. Includes morning tea, games & lunch!</p>	<p>Move and Groove ½ day It's time to get those hips moving shake off the stiffness, dance to music you love, have fun and increase mobility! Lunch included.</p>	<p>Good Company Enjoy a day out, enjoying the sun in the parklands with morning tea and games & then off to lunch to enjoy continued chats and a scenic ride.</p>	<p>Tee Time Golf ½ day Miss playing Golf? Want to experience the joy and fun of being out on the "green" again - join us! MT included</p>	<p>The Craft Collective Whether you are a season professional, or you just love creating things with your hands, this creative group will inspire and delight you</p>	<p>Pool Therapy ½ day If you struggle with your joints but still want to keep strong and mobile, this activity will ensure this happens with ease & grace. MT included</p>
W E D	<p>Sing, Move & Play Come join us as we sing some new and old songs, dance to some tunes & play some games. Includes Morning tea + Lunch!</p>	<p>Good Company What's a day in good company? A great day! Enjoy a day out, soaking up the sun, connecting with others, over some morning tea + games, followed by lunch at another destination!</p>	<p>Cafe & Culture Crew Do you like shopping, experiencing art/culture, a spot of cafe dining and some museum exploring - depending on the day, we can do some if not all!</p>	<p>Equine Therapy ½ day (April - September) An opportunity to enjoy being around these majestic animals.. Enjoy feeding, patting and getting to know them. Pick up and afternoon tea included.</p>		
T H U R	<p>Thursday Mates Enjoy a day out with your Mates. Visiting Parklands, enjoy morning tea, participate in games and off lunch.</p>	<p>Cognitive Stimulation Therapy (Dementia/Alzhimers specific x 2 Per year) A 14 week program to develop confidence & esteem for someone with early to mid diagnosis or just wanting to build confidence</p>	<p>A Good day out Enjoy a walk, morning tea out in the community, taking in the fresh air and great company. We will then hit the road, and enjoy Lunch at the Cottage followed by some Games.</p>	<p>Good Company Enjoy a day out, enjoying the sun in the parklands with morning tea and games & then off to lunch to enjoy continued chats and a scenic ride.</p>		
F R I	<p>Friday Mates Enjoy a day out with your Mates. Visiting Parklands, enjoy morning tea, participate in games and off lunch.</p>	<p>Sing, Move & Play Come join us as we sing some new and old songs, dance to some tunes & play some games. Includes Morning tea + Lunch!</p>	<p>Strength Training ½ day Its no doubt, strengthen your muscles are critical to ensure stability and balance as we grow older. This class will equip you with all you need to feel strong. Lunch included.</p>	<p>Paint + Clay Group ½ day Its time to let your fingers do some creativity! Even if your a beginner to creativity, you will thoroughly enjoy exploring something new.. Try it out. Lunch included!</p>		