

6 th Jan – 10 th Jan	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00</p> <p>COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Homemade Pizza</p>	<p>9:30 – 2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Swimming \$5</p> <p>Lunch</p> <p>Harrup Park</p>	<p>11.00am – 12pm</p> <p>POOL SESSION Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>9:00 – 12:00</p> <p>A BILLY TEA CAFE</p> <p>Open to members of the public. 10am – 12pm Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>ARTS & CRAFTS</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction • Communication between others 
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

13 th Jan – 17 th Jan	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00</p> <p>COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Honey Mustard Chicken</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Cooking @ Life skills \$10 Lunch Provided</p>	<p>11.00am – 12pm</p> <p>POOL SESSION</p> <p>Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>9:00 – 12:00</p> <p>A BILLY TEA CAFE</p> <p>Open to members of the public. 10am – 12pm Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>ARTS & CRAFTS</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction <p>Communication between others</p> 
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

20 TH Jan – 24 th Jan	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00</p> <p>COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Devil Sausages</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Ball Games Kite Flying Queens Park</p> <p>Lunch BBQ \$5</p> <p>May Change due to weather</p>	<p>11.00am – 12pm</p> <p>POOL SESSION Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>9:00 – 12:00</p> <p>A BILLY TEA CAFE</p> <p>Open to members of the public. 10am – 12pm Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:00-12:00</p> <p>ARTS & CRAFTS</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction <p>Communication between others</p> 
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI</p>	

27 th Jan – 31 st Jan	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00 COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Public Holiday</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Ten Pin Bowling \$10</p> <p>Lunch General Gordon</p>	<p>11.00am – 12pm</p> <p>POOL SESSION Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>10:00 – 12:00 A BILLY TEA CAFE Open to members of the public.</p> <p>Come along and enjoy a beverage and something to eat. Menus items available to purchase for members of the public.</p> <p>Session Fee \$10 for participants.</p>	<p>9:30-12:00</p> <p>Arts & Crafts</p> <p>Fine Motor Skills Following instructions Social interaction Communication between others</p> 
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

3 rd Feb – 7 th Feb	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00 COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Lettuce Cup San Choy Bow</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Swimming \$5</p> <p>Lunch McDonalds</p>	<p>11.00am – 12pm</p> <p>POOL SESSION Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>9:00 – 12:00 A BILLY TEA CAFE Open to members of the public.</p> <p>Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>Arts & Crafts</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction • Communication between others 
	<p>12.30 – 2.30pm Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

10 th Feb – 14 th Feb	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00 COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Zucchini & Ham Carbonara</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Mt Pleasant Cinema May change due to times and available movies</p> <p>Lunch Red Rooster</p>	<p>11.00am – 12pm</p> <p>POOL SESSION</p> <p>Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>9:00 – 12:00</p> <p>A BILLY TEA CAFE Open to members of the public. 10am – 12pm Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>Arts & Crafts</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction • Communication between others 
	<p>12.30 2.30pm Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

17 th Feb – 21 th Feb	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00</p> <p>COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Mexican</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Bunnings Craft (free)</p> <p>BBQ Lunch \$5</p>	<p>11.00am – 12pm</p> <p>POOL SESSION Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>9:00 – 12:00</p> <p>A BILLY TEA CAFE</p> <p>Open to members of the public. 10am – 12pm Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>ARTS & CRAFTS</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction <ul style="list-style-type: none"> • Communication between others 
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

24 th Feb – 28 th Feb	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00</p> <p>COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Bacon & Egg Pie</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Time Zone</p> <p>Lunch Canelands</p>	<p>11.00am – 12pm</p> <p>POOL SESSION Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>10:00 – 12:00</p> <p>A BILLY TEA CAFE Open to members of the public.</p> <p>Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>ARTS & CRAFTS</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction • Communication between others 
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

3 rd March – 7 th March	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00</p> <p>COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Swedish Meet Balls</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Seaforth Esplanade</p> <p>Lunch Local Takeaway</p>	<p>11.00am – 12pm</p> <p>POOL SESSION Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>10:00 – 12:00</p> <p>A BILLY TEA CAFE</p> <p>Open to members of the public.</p> <p>Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>ARTS & CRAFTS</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction • Communication between others 
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

10 th March – 15 th Mar	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00</p> <p>COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Wasi Goeng</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Ten Pin Bowling \$10</p> <p>Lunch The Met</p>	<p>11.00am – 12pm</p> <p>POOL SESSION</p> <p>Holmes Drive Pool Light exercise, balls games, dancing.</p> 	<p>10:00 – 12:00</p> <p>A BILLY TEA CAFE</p> <p>Open to members of the public. 10am – 12pm Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>ARTS & CRAFTS</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction • Communication between others
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

17 th March – 21 st Mar	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00</p> <p>COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Chicken Rissoles</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Bunnings Craft (free)</p> <p>Lunch BBQ \$5</p>	<p>11.00am – 12pm</p> <p>POOL SESSION Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>9:00 – 12:00</p> <p>A BILLY TEA CAFE</p> <p>Open to members of the public. 10am – 12pm Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>ARTS & CRAFTS</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction • Communication between others 
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI Session \$10</p>	

24 th March – 28 th Mar	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIFE SKILLS 23 Holmes Drive Beaconsfield</p> <p>All Programs \$10 each or \$15 for the day</p>	<p>9:30 -12:00</p> <p>COOKING</p> <ul style="list-style-type: none"> • Light exercise to start the day • Money handling, learning about kitchen hygiene. • Prepare ingredients for recipe • Cook lunch and enjoy <p>Tuscan Chicken Bake</p>	<p>9:30 -2:30</p> <p>COMMUNITY OUTINGS</p> <p>Activity cost covered by Participants:</p> <p>Fishing</p> <p>Lunch</p> <p>Takeaway Park</p>	<p>11.00am – 12pm</p> <p>POOL SESSION Holmes Drive Pool</p> <ul style="list-style-type: none"> • Light exercise • balls games • dancing 	<p>9:00 – 12:00</p> <p>A BILLY TEA CAFE</p> <p>Open to members of the public. 10am – 12pm Come along and enjoy a beverage and something to eat.</p> <p>Menus items available to purchase for members of the public.</p>	<p>9:30-12:00</p> <p>ARTS & CRAFTS</p> <ul style="list-style-type: none"> • Fine Motor Skills • Following instructions • Social interaction • Communication between others 
	<p>12.30 – 2.30pm</p> <p>Drama & Discovery</p> <p>Puzzles, Games Communication, Story time & Drama</p>		<p>CAFÉ PREP</p> <p>Cafe Set Up</p>	<p>1pm – 2pm</p> <p>MUSIC THERAPY & TAI CHI</p>	