

Weekend Recreation Adults

TERM 3 & 4 – JULY TO DECEMBER 2024

Saturdays

July **Cinema, Bare Foot Blows & Lunch**

20

Get pumped for a day full of fun! First up, a fun movie, then we'll hit bare foot bowls for some awesome games. We'll squeeze in a tasty lunch at Warrnambool city Memorial, who's in? Km \$0.90

August

Warrnambool Art Gallery & Art

17

Join us for a day of creativity at Warrnambool Art Gallery! We'll start with mindfulness, followed by an exciting walk 'n talk, and wrap up with a paint a picture - lets get creative! Km \$0.52

September **Portland Cable Trams & BBQ**

21

Get ready for an exciting adventure to Portland Cable Trams for a scenic journey! We'll then explore Graham Husson Fauna Park and enjoy a sizzling BBQ lunch. Km \$71.90

October **Confidence in the Kitchen**

19

Let's have a blast shopping and cooking up a storm in the kitchen! Shopping + Cooking = Eating! Who's ready to get creative and have some fun in the kitchen? Km \$0.00

November **Timboon Ice creamery & Berry World**

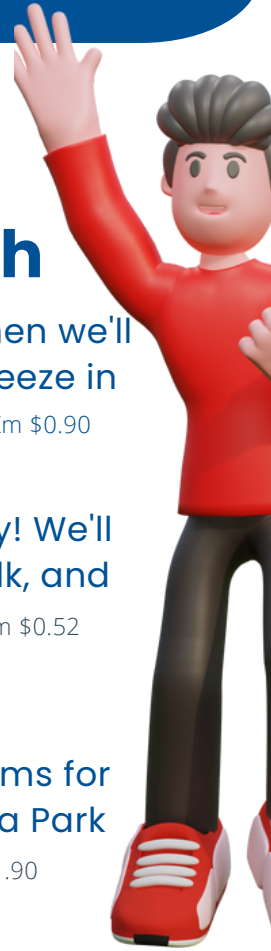
16

Are you ready for a road trip? Let's treat ourselves to the best Timboon Ice Cream and have a berry good time at Berry World! It's going to be a deliciously fun adventure! Km \$36.09

December **All Aboard Port Campbell Bound!**

21

Port Campbell, here we come! Let's have an adventure exploring the Shipwreck Coast together. Who's ready to join us and see what we can discover? Km \$42.57



REG: A0010905X

Please turn over for important information

mpower inc.
since 1975

Enhancing Abilities • Supporting Families • Strengthening Communities

Important Information

FLYERS: Will be available throughout the year for listed dates and activities.

CANCELLATIONS: Please call Reception to cancel as soon as possible. Fees apply for cancellations and no shows as detailed in your current Service Agreement.

MEDICATIONS: If your child or adult participant is to have medication administered while attending an Mpower service, the following needs to take place prior to attending any session:

1. Operoo information is up to date.
2. A Mpower Medical Purpose form is completed by your treating Medical Practitioner and returned to Mpower Intake Team.
3. Where medication is required due to behavioural reasons, a Behaviour Support Plan is needed. This is a requirement of the NDIA.
4. Medication must be discussed with Disability Team staff prior to each program.
5. Medication must be packaged in a Webster pack provided by your pharmacy.
6. Short Term Accommodation and other program access will not be available until all the medication requirements are met

On the day of the Mpower program you will need to sign a medication form.

REGISTRATION FORM / OPEROO PROFILE: Medical information and consents are to be updated. Prior to attending any Mpower services where parents or carers do not attend, participants with health conditions (Asthma Management Plan, Diabetes Management Plan, Epilepsy Management Plan) must have up to date plans from your medical practitioner. The plans are to be attached to your Operoo profile page. For those who cannot access Operoo you will need to deliver a hard copy to the Mpower Intake Team.

SUNSMART: Please bring hat and apply sunscreen prior to the program. Sunscreen will be provided for re application. If the participant requires their own specific sunscreen, please inform staff and supply as required

ENQUIRIES: Please ask to speak with a member of our Intake Team on **(03) 5561 8111**

EMERGENCY: On call number Ph : 0458 618 118 for urgent issues outside of office hours



All sessions **COST \$20** unless otherwise specified.

Payment can be made on collection or you will be invoiced.

Kilometre price is a quote only, price may change due to number of participants.

If it is a day activity please bring your own **lunch, drink bottle** and **sun hat**.

Meet at the rear of 84 Koroit Street, Warrnambool (enter via car park).

Drop off at **9:00am** - Pick up at **5:00pm**.

Mpower staff will pick up and drop off participants in the Warrnambool area if required.