

SENIOR HIGH FLYERS



MAY TO JUNE 2026

Fridays

May **Mpower Master Chef – Cook Off Challenge**

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Step into the Mpower kitchen for an exciting Cook-Off Challenge! Create delicious dishes, test your culinary skills, and enjoy a fun, friendly competition. A tasty night packed with creativity, teamwork, and plenty of laughs!

Parent/Carer Fee \$20.00 Kms \$0.00

May **Trivia Night & Takeout at Mpower House**

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Test your knowledge with a fun Trivia Night at Mpower House! Enjoy tasty takeout, friendly competition, and lots of laughs. A great way to spend an evening together!

Parent/Carer Fee \$20.00 Kms \$0.00

May **Artz N Craft – Paint a Self Portrait & Cooking Dinner**

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Unleash your inner artist as you paint a creative self-portrait, then join the group to cook a delicious dinner together. A relaxed evening full of imagination, colour, and great food shared with friends.

Parent/Carer Fee \$20.00 Kms \$0.00

June **Union Station Hotel – Dinner**

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Enjoy a night out at the Union Station Hotel! Sit back, relax, and tuck into a delicious meal in a welcoming setting. Perfect for good food, great company, and an easy going night out.

Parent/Carer Fee \$30.00 Kms \$21.87

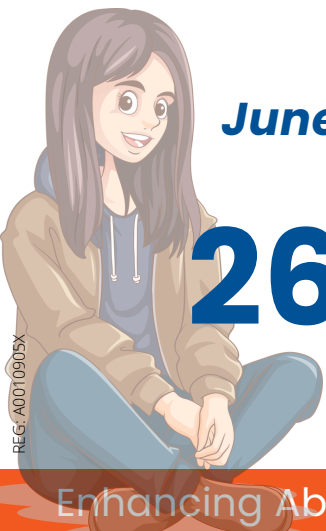
June **R.N.G Tabletop Gaming and Dinner at Raffertys**

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Dive into an evening of tabletop fun at R.N.G! Play strategy games, roll the dice, and share plenty of laughs before heading to Rafferty's for a tasty dinner. A perfect combo of games, mates, and good food.

Parent/Carer Fee \$30.00 Kms \$2.62

mpower inc.
since 1975



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. Medical Information (MYP form) 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.

MEDICAL INFORMATION: 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 their medical practitioner. The plans are to be attached to your MYP form. For those who cannot access MYP form 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**.

Drop off at **5:00pm** – Pick up at **8:45pm**.

Meet at 84 Koroit Street, Warrnambool .