

# SENIOR YOUTH GROUP

JANUARY TO MARCH 2025

## Fridays

### January **Flying Horse & Golf Range**

**31**

Get ready for a fantastic night out! Let's kick things off with a delicious meal at The Flying Horse and then hit the golf range for some swings and laughs! Whether you're a pro or just here for the fun, it's going to be an epic evening!

Km \$3.59

### February **Union Station Hotel Woolsthorpe**

**14**

Who's ready for a night of fun at The Union? Let's enjoy some great games and laughter, followed by a delicious dinner! It's the perfect recipe for an awesome evening! Who's in?

Km \$21.87

### February **Squash and Dinner of your Choice**

**28**

Who's up for a smashing good time playing squash at the indoor squash centre? After we work up an appetite, we'll wrap up the night with dinner—your choice! Let's serve up some fun and great food!

Km \$0.97

### March **Table Tennis Cramer Street**

**14**

Get ready to unleash your inner ping pong champion at Cramer Street! Join us for some exciting table tennis games and let the fun begin!

Km \$0.90

### March **Cooking with Confidence**

**28**

Let's have a blast! Join me as we whip up a delicious meal and unleash our creativity together in the kitchen. Who knows what tasty masterpieces we'll create!

Km \$0.00

Please turn over for important information

**mpower** inc.  
since 1975

REG: A001 0905X

## 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**.

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

Meet at Glass House Plaza Shop 7, 149 -165 Koroit Street, Warrnambool (opposite Target)

You can also enter via Ozone carpark for each of parking.