

Weekend Recreation Adults

JANUARY TO DECEMBER 2025

Saturdays

January **BBQ, Mini Golf and local Cricket**

18

Get ready for an awesome day at Lake Pertobe! Let's fire up the BBQ and enjoy some sizzling snags and watch a local cricket team. Km \$0.90

February **Connect to Nature—Tower Hill BBQ**

15

Get ready for an epic day of adventure at the stunning Tower Hill! Explore the beauty of nature, soak in the fresh air, and treat yourself to a mouth-watering BBQ. Fun, food, and nature—what more could you want? Km \$10.21

March **Timboon Ice creamery & Berry World**

15

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

April **Ten Pin Bowling, Lunch & local Footy**

19

Who's up for an action-packed day? Start with some friendly competition at Ten Pin Bowling, indulge in a delicious lunch, and then top it all off by cheering at a local footy game! It's a day full of fun, food, and excitement! Km \$0.35

May **Great Ocean Road Chocolaterie**

17

Who's excited for an epic road trip? Let's cruise down the Great Ocean Road and dive into the ultimate treat fest at the Chocolaterie & Ice Creamery! Get ready for a day full of fun and tasty adventures—you won't want to miss this!

June **Connect to Warrnambool**

21

Let's team up for a fun adventure in Warrnambool and explore the fascinating Flagstaff Hill together! It's going to be a day full of discovery and good vibes—don't miss out!

Km \$0.52

mpower inc.
since 1975



Please turn over for important information

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.

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JANUARY TO DECEMBER 2025

Saturdays

July

19

August

16

September

20

October

18

November

15

December

20

Cinema, Bare Foot Bowls & Lunch

Get ready for an action-packed day! We'll catch a blockbuster at the cinema, enjoy some barefoot bowling, and savor lunch at the Warrnambool City Memorial Bowls Club. It's going to be an amazing day—don't miss out! Km \$0.90

Warrnambool Art Gallery & Art

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 \$0.83

Portland Cable Trams & BBQ

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

Confidence in the Kitchen

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

Timboon Ice creamery & Berry World

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

Great Ocean Road Chocolaterie

Who's excited for an epic road trip? Let's cruise down the Great Ocean Road and dive into the ultimate treat fest at the Chocolaterie & Ice Creamery! Get ready for a day full of fun and tasty adventures—you won't want to miss this! Km \$122.82



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REG: A0010905X

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