

# Weekend Recreation Adults

JANUARY TO JUNE 2026

## Saturdays

January

17

### BBQ, Mini Golf, Local Cricket game

Fun in the Sun! Enjoy a relaxed BBQ, challenge friends to a friendly game of mini golf, and cheer at a local cricket match. A day designed for social connection, laughter, and building confidence in community settings.



February

21

### Connect to Nature – Tower Hill BBQ

Discover the Outdoors! Take a guided walk through Tower Hill, spot amazing wildlife, and share a tasty BBQ lunch. A supportive and enjoyable way to experience nature and practice independence in a safe environment.

\$20 30 Kms



### Timboon Ice creamery & Berry World

Sweet Adventure! Treat yourself to delicious ice cream at Timboon Ice Creamery, then pick fresh berries at Berry World. A sensory-friendly day full of flavor, fun, and exploring local treasures.

\$30 90 Kms

April

18

### Ten Pin Bowling, Lunch & local Footy

Strike and Cheer! Knock down pins at the bowling alley, enjoy a hearty lunch, and then join the excitement of a local football game. A great way to build confidence, stay active, and connect with your community.

\$40 6 Kms



May

16

### Gorge Chocolates, Alpaca feeding & Lunch at Port Campbell

Sweet & Scenic Adventure! Visit Gorge Chocolates for a delicious tasting experience, meet and feed friendly alpacas, and then enjoy a relaxing lunch in the beautiful coastal town of Port Campbell. A day full of flavor, fun, and unforgettable views!

\$40 - \$50 124 Kms



June

20

### Connect to Warrnambool, Flagstaff Hill

Step Back in Time! Discover the history of Warrnambool at Flagstaff Hill, explore interactive exhibits, and enjoy a day of learning and creativity. A welcoming space to spark curiosity and independence.

\$30 6 Kms

**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**.

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.