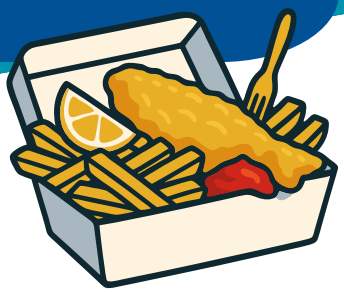
Adult Weekend Recreation

JULY TO DECEMBER 2026



Saturdays

July 18

Cinema and Fish & Chips

Stay out of the cold weather and enjoy a blockbuster at the cinemas. Then head to the fish and chip shop for a delicious lunch.

$30.00 8 Kms



August 15

Wild Life Park Cudgee & BBQ

Spend the day surrounded by nature at the wildlife park, where unforgettable encounters and friendly furry faces await! Meet, feed, and pat some of the park's most lovable animals.

$30.00 40 Kms

September 19

Exploring Caves at Budj Bim

Explore the nature and caves at Macarthur and Byaduk Caves. Bring your head torches and look out for bats and other wildlife. Enjoy your lunch back at Macarthur playground area.

$20.00 160 Kms

October 17

Explore the Great Ocean Rd & Lunch

Enjoy the sights along the Great Ocean Road and find the famous landmarks. Then come back via Port Campbell and enjoy a dine in lunch at their pub.

$30 146Kms

November 21

Fishing & Mini Golf – Port Fairy

Have a good hit out at Mini Golf Port Fairy and see who can make a hole-in-one. Then head to the pier for a competitive fish with friends.

$20 55 Kms

December 19

Christmas Shopping & Baking

Celebrate the festive season and buy a gift for a loved one, then head back to the house for Gingerbread House decorating.

$30.00 10 Kms



Please turn over for important information

mpower inc.
since 1975

REG: A0010905X

Enhancing Abilities • Supporting Families • Strengthening Communities

Important Information

PAYMENT: All session payments to be made by cash or card ONLY on the day

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

Kilometres will be calculated based on the number of participants and distance travelled.

Please contact us if you would like an estimate

For day activities, please bring your own **lunch** (unless otherwise stated), along with a **drink bottle** and **sun hat**

Drop Off/Pick Up at 84 Koroit Street: Please park curb side or allocated parks

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