mpower inc.
since 1975

JULY TO DECEMBER 2026

ADULT SOCIAL CLUB



THURSDAYS

July 02 — Flying Horse

Enjoy a fun night with friends out at The Flying Horse. Take a pick for your favourtie food off their wide variety of food chocies while celebrating birtdays from July.

$30-$40 to pay for own meal 15 kms

July 16 — Golf Range & Fish'n'Chips

Test out your swing out at the golf range and see who can hit the ball the longest distance. Then treat yourself to some fish & chips

$30 15 kms

July 30 — Macey's Bistro

Enjoy a fun night at Macey's relaxing and chatting with friends and tasting the delicious foods.

$30-$40 to pay for own meal 6 kms

August 13 — Whalers Hotel

Head to Whaler's Hotel for a dine in meal. Enjoy the night chatting and relaxing with friends.

$30-$40 to pay for own meal 6 kms

August 27 — Pizza & UNO Challenge (Birthday Celebration)

Celeabrate August birthdays by whipping up your favourite pizza with a variety of toppings. Then get ready to challenge your friends in games of Uno.

$25 to pay for own meal 5 kms

September 10 — R.N.G Table Top Gaming and Shnitz

Head to R.N.G for a round of competetive table games with your friends. Then Head to schnitz for you favourite feed.

$25 to pay for own meal 5 kms

September 24 — Footy Colours Night &Takeaway

Wear your footy colours with Pride as we celebrate the end of footy season. Enjoy takeaway of your choice while listening and signing footy anthems.

$25 0 kms



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THURSDAYS

October 08

City Memorial Bowls Club & Table Tennis

Head to the City Memorial Bowls Club for a delicious meal followed by a game of bowls with your friends.

$30-$40 to pay for own meal 4 kms

October 22

Squash & Takeaway

Test your skills in a game of squash against your friends, then relax and order in your favourtie takeaway. $20 5 kms

November 05

Rafferty's Tavern

Pick your favourite food to dine in at Rafferty's. Chat and relax with your mates while enjoing the warm welcoming atmosphere.

$30-$40 to pay for own meal 12 kms

November 19

Ten Pin Bowling & Fish'n'Chips

Try and score a strike at a competitive night of Ten Pin Bowling then help yourself to some salty fish and chips.

$25-$35 to pay for own meal 7 kms

December 03

Lake Pertobe & BBQ

Head down to Lake pertobe and enjoy some Summer weather while cooking a nice summer BBQ with salads.

$20 35 kms

December 17

Christmas Breakup & Takeaway

Kick your feet up and celebrate the holidays with with a festive night decorating gingerbread houses and wishing everyone happy holidays. $25 0 kms



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Please turn over for important information

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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

If it is a day activity please bring your own **lunch**, **drink bottle** and **sun hat**.

Mpower will pick up and drop off all participants from/to their home.

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

Meet at the rear of 84 Koroit Street, Warrnambool (enter via car park).