SENIOR HIGH FLYERS

OCTOBER TO DECEMBER 2026



Fridays

October 16

Rafferty's Tavern



Pick your favourite food at Rafferty'sTavern. Chat and relax with your mates while enjoying the warm welcoming atmosphere.

$30.00 5 Kms

October 30

Ten Pin Bowling and Fish 'n' Chips

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

$25.00 5 Kms

November 13

Trivia Night and Tacos



Test your knowledge with a round of trivia with friends and cook a BBQ with your favourite meats and salads.

$20.00 0 Kms

November 27

Lake Pertobe BBQ



Head down to Lake Pertobe and enjoy some sunshine while cooking up a nice summer BBQ with salads.

$20.00 5 Kms

December 11

Chistmas Breakup and Takeaway

Kick up your feet with a festive night of decorating gingerbread houses and wishing everyone Happy Holidays.

$25.00 0 Kms

Please turn over for important information

School holiday program kicks off 20 December to 28 January 2027

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 **5:00pm** - Pick up at **9:00pm**