



# Social Connections Day Program

# Weekly Activity Schedule

**Centre Name:** Chislon Social Connections

**Location:** 175 Mitchell St, Maidstone, 3012

**Week Commencing:** 12<sup>th</sup> January 2026 – 30<sup>th</sup> June 2026

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## Monday

**All day (9am - 3pm)**

### Morning (9am - 12pm)

- Taste and tinker: Cooking.
- Beyond the books: library
- Pin Pals Bowling
- Access all area's:  
Community activity
- 1:1 supports
- 2:1 supports

### Afternoon (12 - 3pm)

- Tai Chi
- Relax and refresh
- Audio books/  
reading
- 1:1 community  
supports

## Tuesday

**All day (9am - 3pm)**

### Morning (9am - 12pm)

- Balloon Football (April –  
Sept)/ Community access
- Move and Groove: exercise
- Swimming 1:1

### Afternoon (1 - 3pm)

- Swimming 2:1/ 1:1
- Chislon Movie time
- 1:1 supports:  
community

- Go local, grow global:  
Community activity
  - Fruity fun times: smoothies  
and Shakes
  - Map my world: Community  
activity.
  - 1:1 supports
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- Morning melodies program:  
monthly

## Wednesday

### Morning (9am - 12pm)

- The sensory patch:  
Gardening
- Rest and restore: glamour/  
pampering.
- 1:1 support: specific
- Boys group/ Hockey.
- Stronger together:  
exercise/ movement  
program.
- Roam from home: Armchair  
travel
- Walk about wonders:  
Walking Group

### Afternoon (12 - 3pm)

- Lets get wet:  
swimming 2:1  
support.
- Swimming: specific  
physio session.
- Creative touch: art.
- The inclusion  
expedition;  
Community activity.
- Relax and refresh

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## Contact us



1300 472 673



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- Morning melodies program:  
monthly

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## Thursday

### All day (9am - 3pm)

- 2:1,,: Community activity

### Morning (9am - 12pm)

- Access all area's: Community activity
- The crafty crew: arts and crafts
- Peaceful pause: massage/ time out of chairs/ relaxation
- Smells like yum: sensory cooking.
- J.A.M program (Just About Movement)
- 1:1 supports

### Afternoon (12 - 3pm)

- Ball games/ games/ puzzles
- Creative touch: sensory art.

## Friday

### All day (9am - 3pm)

### Morning (9am - 12pm)

- Feel the beat – music
- Bling it on – jewelry making
- Everyday Adventures – community activity
- Chisel and chat – woodwork program.
- Move to the beat – chair exercise program.

### Afternoon (12 - 3pm)

- Audio books/ reading
- Play it your way – games, puzzles, bingo
- Community supports, 1:1

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## Notes

### Special Events

- Holiday programs (if numbers are sufficient – September only)
- Various one off things pop u throughout the year

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