



Social Connections Day Program

Weekly Activity Schedule

Centre Name: Golden North

Location: 31-45 Bennett St Ironbark, Vic, 3550

Week Commencing: 12th January, 2026

Monday

All day (9am - 3pm)

- Community Club
- Centre Based Activities
- Gardening and animal care

Morning (9am - 12pm)

- All abilities lawn bowls
- Kisok Enterprise

Afternoon (1 - 3pm)

- Swimming/hydro
- Photography scrapbooking

Tuesday

All day (9am - 3pm)

- Team strikers ten pin bowling
- Hands on skills
- Art Space
- Centre based activities
- All abilities Dance/ Swimming

Morning (9am - 12pm)

- Ground level movers

Afternoon (1 - 3pm)

- Lets Move

Wednesday

All day (9am - 3pm)

- Creative Creations enterprise
- Friends about town
- Swimming/hydro
- Centre based activities

Morning (9am - 12pm)

- Enchanted tales

Afternoon (1 - 3pm)

- Stage and song

Thursday

All day (9am - 3pm)

- All abilities dance
- Art Space
- Centre based activities
- Lucky Strikes League bowling

Morning (9am - 12pm)

- Ground level movers

Afternoon (1 - 3pm)

- Sound and sensory

Friday

All day (9am - 3pm)

- Centre Based Activities
- Living skills cooking and animal care
- Inclusive Sport – including Balloon Football and Hockey

Morning (9am - 12pm)

- Let's Move
- Swimming/hydro

Afternoon (1 - 3pm)

- Chair medication and yoga

Notes

Before and after care available from 8.30am – 9am and 3pm – 4.30pm each day.

After hours programs available. Weekly Thursday Social Group 5-8pm

Monthly Sunday Market 11-2pm

Monthly Travel Group 10-4pm

Monthly Out and About Group 12-3pm

Footy Spectators Group 1.30-4.30

Special Events

- Art Vo
- Aquarium
- MCG
- Kyabram Fauna Park
- RUOK Day
- Clean up Australia Day
- Australian Open
- Regular trips to Melbourne

Contact us

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