



Social Connections Day Program

Weekly Activity Schedule

Centre Name: Heidelberg Social Connections

Location: 15 Alamein Road, Heidelberg West, 3081

Week Commencing: 12th of January 2026

Monday

All day (9am - 3pm)

- Explore Melbourne Club
- Bowling League

Morning (9am - 12pm)

- Gardening Group
- Get up and go-Music therapy

Afternoon (12- 3pm)

- Get fit together
- All Abilities sports
- Photography and Scrap booking

Tuesday

All day (9am - 3pm)

- Explore together
- Walking Basketball

Morning (9am - 12pm)

- Woodwork Warriors
- Book Club

Afternoon (12- 3pm)

- Sensory Art Space
- Get fit together
- Sensory Textiles Hub

Wednesday

All day (9am - 3pm)

- Big Day Out

Morning (9am - 12pm)

- All Abilities Gym Group
- Life skills-sensory cooking
- Have fun with your friends- Board games and sensory group

Afternoon (12- 3pm)

- Design and create
- Sensory space
- Drama Club

Thursday

All day (9am - 3pm)

- Massage Therapy/Design and create
- Exploring Melbourne together

Morning (9am - 12pm)

- Sensory Art
- Sensory Baking

Afternoon (12 - 3pm)

- Wheelchair travel
- Fitness club

Friday

All day (9am - 3pm)

- Sensory Ladies Day
- Sensory Men's Day
- Inclusive sport- All abilities Hockey
- Ballon Football

Morning (9am - 12pm)

- Chair Yoga and Meditation
- Let's Move

Afternoon (12 - 3pm)

- Nature walks/Get fit with our sports program
- Let's play

Special Events

- Australian Open
- MCG
- The Royal Melbourne Show
- World Festival of Magic