



# Social Connections Day Program

# Weekly Activity Schedule

**Centre Name:** Manifold Social Connections.

**Location:** 163 Church Street, Manifold Heights. 3218.

**Week Commencing:** 13/01/2026

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## Monday

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

- Picnic big day out!
- Westfield Shopping & lunch

### Morning (9am - 12pm)

- Bunnings Outing and morning tea
- Exercise Session – Fun and interactive onsite
- Sensory Time

### Afternoon (12 - 3pm)

- Karaoke/Music Therapy
- Floristry – Making beautiful bouquet's
- Bus maintenance skills workshop
- Social Lunch Out

## Tuesday

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

- BBQ Big Day Out!
- Flexible day out of fun

### Morning (9am - 12pm)

- Cafe walk and explore
- Balloon Football (April-June 2026)
- Chill out sensory
- Local Library

### Afternoon (1 - 3pm)

- Strike Bowling
- Hydrotherapy
- Sensory – Relax and unwind.
- Manifold Movies

## Wednesday

### Morning (9am - 12pm)

- Community Garden and morning tea
- Fun Games and morning tea
- Drive and Maccas lunch

### Afternoon (12 - 3pm)

- Hydrotherapy
- Ready steady cook-cooking class.
- Social lunch out at local venues.
- Strike Bowling
- Chill out sensory

## Thursday

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

- Fun day out!

### Morning (9am - 12pm)

- Live Music - onsite with talented Musicians.
- Eastern Beach/Botanical Gardens and morning tea
- Creative Art space-Vines Rd

### Afternoon (12 - 3pm)

- Sound and sensory
- Strike Bowling
- Hydrotherapy
- Exercise and games
- Chill out sensory

## Friday

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

- Serendip Sanctuary

### Morning (9am - 12pm)

- Cafe walk and explore
- Lawn Bowls
- Eastern Beach/Botanical Gardens
- Manifold Movies
- Art and craft workshop

### Afternoon (12 - 3pm)

- Friday games funday
- Plant, Grow, Harvest
- Balyang Sanctuary
- Social Lunch out

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## Contact us



1300 472 673



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# Notes

## Special Events

- Geelong Show!
- RUOK morning tea day
- Halloween Party!

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## Contact us

 1300 472 673

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