



# Social Connections Day Program

# Weekly Activity Schedule

**Centre Name:** Chelsea

**Location:** 82 Thames Promenade, Chelsea

**Week Commencing:** 13<sup>th</sup> January 2026

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## Monday

### All day (9.30-3.00)

- Bowling @ Clayton

### Morning (9.30- 12pm)

- Stretch it Out
- Cooking
- Digital Buddies
- Walk and Wonder

### Afternoon (12.30 - 3pm)

- Library @ Chelsea
- Move-Ability @ Longbeach
- Gardening
- Phoenix Art

## Tuesday

### All day (9.30am - 3pm)

- Make it Happen
- Social Group

### Morning (9.30am - 12pm)

- Mosaics
- Movement & Exercise
- Yoga @ Thames
- Group Music Therapy

### Afternoon (12.30 - 3pm)

- Lounging Down
- Smoothies & Milkshakes
- Individual Needs
- Group Music

## Wednesday

### All day (9.30am - 3pm)

- Disco
- Social Group

### Morning (9.30am - 12pm)

- Jamming with Kurt
- Movement & Exercise

### Afternoon (12.30 - 3pm)

- Sensory Relaxation
- Individual Activities

## Thursday

### All day (9.30am - 3pm)

- Balloon Football/ Hockey

### Morning (9.30am - 12pm)

- Movement & Exercise
- Group Physio
- Cooking @ Chelsea
- Market Projects

### Afternoon (12.30 - 3pm)

- Switch Hero
- Group Music
- Beauty
- Coffee Cruise
- Individual Activities

## Friday

### All day (9.30am - 3pm)

- Sailing
- Social Outing

### Morning (9.30am - 12pm)

- Stretch it Out
- Art @ Longbeach
- All Ability Music @ Longbeach
- Movement & Exercise

### Afternoon (12.30 - 3pm)

- Program Shopping
- Free Choice Friday
- Sensory Explorer

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## Notes

### Special Events

- Morning Melodies (Monthly)
- The Biggest Morning Tea
- Monthly fun/Dress-Up Eg: Halloween, Crazy Hair Day.
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## Contact us



1300 472 673



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