



# Social Connections Day Program

# Weekly Activity Schedule

**Centre Name:** Boronia

**Location:** 170 Boronia Road, Boronia 3155

**Call:** 1300 472673

**Week Commencing:** 8/2/2026

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## Monday Week 1

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

- Wheelchair Yoga (Exercise Program)
- Healthy Cooking
- Paper Craft/ Card Making

### Morning (9am - 12pm)

- Balloon Football Competition

## Tuesday Week 1

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

- 10 Pin Bowling and Lunch Out
- Knitting Club
- Meditation/ Massage Group
- Creative Craft Group

## Wednesday Week 1

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

- Creative Gardening/ Bunnings
- Flower Craft

### Morning (9am - 12pm)

- All Stars Choir
- Fun Fun Dance

## Thursday Week 1

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

### Morning (9am - 12pm)

### Afternoon (1 - 3pm)

- Soaps and Scents (Candle/  
Soap Making)
- Switch Sewing Program
- Colour Art/ Painting
- Swimming @ Knox  
Leisureworks
- Sing Along  
Community Group

## Friday Week 1

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

- Sensory Relaxation/ Yoga
- Pamper Program

### Morning (9am - 12pm)

- Coffee and Chat (Cafe Group)

## Monday Week 2

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

- Pottery Group
- Sensory Art Program

### Morning (9am - 12pm)

- Lawn Games/ Bocce at the Park

## Tuesday Week 2

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

- Morning Outing/ Cinemas
- Knitting Club
- Chop and Cook (Cooking Program)
- Self-Care/ Pamper Group

### Morning (9am - 12pm)

- Swimming @ Knox Leisureworks

## Wednesday Week 2

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

- Boronia Bake Off
- Shopping/ Lunch Out
- Train Travel (To City)

### Morning (9am - 12pm)

- All Stars Choir
- Fun Fun Dance

## Thursday Week 2

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

- Sensory Cooking Group
- Pottery Program
- Out of Chairs/ Musical Mats

### Morning (9am - 12pm)

- Swimming @ Knox Leisureworks

### Afternoon (1 - 3pm)

- Sing Along Community Group

## Friday Week 2

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

- Mad Science Group
- Display Art Program

### Morning (9am - 12pm)

- Around Town Cafe Club

# Special Events

- Australian Open
- Go Karting @ Le Mans Dandenong
- Melbourne Comedy Festival
- Australian Gran Prix