



# Social Connections Day Program

# Weekly Activity Schedule

**Centre Name:** Pakenham Social Connections

**Location:** 6B Henry St, Pakenham, Vic, 3810

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

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## Monday

### Morning (9am - 12pm)

- Green thumb gardening
- All abilities tennis
- April – Sept Balloon football

### Afternoon (12 - 3pm)

- Games/sports  
Challengers
- Page turners book club

## Tuesday

### Morning (9am - 12pm)

- Music to your ears: Music therapy
- Birdsland reserve walkers

### Afternoon (12 - 3pm)

- Coffee & chat

## Wednesday

### Morning (9am - 12pm)

- Disco fever discobility
- Rest & relax

### Afternoon (12 - 3pm)

- Ten pin bowling

## Thursday

### Morning (9am - 12pm)

- Around the world cooking
- Movement & exercise physiotherapy

### Afternoon (12 - 3pm)

- Pamper me!  
Rest/massage and  
makeup
- Let's get loud music

## Friday

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

- Social Group & BBQ

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## Special Events

- Movie night
- Surf the sound of silent Disco

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## Contact us



1300 472 673



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