



Social Connections Day Program

Weekly Activity Schedule

Centre Name: Shannon Park Social Connections.

Location: 2 – 10 Balcombe Road

Week Commencing: X

Monday

All Day (9am - 3pm)

- Baking Fun!

Morning (9am - 12pm)

- Chair Aerobics
- Exercise Session
- Ten Pin Bowling
- Hydrotherapy

Afternoon (12 - 3pm)

- Karaoke/Music Therapy
- Café, Wander and Walk
- Relaxation and Rejuvenate
- Hydrotherapy

Tuesday

All day (9am - 3pm)

- Flexible day out of fun

Morning (9am - 12pm)

- Exercise Session
- Balloon Football (April-June 2026)
- Garden Guru's
- Hydrotherapy

Afternoon (1 - 3pm)

- Art
- Adaptive Communication
- Communicate and Connect

Wednesday

All day (9am – 3pm)

- Food Safari

Morning (9am - 12pm)

- Exercise Session
- Strike Bowling
- Community Kitchen
- Hydrotherapy

Afternoon (12 - 3pm)

- Tech Together
- Neighborhood Wander and Walk
- Gentle Music and Movement
- Music with Jeff

Contact us

 1300 472 673

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Thursday

All day (9am - 4pm)

- Picnic/BBQ in the Park

Morning (9am - 12pm)

- Hydrotherapy
- Exercise Session
- Shop and socialize

Afternoon (12 - 3pm)

- Art Class
- Audio Books
- Hydrotherapy
- Plant, Grow, Harvest Garden Group

Friday

All day (9am - 3pm)

Morning (9am - 12pm)

- Hydrotherapy
- Exercise
- Coffee Group
- Lawn Bowls

Afternoon (12 - 3pm)

- Hydro Therapy
- Relax and Rejuvenate
- Games & Sports Club
- Friday Movie Club

Notes

Special Events

- Geelong Show!
- RUOK
- Biggest Morning Tea
- Halloween Party
- BBQ Big Day Out
- Having a Say Conference
- Australian Open

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