



Social Connections Day Program

Weekly Activity Schedule

Centre Name: Chelsea Social Connection

Location: Thames Promenade and Scotch Parade Chelsea, 3196, VIC

Monday

All day (9am - 3pm)	Morning (9am – 12:30pm)	Afternoon (12:30 - 3pm)
• Bowling (All Day) community	• Stretch it out (centre based) • Cooking (centre based) • Surfing the Net (centre based) • Movement & Exercise (centre based)	• Library (community based) • Phoenix Art (community based) • Fun Fitness @ GSAC (community based) • Gardening (centre based)

Tuesday

All day (9am - 3pm)	Morning (9am – 12:30pm)	Afternoon (12:30 - 3pm)
• Make it happen (all day social Grp) • Social Group (all day)	• Card Making (centre based) • Movement & Exercise (centre based) • Yoga (centre based) • Grp Music Therapy (centre based)	• Coffee Cruise • Lounging down (centre based) • Smoothie & milkshake • Individual needs • Grp music Therapy (centre based)

Wednesday

All day (9am - 3pm)	Morning (9am – 12:30pm)	Afternoon (12:30 - 3pm)
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• Blokes Day (all day social group) • Disco (all day community activity) • Social Group (all day community activity)	• Jamming with Kurt (centre based) • Movement & exercise (centre based)	• Sensory Music (centre based) • Individual activities (centre based)
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Thursday

Allday(9am - 3pm)	Morning (9am – 12:30pm)	Afternoon(12:30 - 3pm)
• Balloon Football (all day community activity)	• Movement & Exercise (centre based) • Group physio (centre based) • Cooking @ Chelsea (centre based) • Market Projects (centre based)	• Individual Activities (centre based) • Group music Therapy (centre based) • Beauty (centre based) • Coffee Cruise (Community based) • Music @ Phoenix (Community Based)

Friday

Allday(9am - 3pm)	Morning (9am – 12:30pm)	Afternoon(12:30 - 3pm)
• Art @ Longbeach (all day community based) • Sailing(Summer) social group (winter) • Social outing (all day community)	• Stretch it out (centre based) • All ability music @ Longbeach (community) • Movement & Exercise (centre based)	• Program Shopping (Community) • Free Choice Friday (centre based) • Sensory Explorer (centre based)

Contact us

-  1300 472 673
-  contact@scopeaust.org.au
-  scopeaust.org.au

