












Lithgow Day Program Activity Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Out and About Enjoy getting out and about and learning new activities like bingo and park experiences. 9am – 3pm</p>	 <p>Social Explorers Enjoy a walk and chat, socialise, visit the library, exchange books, and read stories. 9am – 12pm</p>	 <p>Skills for Life Customised to support individual needs and preferences, focusing on building practical everyday skills such as cooking, hydrotherapy, community access, transportation, socialising, and banking. 9am – 12pm</p>	 <p>Move and Groove Join in the fun and stay active with a variety of activities, including lawn bowls, yoga, chair dancing, basketball, and more! 9am – 12pm</p>	 <p>Fun FriYaY A range of fun activities designed to suit customers' preferences. 9am – 12pm</p>
 <p>Skills for Life Customised to support individual needs and preferences, focusing on building practical everyday skills such as cooking, hydrotherapy, community access, transportation, socialising, and banking. 9am – 12pm</p>	<p>Lunch 12pm – 12.30pm</p>	<p>Lunch 12pm – 12.30pm</p>	<p>Lunch 12pm – 12.30pm</p>	<p>Lunch 12pm – 12.30pm</p>
<p>Lunch 12pm – 12.30pm</p>	 <p>Make n Take Get creative with a variety of supplies, cook your favorite recipe, and take home the art or food you've made. 12.30pm – 3pm</p>	 <p>Skills for Life Customised to support individual needs and preferences, focusing on building practical everyday skills such as cooking, hydrotherapy, community access, transportation, socialising, and banking. 12.30pm – 3pm</p>	 <p>Pamper Session Indulge in relaxing experiences of foot spas, manicures and gentle stretching. 12.30pm – 3pm</p>	 <p>Fun FriYaY A range of fun activities designed to suit customers' preferences. 12.30pm – 3pm</p>
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