














Blue Mountains Day Program Activity Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Out and About Promotes social and physical wellbeing, and community integration. Example activity: Bingo and lunch at Lithgow Workies. 9am – 3pm</p>	 <p>Choose Day Individuals have the opportunity to select and engage in activities tailored to their preferences. 9am – 3pm</p>	 <p>Skills for Life Focuses on essential abilities like coffee making, travel, and cooking, fostering independence and confidence for everyday life. 9am – 3pm</p>	 <p>Build it Tailored woodwork activities promoting skill development and creativity. 9am – 12pm</p>	 <p>Flexi FriYAY Individuals have the opportunity to select and engage in activities tailored to their preferences. 9am – 3pm</p>
 <p>Build it Tailored woodwork activities promoting skill development and creativity. 9am – 3pm</p>		 <p>Pamper Session Complete with a foot spa, massage chair, or painted nails for a relaxing experience. 9am – 12pm</p>	 <p>Lego Participants build, explore, and connect through the joy of constructing Lego. 9am – 12pm</p>	<p>2024 Closure Dates</p> <ul style="list-style-type: none"> 1 – 2 January, New Years Break 26 January, Australia Day 29 March, Good Friday 30-31 March, Easter 1 April, Easter Monday 25 April, Anzac Day 10 June, Kings Birthday 25 October, Labour Day 23 December – 3 January, Holiday Break
 <p>Get Active Inspires movement, interaction, and a lively atmosphere. 9am – 12pm</p>		 <p>Make and Take Get creative in our weekly sessions, with diverse activities like woodwork, and arts and crafts. Make something new each week to take home and enjoy. Lunch break included. 12.30pm – 3pm</p>	 <p>Social Explorers Build social skills while immersing in the incredible stories and wonders of this unique and historical region. 9am – 3pm</p>	
 <p>Hang Out Group Fosters connections, camaraderie, and shared experiences in a relaxed, friendly environment. 3.30pm – 6pm</p>			 <p>Gardening Connect with nature, nurture plants, and enjoy the benefits of hands-on, rewarding outdoor activities. 12:30am – 3pm</p>	

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