

WAYVILLE ACTIVITIES



SEE MENTAL HEALTH DIFFERENTLY

Aug 19th - Oct 11 2019

8 Week Program

(CLOSED MONDAYS)

Tuesday & Thursday 11:00am - 4:00pm

2.5 hour blocks

11:00am - 1:30pm and 1:30pm - 4:00pm

Wednesday & Friday Groups only,
bookings essential.

5 Cooke Tce Wayville SA 5034

(08) 8378 4100

skylight@skylight.org.au

skylight.org.au



AUG - OCT 2019

Please bring
your own lunch

Tuesdays

- Out There** 10:30am - 3:30pm
Meet at Reception and bring your own lunch.
Please see Out There flyer for details.
Bookings essential
- Community Hub** 11:00am - 1:30pm
Every Tuesday.
2.5 hr blocks
1:30pm - 4:00pm
- Participant Meeting** 11:30am - 12:15pm
Meet in Training Room 2 11:30am. Held fortnightly
August 20th, September 3rd, September 17th & October 1st
- Art Group** 12:15pm - 1:30pm
Meet in Training Room 2 next to Activities
Main Space. (in 2 blocks)
1:30pm - 4:00pm
- Meditation** 1:30pm - 2:30pm
Meet in activities

Check out our other
services on our website
www.skylight.org.au



AUG - OCT 2019

Centre is closed to
visitors on
Wednesdays

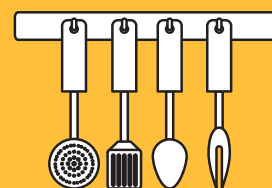
Wednesdays

- Wednesday Cooking** 11:00am - 1:00pm
1:30pm - 3:30pm
Meet in activities kitchen at 11am or 1:30pm.
Please only book into one of our Cooking Groups
(recipes may also be the same between groups)
Bookings essential
- Bowling** 1:00pm - 3:30pm
Meet at Reception. Held fortnightly.
21st August, 4th September, 18th September and 2nd October
Bookings essential
- Coffee Group** 1:00pm - 3:30pm
Meet at Reception. Held fortnightly.
August 28th, September 11th, September 25th and October 9th
Bookings essential

SPECIFIC GROUPS ONLY ON WEDNESDAYS

Advance bookings essential.

Only arrive at the start time of the group attending.



AUG - OCT 2019

Please bring
your own lunch

Thursdays

Community Hub

Every Thursday
2.5 hour blocks

11:00am - 1:30pm

1:30pm - 4:00pm

Walking Group

Please note: Closed in shoes recommended for this activity.
Meet at Reception.

11:00am - 12:00pm

Music Group

Every Thursday

12:30pm - 1:30pm

1:30pm - 2:30pm

Open Mic

2:30pm - 3:30pm

MUSIC

Every Thursday

1:00pm - 3:30pm



AUG - OCT 2019

Centre is closed to
visitors on
Fridays

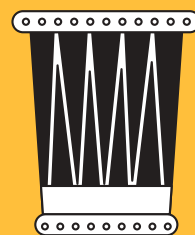
Fridays

- ▶ **Communication Workshop** 11:00am - 1:00pm
Bookings essential
- ▶ **Out 'N About** 11:00am - 4:00pm
August 30th, September 13th, September 27th and October 11th
Includes Royal Adelaide Show outing on August 30th
See Out 'N About flyer for details about specific dates and cost
Bookings essential
- ▶ **Friday Cooking** 11:00am - 1:00pm
Meet in activities kitchen at 11am or 1:30pm. 1:30pm - 3:30pm
Please only book into one of our Cooking Groups
(recipes may also be the same between groups)
- ▶ **Guitar Lessons** 1:00pm - 2:30pm
Bookings essential
- ▶ **Drumming Group** 2:30pm - 4:00pm
Bookings essential

Only arrive at the start time of the group you are attending

ADVANCE BOOKINGS ESSENTIAL FOR GROUPS ON FRIDAYS

Please call 8378 4100 or speak to
the Customer Relations Team to book in.



The Centre is closed to
visitors on Mondays,
Wednesdays, and Fridays.

GROUPS ONLY

FOR ALL GROUPS
BOOKINGS
ESSENTIAL

PLEASE CALL 8378 4100 OR SPEAK TO
THE CUSTOMER RELATIONS TEAM TO BOOK IN



**SKYLIGHT
OUT 'N ABOUT**

**ROYAL
ADELAIDE
SHOW**

August 30th, 2019 | 11AM-4PM

Come along and check out all the Royal Adelaide Show attractions!

BOOKINGS ESSENTIAL!

ABOUT THE ACTIVITY CENTRE

Skylight Activity Programs are run by staff and volunteers in conjunction with participants. No referral is required.

The Activity Program promotes wellbeing in a supportive environment by offering opportunities for individuals to progress their recovery and prevent relapse by improving their ability to manage their illness. This occurs by providing a place where people can build skills, develop friendships, be accepted and connect with the community.

The Activity Program provides a flexible and supportive environment in which individuals can choose to participate in activities whilst socializing and meeting new people. Staff are friendly, approachable, will support and assist people to participate in the range of programs available.

How to make a booking for offline activities:

The Wayville Activity Program is currently taking bookings over the phone or in person through Activities Staff or CRT.

All participants need to have completed an orientation prior to attending offsite activities.

Please note: Minimum of 3 participants are required for all activities to run.

For further information, to arrange an appointment for an orientation of the program, or to book in for an activity, please contact 8378 4100.

Orientation to the program is a requirement for participation.