

MURRAYLANDS ACTIVITIES



Spring 2018
September - November

Mondays, Tuesdays, & Fridays
10:00am - 3:30pm

Uniting Church
Narooma Blvd, Murray Bridge
Ph: 0488 102 095



SEPT - NOV

Mondays

Art Therapy

\$3 per person for materials.

10:00am - 12:00pm

Healthy Lunch

\$5 per person

12:00pm - 1:00pm

Walking Group

1:30pm - 2:30pm

Tuesdays

*Please note: On the first Tuesday of each month, ONLY the All Day Outings will be running.

First Tuesday of the Month - All Day Outing

10:00am - 4:00pm

Leaving from Murray Bridge on:

4th Sept. Op Shop Crawl around the Murraylands

2nd Oct. Picnic and Yarning at Walker Flat

6th Nov. Kayaking on the Murray

Places are limited, so bookings are essential.

Healthy Wellbeing Group

10:00am - 12:00pm

Healthy Lunch

\$5 per person

12:00pm - 1:00pm

Chair Yoga/Meditation

1:30pm - 2:15pm

Floor Yoga/Meditation

2:30pm - 3:15pm

SPRING 2018

Fridays

Drum Making

Cost TBA

10:00am - 12:00pm

Healthy Lunch

\$5 per person

12:00pm - 1:00pm

Music Group

1:30pm - 3:30pm



IMPORTANT NOTICE:

**ALL PROGRAMS
HELD IN MURRAY
BRIDGE @
UNITING CHURCH**

Questions? Call Kay at 0488 102 095

NDIS

**ASSISTANCE AND
INFORMATION**

**AVAILABLE MONDAYS,
TUESDAYS, & FRIDAYS
BY APPOINTMENT**

To book in call Kay at 0488 102 095

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 and approachable and will support and assist people to participate in the range of programs available.

Orientation to the program is a requirement for participation.

Skylight respectfully acknowledges Aboriginal and Torres Strait Islander people as the traditional custodians of this land and celebrates all people who call this land home

For further information or to arrange an appointment for orientation of the program, please contact Trevor, Jess or Kay.

*Some activities may change without prior notice due to unforeseen circumstances. We apologise for any inconvenience.

Contacts:

Kay: 0488 102 095

Jess: 0429 343 749

Trevor: 0427 442 775

Skylight services are funded through multiple sources.