

WAYVILLE ACTIVITIES



SEE MENTAL HEALTH DIFFERENTLY

January 7th -
March 1st 2019

8 Week Program

Monday to Friday

New Hours

Monday 10:45am - 12:45pm

Tuesday - Friday 11:00am - 4:00pm

New!

5 Cooke Tce Wayville SA 5034

(08) 8378 4100

skylight@skylight.org.au

skylight.org.au



JAN-MAR 2019

**There will be no activities on
January 28th
for the Public Holiday**

Mondays

Fitness

10:45am -12:45pm

Meet at Seacliff at Angus Neill Reserve
Every Monday except January 28th
Bookings essential

CENTRE CLOSED TO VISITORS ON MONDAYS

The Activity Centre is closed
to visitors on Mondays.



JAN-MAR 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 of specific dates
Bookings essential
- Community Hub** 11:00am - 4:00pm
Every Tuesday except January 8th
- Participant Meeting** 12:00pm - 12:30pm
January 15th, 29th & February 12th, 26th
- Art Group** 12:00pm - 3:00pm
Every Tuesday except January 8th

BOOKINGS ESSENTIAL

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



JAN-MAR 2019

Centre is closed to
visitors on
Wednesdays

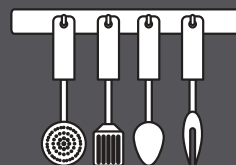
Wednesdays

- Cooking Group** 11:00am - 1:00pm
Every Wednesday except January 9th
Bookings essential
- Bowling** 1:00pm - 3:30pm
Meet at Reception
January 23rd & February 6th, 20th
Bookings essential
- Coffee Group** 1:00pm - 3:30pm
Meet at Reception
January 9th, 16th, 30th & February 13th, 27th
Bookings essential
- Tobacco Free** 2:00pm - 4:00pm
Every Wednesday except January 9th
Bookings essential

Cooking Group & Tobacco Free

Every Wednesday

Except January 9th



JAN-MAR 2019

Please bring
your own lunch

Thursdays

- Walking Group
Meet at Reception
11:00am - 12:30pm
- Community Hub
11:00am - 4:00pm
- Music
12:30pm - 3:30pm

MUSIC

Every Thursday
12:30pm - 3:30pm



JAN-MAR 2019

Please bring your
own lunch

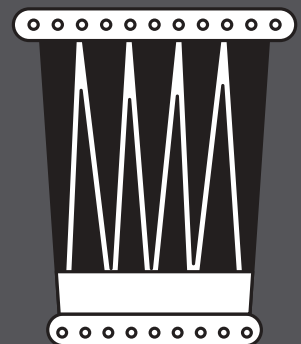
Fridays

- Communication Workshop
Bookings essential 11:00am - 12:00pm
- Guitar Lesson
Bookings essential 12:45pm - 2:15pm
- Art Therapy
Bookings essential 2:00pm - 4:00pm
- Drumbeat
Bookings essential 2:15pm - 3:15pm

CENTRE CLOSED TO VISITORS ON FRIDAYS

The Activity Centre is closed
to visitors on Fridays.

Group participants only.



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



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.