









































Kearney Springs L&L

June- August Activity Planner

Name:	Monday	Tuesday	Wednesday	Thursday	Friday
10AM - 12PM	Disability Dance (\$9.00)  Local dance studio comes to site and runs a dance program.	Relationships EFI Morning Tea (\$5.00)  Join the worksite crew for morning tea and catch up with old friends.	Sports   Participants will play different sports, from team sports to general ball games	Bus Trip (\$10)   Participants will take a Bus out to Clifford gardens where they will either bring their own lunch or buy something there.	Art Harlaxton community group (Gold coin donation)  Participants will enjoy social engagement in the community
	Indoor Games + Board Games  Games Indoors to work on our Fitness and our motor skills.	Movies out (\$11.50) Or Movies in House   Participants can pick if they want to see a movie out or in centre	Ten Pin Bowling (\$10.00)  Bowling at Bazinga	Dream Café Cost \$4-\$4.50  Participant will access their community and have a Drink with their peers	Art (\$5.00)  Participants will create and make artworks Themed around the month
	Cooking Healthy Habits /Learning to be Independent (\$7.00)  From budgeting and purchasing the ingredient to prepping and cooking a healthy lunch. 1 week is theory the next is Practical	Fit Lab Gym session (\$5.00)  Join in on one of fit labs fitness classes run by a personal trainer at Fit Lab gym.	Out and about Adventure   Exploring new and exciting destinations in the Toowoomba area to get out and about.	Morning with the Stars Fortnightly every second Thursday free  Participant will engage with members of their community and enjoy music performances.	Cooking Healthy Habits /Learning to be Independent (\$7.00)  From budgeting and purchasing the ingredient to prepping and cooking a healthy lunch. 1 week is theory the next is Practical
1PM- 3PM	Computers/VR/3D   Learning how to use a computer, as well as sending send emails to your friends and family.	Ten Pin Bowling (\$10.00)  Bowling at Sun Set Super bowl	Pub games   Visit local pubs and engage in classic pub games like pool, darts, shuffleboard etc.	Mowing and gardening maintenance   Garden upkeep, watering, weeding and variable/herb growing	Friday wind down + Relaxing Music  A relaxing Afternoon where our Participants can wind down after the week.
	Debbie's sing along   Debbie will come in and sing with the Participants and get them dancing along with the Music.	Sign Language (\$5.00)  A qualified trainer comes to site and runs a sign language course.	Service user Meeting/Newsletter writing   Read and write stories with peers as well as creating monthly newsletters for the centre.	Art (\$5.00)  Participants will create and make artworks depending on the month.	Swimming (\$4.00)   Swimming at Ballie Henderson.
	Thrive living independently  Thrive living and learning independently	Thrive living independently  Participants will learn writing and numeracy skills	Thrive living independently  Looking after myself and personal wellness	Thrive living independently  Participants will learn writing and numeracy skills	Car Buddy program  Learn the basic of vehicle care and maintenance, from fuelling to cleaning and much more as well refilling the SD Transport paperwork and tire pressure.

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