

Mermaid Waters Learning & Lifestyle Program Calendar







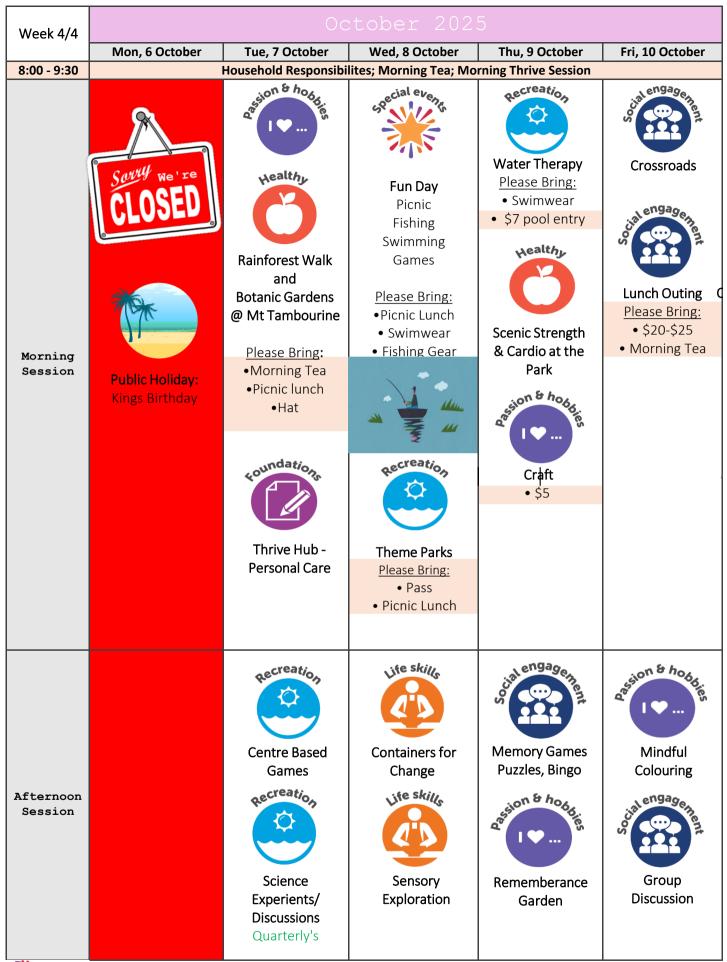






October, November, December 2025

Week 3/4		Se	eptember 2025	;	
	Mon, 29 September	Tue, 30 September	Wed, 1 October	Thu, 2 October	Fri, 3 October
8:00 - 9:30			lites; Morning Tea; Mo	rning Thrive Session	T
Morning Session	Centre, Personal or Op Shopping • Spending money optional Bowling • \$7.50 Craft • \$5 Vehicle Upkeep	Twin Towns: Rick Price The Classic Hits •\$10 Sailability •\$15 Healthy Lunch Club Cooking •\$5	Travel Training Please Bring: Go Card \$5 - \$10 Cycling Without Age @ The Spit 10.45am 2 Trishaws Ricnic Lunch Photograpy: Capturing Photos, editing, Printing, Creating Art	Movie Buffs: Cinema Outing • \$15 Scenic Strength & Cardio at the park Centre Based Games	Social Outing Picnic and Games at Macintosh Island with Lab L&L Please Bring: • Morning Tea • Lunch • Hat
Afternoon Session	Megan's Craft Class Literacy Skills & Reading	Lego & Model Building Non-Verbal Communication Quarterly's	Budgeting & Money Skills Library & Book Club	Music & Karaoke Sensory Exploration	Meditation Relaxation Group Discussion



Week 1/4	October 2025					
	Mon, 13 October	Tue, 14 October	Wed, 15 October	Thu, 16 October	Fri, 17 October	
8:00 - 9:30		Household Responsibil	ites; Morning Tea; Mo	rning Thrive Session		
Morning	Centre, Personal or Op Shopping • Spending Money optional Healing Hooves 10:30am • \$10 Photograpy Capturing, editing & Printing photos Creating Art	Morning Melodies with Rhydian Lewis @ Currumbin RSL •\$5 -\$10 to purchase a drink Centre Based Games	Bowling •\$7.50 Cycling Without Age @ The Spit 10.45am 3 Trishaws & Picnic Lunch Craft •\$5	Cafe Outing • \$15 Chair Yoga / Tai Chi @ the Centre	Crossroads Cycling Without Age @Paradise Point 10.45am 3 Trishaws & Picnic Lunch Please bring: • morning tea • picnic Lunch	
Afternoon Session	Vehicle Upkeep Literacy Skills & Reading	Round Robin Indoor Games Non-Verbal Communication	Service User Meeting	Music & Karaoke Sensory Exploration	Meditation Relaxation Group Discussion	

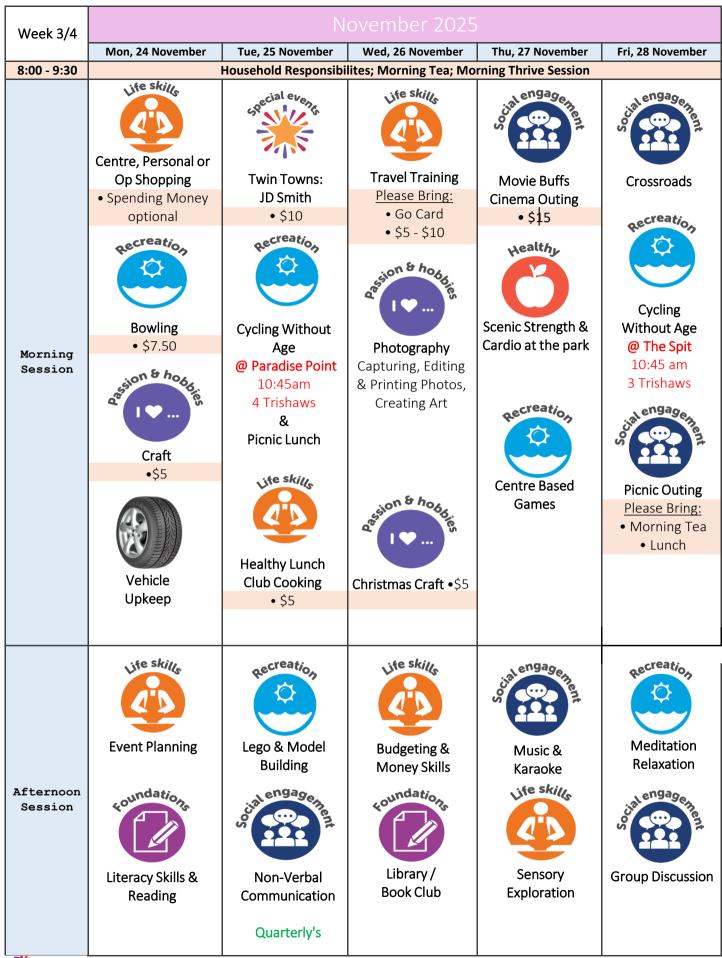
Week 2/4		(October 2025		
,	Mon, 20 October	Tue, 21 October	Wed, 22 October	Thu, 23 October	Fri, 24 October
8:00 - 9:30		Household Responsibi	ites; Morning Tea; Mo	orning Thrive Session	
	ife skills	soecial events	Lite skills	Healthy	S CO
	Travel Training Please Bring: Go Card	Twin Towns: Back to the Tivoli • \$15	Op Shopping & NDVR Recycling Centre	Zumba, Dancefit & Healthy Movement	Crossroads
	• \$5 - \$10	Recreation	• Spending money optional	Recreation,	Signal Contract
Morning	Golf:	Sailability	Healthy Lunch	Water Therapy Please Bring: • \$7 pool entry	Lunch Outing Please Bring: • \$20-\$25
Session	Priving Range • \$10	• \$15	Club cooking • \$5	• Swimwear	Morning Tea
	Craft •\$5	Rainforest or Beach Walk &	Language and culture studies	Craft • \$5	
	iste skills	Scavenger Hunt	assion & hobbing		
	Healthy Baking • \$3		Craft • \$5		
	1 V	ossion & hobbies	Lite skills	o de la companya de l	ossion & hobb
	Music & Karaoke	Scrapbooking	Containers for Change	Memory Games Puzzles, Bingo	Mindful Colouring
Afternoon Session	40Undations	Recreation	ite skills	ossion & hobb	o contract of the contract of
	Library / Book Club / Reading	Science Experiments / Discussions Quarterly's	Sensory Exploration	Rememberance Garden	Group Discussion
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Week 3/4		(October 2025		
	Mon, 27 October	Tue, 28 October	Wed, 29 October	Thu, 30 October	Fri, 31 October
8:00 - 9:30			lites; Morning Tea; Mo	rning Thrive Session	
	Centre, Personal or Op Shopping • Spending money optional	Twin Towns Legends of the Grand Ole Opry • \$10	Travel Training Please Bring: • Go Card • \$5 - \$10	Movie Buffs: Cinema Outing • \$15	Crossroads
	Recreation	Recreation	Recreation	Healthy	Recreation
Morning Session	Bowling • \$7.50	Cycling Without Age @ Paradise Point 10:45 am	Cycling Without Age @ The Spit 11:30 am 2 Trishaws	Scenic Strength + Cardio at the park	Cycling Without Age @ Paradise Point
	Craft	4 Trishaws & Picnic Lunch	& Picnic Lunch	Centre Based	11:30 am 3 Trishaws & Picnic Lunch
	Vehicle Upkeep	Healthy Lunch Club Cooking • \$5	Photograpy Capturing, editing & Printing photos Creating Art	Games	
	assion & hobbin	Recreation	ite skills	of the state of th	Recreation
Afternoon	Megan's Craft Class	Lego & Model Building	Budgeting & Money Skills	Music & Karaoke	Meditation Relaxation
Session	Literacy Skills &	Non-Verbal	Library /	Sensory	Group Discussion
DWR.	Reading	Communication	Book Club	Exploration	·

Week 4/4		N	ovember 2025		
	Mon, 3 November	Tue, 4 November	Wed, 5 November	Thu, 6 November	Fri, 7 November
8:00 - 9:30		-	lites; Morning Tea; Mo	rning Thrive Session	
	Travel Training	special events	special events	Water Therapy	Crossroads
	Please Bring: • Go Card • \$5 - \$10	Melbourne Cup Day	Fun Day Picnic Fishing Swimming	Water Therapy Please bring • \$7 pool entry .• Swimwear	crossroads
	Pickleball	\$25 includes	Games Please Bring: Picnic Lunch Swimwear	Healthy	Lunch Outing Please Bring: •\$20-\$25
Morning Session	•\$6	2 course Lunch & Soft drink	1 11111	Rainforest or Beach Walk Scavenger Hunt	Morning Tea
	(a,p)	Roast Chicken, mixed steam veges, potato		-	
	Baking • \$5	bake, pumpkin & gravy	Recreation	ogsion & hopping	
	(1,1)	Cake, fruit & custard	Theme Parks Please Bring:	Craft • \$5	
	Event Planning	RSVP by 28/10/25	•Theme Park pass •Picnic lunch		
	Event Planning	*Prizes for Best dessed *Games	Sensory Exploration	Memory Games, Puzzles, Bingo	Mindful Colouring
Afternoon Session	Library /	*Sweeps	Talent Quest	Talent Quest	Group
DVR Endoway Equidation	Book Club / Reading	A Part A STATE	Rehearsal	Rehearsal	Discussion

Week 1/4		N	ovember 2025		
·	Mon, 10 November	Tue, 11 November	Wed, 12 November	Thu, 13 November	Fri, 14 November
8:00 - 9:30			lites; Morning Tea; Mo	rning Thrive Session	
Morning Session	Centre, Personal or Op Shopping • Spending money optional Healing Hooves 10:30am • \$10 Christmas Cardmaking Vehicle Upkeep	Twin Towns We Honestly Love You • \$10 Cycling Without Age @ Paradise Point 10:45am 6 Trishaws & Picnic Lunch Rememberance Day Craft	Bowling • \$7.50 Cycling Without Age @ The Spit 10:45 am 2 Trishaws & Picnic Lunch Jewellery making • \$5	Cafe Outing • \$15 Chair Yoga & Tai Chi @ the Centre Centre Based Games	Crossroads Picnic Outing Please Bring: Morning Tea Lunch
Afternoon Session	Service User Meeting	Event Planning Talent Quest Rehearsals	Event Planning Talent Quest Rehearsals	Event Planning Talent Quest Rehearsals	Meditation Relaxation Group Discussion

Week 2/4		N	ovember 2025		
WCCK 2/ 4	Mon, 17 November	Tue, 18 November	Wed, 19 November	Thu, 20 November	Fri, 21 November
8:00 - 9:30		Household Responsibi	lites; Morning Tea; Mo	rning Thrive Session	
	Travel Training Please Bring: • Go Card • \$5 - \$10	Morning Melodies with Laura Doolin @ Currumbin RSL •\$5 -\$10 to	Op Shopping & NDVR Recycling Centre • Spending	Talent Quest	Crossroads
Morning Session	Golf: Driving Range • \$10	purchase a drink Recreation Sailability	money optional Se skills Healthy Lunch Club cooking	Ticket Prices	Lunch Outing Please Bring: • \$20-\$25 • Morning Tea
	Christmas Craft • \$5 Healthy Baking • \$3	• \$15	• \$5 Language & Culture Studies Craft • \$5	\$25 for participants \$15 for audience Both Tickets include Lunch	
Afternoon Session	Event Planning Talent Quest Rehearsal	Event Planning Talent Quest Rehearsal	Event Planning Talent Quest Rehearsal		Mindful Colouring Group Discussion
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Week 4/4		D	ecember 2025		
	Mon, 1 December	Tue, 2 December	Wed, 3 December	Thu, 4 December	Fri, 5 December
8:00 - 9:30		Household Responsibil	ites; Morning Tea; Mor		
	iste skills	Realthy Park Realthy	special events		Sign engage name
	Travel Training Please Bring: Go Card \$5 - \$10	Beach Walk & Scavenger Hunt	Mermaid L&L Christmas Party	Water Therapy Please Bring: • \$7 Pool entry • Swimwear	Crossroads
	Health	Sailability	@ Burleigh Heads Surf Club Please see	Healthy	Lunch Outing
Morning Session	Pickleball • \$6	• \$15	invitation for Details	Rainforest or Beach Walk &	Please Bring: • \$20-\$25 • Morning Tea
	Timezone • \$10	Centre Based Chair Yoga & Tai Chi		Scavenger Hunt	
	Christmas Baking	Christmas Craft		Christmas Craft • \$5	
	• \$5	•\$5			
	ite skills	Qecreation,		Signal engage, and a signal en	aggion & hobb
	_	Centre Based Games		Memory Games Puzzles, Bingo	Mindful Colouring
Afternoon Session	koundation,	Life skills		assion & hobbie	Solution of the second of the
	Library / Book Club / Reading	Event Planning		Rememberance Garden	Group Discussion
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Week 1/4	December 2025					
	Mon, 8 December	Tue, 9 December	Wed, 10 December	Thu, 11 December	Fri, 12 December	
8:00 - 9:30			lites; Morning Tea; Mo	rning Thrive Session	ı .	
	Centre, Personal	Morning Morning	Bowling	Cafe Outing	Crossroads Chrstmas	
	• Spending Money optional	Melodies with Tommy Memphis @ Currumbin RSL •\$5-\$10 for a drink	•\$7.50 Cycling Without	• \$15	Party	
Morning Session	Healing Hooves 10:30am • \$10 • \$10 Christmas Baking • \$5 Vehicle Upkeep	Centre Based Games	Age @ The Spit 10:45am 3 Trishaws & Picnic Lunch Christmas Craft • \$5	Chair Yoga & Tai Chi @ the Centre	Cycling Without Age @ The Spit 10:45am 3 Trishaws & Picnic lunch Please bring: Morning Tea & Lunch	
Afternoon Session	Vehicle Upkeep Literacy Skills & Reading	Service User Meeting	Round Robin Athletic Games Library / Book Club	Music & Karaoke Sensory Exploration	Meditation Relaxation Group Discussion	

Week 2/4		D	ecember 2025		
	Mon, 15 December	Tue, 16 December	Wed, 17 December	Thu, 18 December	Fri, 19 December
8:00 - 9:30		Household Responsibi	lites; Morning Tea; Mo	rning Thrive Session	
Morning Session	Travel Training Please Bring: Go Card Golf: Driving Range \$10 Christmas Craft \$5	Twin Towns: A Very Vegas Christmas • \$10 Rainforest or Beach Walk & Scavenger Hunt	Op Shopping & NDVR Recycling Centre • Spending money optional Healthy Lunch Club cooking • \$5 Language & Culture Studies Christmas Craft	Zumba, Dancefit & Healthy Movement Water Therapy Please Bring: • \$7 Pool entry • Swimwear Finalise Christmas Craft	Last L&L Day for 2024 Fun Day Movies Christmas Games Photobooth OR Lunch Outing Please Bring: • \$20-\$25 • Morning Tea
Afternoon Session	Music & Karaoke Library / Book Club / Reading	Christmas Craft Science Experiments / Discussions Quarterly's	Containers for Change Sensory Exploration	Finalise Christmas Craft Skills Centre Tidy up	Happy Holidays

Week 1/4		D	ecember 2025		
	Mon, 22 December	Tue, 23 December	Wed, 24 December	Thu, 25 December	Fri, 26 December
Morning Session		Household Responsibi	lites; Morning Tea; Mo	rning Thrive Session	
Afternoon Session	Jewellery Making •\$5 Literacy Skills & Reading	Vehicle Upkeep Non-Verbal Communication	Round Robin Indoor Games Sensory Exploration		