

# Lifestyle & Leisure Links Program Calendar

Social Support and Recreation Programs for Adults with Disability

## February 2017

- Thursday evening 9<sup>th</sup> February:

### AMF Bowling

*A Friendly Peer Group Challenge*

**COST:** \$30 *includes game, meal & transport*

**TIMES:** Pick-ups start from 4.30pm onwards  
Returning at about 8.30pm onwards

**WEAR:** Casual Clothes, Shoes and Socks

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- Friday evening 10<sup>th</sup> February:

### Zumba Dance & Dinner

*Fit & Active Dance Night For All*



**COST:** \$15 *includes dance & dinner*

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
From 5.00pm – 8.30pm

**WEAR:** Casual Clothes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

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- Thursday evening 16<sup>th</sup> February:

### Valentine Dinner With Friends

*A Fancy Restaurant Night Out*

**COST:** \$40 *includes small valentine gift, two course restaurant meal & transport*

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
At 5.00pm

**WEAR:** Smart Casual Clothes

*TRANSPORT AVAILABLE FOR THE JOURNEY HOME FROM 9.30PM ONWARDS*

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- Friday evening 17<sup>th</sup> February:

Ballroom Dance Party Night

*Keep Fit and Active with Dance*



**COST:** FREE *please just bring a plate of food to share for dinner*

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
From 5.00pm – 8.30pm

**WEAR:** Casual Clothes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

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- Thursday evening 23<sup>rd</sup> February:

Movies & Dinner

*At Wetherill Park*

**COST:** \$45 *includes movie ticket, meal & transport*

**TIMES:** Pick-ups start from 3.30pm onwards  
Returning at about 10.00pm onwards

**WEAR:** Smart Casual Clothes

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- Friday evening 24<sup>th</sup> February:

Live Studio Audience

*New Show with Karl Stefanovic*



**COST:** \$FREE *have dinner prior*

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
At 5.00pm

**WEAR:** Smart Casual Clothes

*TRANSPORT AVAILABLE FOR THE JOURNEY HOME FROM 10.30PM ONWARDS*

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- Sunday 26<sup>th</sup> February:

Sailing & BBQ

*Accessible Sailing with Sailability Penrith Lakes*



**COST:** \$35 *includes activity cost, transport & BBQ lunch*

**MEETING POINT:** Merrylands Station – Terminal PI Merrylands  
At 9.30am

**WEAR:** Casual Clothes & Covered Shoes

*TRANSPORT AVAILABLE TO PENRITH LAKES AND FOR THE JOURNEY HOME (FROM 3.30PM ONWARDS)*

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# Lifestyle & Leisure Links Program Calendar

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## March 2017

- Thursday evenings 2<sup>nd</sup> & 9<sup>th</sup> March:

### Jewellery Making Craft Activity Night

*At Creative Spirt Centre*

**TOTAL: \$35** for both sessions which also includes a light meal & transport

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
At 5.00pm

**BRING:** Please bring a plate of snacks to share

**WEAR:** Casual Clothes

*TRANSPORT AVAILABLE TO THE SESSION AND FOR THE JOURNEY HOME (FROM 9.30PM ONWARDS)*

**CREATE WORKS TO SELL AT THE MERRYLANDS COMMUNITY KIOSK TO BE HELD IN APRIL**

- 
- Friday evening 10<sup>th</sup> & 17<sup>th</sup> March:

### Music Jamming Session

*With Iani From Sound Expression*



**TOTAL: \$45** for both sessions which also includes a light meal & transport

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
From 3.00pm – 7.30pm

**WEAR:** Casual Clothes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

**PRACTICE FOR A STREET PERFORMANCE IN PEMULWUY TO BE HELD IN APRIL**

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- **Thursday evening 16<sup>th</sup> March:**

AMF Bowling

*A Friendly Peer Group Challenge*

**COST: \$30** *includes game, meal & transport*

**TIMES:** Pick-ups start from 4.30pm onwards

Returning at about 8.30pm onwards

**WEAR:** Casual Clothes, Shoes and Socks

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- **Tuesday evening 21<sup>st</sup> March:**

Dinner at Sizzler

*Tuesday Night Salad Buffet Special at Campbelltown*



**COST: \$30** *includes meal & transport*

**TIMES:** Pick-ups start from 4.30pm onwards

Returning at about 9.00pm onwards

**WEAR:** Smart Casual Clothes

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- **Thursday evening 23<sup>rd</sup> March:**

PROGRAM PLANNING SESSION FOR ALL

*Planning for June-September 2017*

**COST: FREE** *includes a light meal*

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands

From 5.30pm – 8.30pm

**WEAR:** Casual Clothes

**NEWS UPDATE ON PEER SUPPORTS NDIS TRANSITION**

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- **Saturday evening 25<sup>th</sup> March:**

NRL Game – Eels v Sharks

*At ANZ Stadium*



**COST: \$40** *includes game day ticket, dinner & transport*

**MEETING POINT:** Merrylands Station – Terminal PI Merrylands

At 4.30pm

**WEAR:** Eels Supporter Wear

*TRANSPORT AVAILABLE TO THE FOOTY AND FOR THE JOURNEY HOME (FROM 10PM ONWARDS)*

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- **Sunday 26<sup>th</sup> March:**

Mystery Market Trip

*Shopping Trip*

**COST: \$50** *includes lunch, transport & shopping expenses*

**MEETING POINT:** Merrylands Station – Terminal PI Merrylands

From 9.30am – 3.00pm

**BRING:** You will need to bring a packed lunch

**WEAR:** Casual Clothes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

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- **Thursday 30<sup>th</sup> March:**

Train Museum Tour

*An Interactive Experience*



**COST: \$27.50** *includes entry, steam train ride & transport*

**TIMES:** Pick-ups start from 9.00am onwards

Returning at about 3.00pm onwards

**BRING:** You will need to bring a packed lunch

**WEAR:** Casual Clothes

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# Lifestyle & Leisure Links Program Calendar

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## April 2017

- Thursday 6<sup>th</sup> April:

### Bowling & Laser Tag Challenge

*At AMF Villawood*

**COST:** \$35 *includes game of bowling & laser tag, transport & dinner*

**TIMES:** Pick-ups start from 4.30pm onwards

Returning at about 8.30pm onwards

**WEAR:** Casual Clothes, Shoes and Socks

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- Sunday 9<sup>th</sup> April:

### Royal Easter Show

*At Sydney Olympic Park*



**COST:** \$30 *includes ticket & transport*

**MEETING POINT:** Merrylands Station – Terminal PI Merrylands

From 9.30am – 4.00pm

**BRING:** You will need to bring a packed lunch

**PLUS BRING EXTRA MONEY FOR SHOWBAGS & RIDES**

Full details at: <http://www.eastershow.com.au/explore-plan/showbags>

**WEAR:** Casual Clothes & Comfortable Walking Shoes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

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- **Tuesday & Wednesday 11<sup>th</sup> & 12<sup>th</sup> April:**

**Art & Craft Activity Sessions**

*With Holroyd Arts & Crafts Society*



**TOTAL: \$20** per sessions which also includes a lunch & transport

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
At 9.30am

**WEAR:** Casual Clothes

*TRANSPORT AVAILABLE TO THE SESSION AND FOR THE JOURNEY HOME (FROM 2PM ONWARDS)*

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- **Thursday evening 20<sup>th</sup> April:**

**Lawn Bowls**

*At Wentworthville Leagues Club*

**COST: \$30** includes game, meal & transport

**TIMES:** Pick-ups start from 4.30pm onwards  
Returning at about 9.00pm onwards

**WEAR:** Casual Clothes

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- **Friday evening 21<sup>st</sup> April:**

**Spooky Ghost Tour**

*At Casula Powerhouse Museum*



**COST: \$45** includes tour, dinner & transport

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
At 5.00pm

**WEAR:** Smart Casual Clothes

*TRANSPORT AVAILABLE FOR THE TOUR AND FOR THE JOURNEY HOME (FROM 10.30PM ONWARDS)*

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- **Thursday evening 27<sup>th</sup> April:**

**Mystery Cooking Night**

*Onsite in the Committee Rooms at Council*

**COST: FREE** involves cooking dinner!

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
5.00pm – 8.30pm

**BRING:** Please bring a plate of snacks to share

**WEAR:** Casual Clothes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

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- **Saturday 29<sup>th</sup> April:**

**Street Performance & Art Sale**

*Showcasing Peer Support at Pemulwuy Marketplace*



**COST: FREE**

**MEETING POINT:** Pemulwuy Marketplace – Off Bitu Wargun Dr  
11.30am – 2.00pm

**BRING:** You will need to bring a packed lunch

**WEAR:** Smart Casual Clothes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

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- **Sunday 30<sup>th</sup> April:**

**BBQ & Canoeing**

*At Audley Boatshed Royal National Park*

**COST: \$25** *includes boat hire, lunch & transport*

**MEETING POINT:** Merrylands Station – Terminal PI Merrylands  
From 9.30am – 3.00pm

**WEAR:** Casual Clothes & Enclosed Shoes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

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# Lifestyle & Leisure Links Program Calendar

Social Support and Recreation Programs for Adults with Disability

May 2017

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- Sunday 7<sup>th</sup> May:

AFL Sydney Swans Game

At SGC

**COST:** \$45 *includes ticket, dinner & transport*

**MEETING POINT:** Merrylands Station – Terminal PI Merrylands

At 2.00pm

**WEAR:** Swans Supporter Wear

*TRANSPORT AVAILABLE TO THE FOOTY AND FOR THE JOURNEY HOME (FROM 8.00PM ONWARDS)*

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- Friday evening 12<sup>th</sup> May:

Line Dancing

*With Julie From Bootscooters*



**COST:** \$20 *includes light meal & dancing session*

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands

From 5.00pm – 8.30pm

**WEAR:** Casual Clothes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

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- Thursday evening 18<sup>th</sup> May:

AMF Bowling

*A Friendly Peer Group Challenge*

**COST:** \$30 *includes game, meal & transport*

**TIMES:** Pick-ups start from 4.30pm onwards

Returning at about 8.30pm onwards

**WEAR:** Casual Clothes, Shoes and Socks

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- **Sunday 21<sup>st</sup> May:**

**Bee Gees Anniversary Show**

*At Panthers Evan Theatre*



**COST: \$50** *includes show, lunch & transport*

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
At 11.00am

**WEAR:** Smart Casual Clothes

*TRANSPORT AVAILABLE TO THE SHOW AND FOR THE JOURNEY HOME FROM (6PM ONWARDS)*

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- **Thursday evening 25<sup>th</sup> May:**

**Girls Night In Party**

*Belly Dance Session*

**COST: FREE** *please just bring a plate of food to share for dinner*

**MEETING POINT:** Cumberland Council – 16 Memorial Ave Merrylands  
From 5.00pm – 8.30pm

**WEAR:** Casual Clothes

*LIMITED TRANSPORT AVAILABLE ON REQUEST*

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# Lifestyle & Leisure Links Holiday Program

Monday 29<sup>th</sup> – Wednesday 31<sup>st</sup> May 2017

*A Short Escape With The Peer Group*

## Central Coast Trip

**DEPARTING:** Monday 29<sup>th</sup> May from 1.30pm onwards

*PICK UPS WILL BE ARRANGED FROM HOME*

### **COSTS COVERED AND ACTIVITIES INCLUDE:**

- \* Breakfast Daily
- \* Ferry Cruise to Palm Beach for Home & Away Tour
- \* Bird Feeding
- \* Waterside, Swim & Spa
- \* Buffet Dinner at Gosford Leagues
- \* Coastal Bush & Beach Walks
- \* Vivid Lights City Trip
- \* Famous Fish & Chips at either Watsons Bay or Woy Woy

### **PRICING:**

Core Support NDIS Funds will pay for the expense of staff, accommodation, listed entertainment and all main meals.

**Assistance in a shared living arrangement**

Support Item	Support Item Ref No.	Description	UO M	Quote Required	Price
Short term accommodation and assistance	01_045_0115_1_1	Integrated support for self-care, accommodation, food & activities in a centre or group residence for short periods. Includes all expenses in 24 hour period with no additional loading. May be used for up to 14 consecutive days, then weekly rates apply.	Day	N	\$480.11

**HOLIDAY LOCATION:**

We will be staying in two separate OCEAN BEACH UMINA CABINS.

**PARTICIPANT FEES/CHARGES:**

Participants will only need to contribute toward the transport expenses incurred for the trip.

**OPTIONAL SPENDING MONEY:**

It is not foreseen that spending money will be required for this trip. However, participants are welcome to bring extra money for small purchases whilst away to exercise choice and control.

**RETURNING:** Wednesday 31<sup>st</sup> May from 11.30am onwards

*PICK UPS WILL BE ARRANGED FROM HOME*

**A MAXIMUM OF 6 PLACES ARE AVAILABLE FOR THIS TRIP**

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