

	Monday	Tuesday	Wednesday	Thursday	Friday
4	<p>9.30am – 11.30am <u>Modern Dance</u> Activity Cost \$5.00 BYO Lunch</p> <p>10.30am – 11.30am <u>Giving Back</u></p> <p>2.00pm – 4.00pm <u>Name That Tune</u> Activity Cost \$5.00</p>	<p>9.30am – 3.30pm <u>Crafty Crew</u> Craft group Activity Cost \$5.00 BYO Lunch</p>	<p>10.30am – 11.30am <u>Giving Back</u></p> <p>9.30am – 3.30pm <u>Bruno's Music Sesh</u> Activity Cost \$5.00 BYO Lunch</p>	<p>10.00am – 11.30am <u>Performance Group</u> Activity Cost \$5.00</p> <p>10.00am – 2.00pm <u>Summer Chill</u> Picnic Lunch & Swim BYO Lunch Activity Cost \$5.00</p> <p>3.00pm - 6.00pm <u>Karaoke</u> Activity Cost \$5.00</p>	<p>10.00am – 11.30am <u>Aqua Golf</u> Activity Cost \$6.00</p> <p>2.30pm – 4.00pm <u>Games Afternoon in Centre</u> Activity Cost \$5.00 (Lunch Provided)</p>
11	<p>9.30am – 11.30am <u>Modern Dance</u> Activity Cost \$5.00 BYO Lunch</p> <p>10.30am – 11.30am <u>Giving Back</u></p> <p>2.00pm – 4.00pm <u>Name That Tune</u> Activity Cost \$5.00</p>	<p>9.30am – 3.30pm <u>Crafty Crew</u> Craft group Activity Cost \$5.00 BYO Lunch</p>	<p>10.30am – 11.30am <u>Giving Back</u></p> <p>9.30am – 3.30pm <u>Bruno's Music Sesh</u> Activity Cost \$5.00 BYO Lunch</p>	<p>10.00am – 11.30am <u>Performance Group</u> Activity Cost \$5.00</p> <p>10.00am – 2.00pm <u>Summer Chill</u> Picnic Lunch & Swim BYO Lunch Activity Cost \$5.00</p> <p>3.00pm - 6.00pm <u>Karaoke</u> Activity Cost \$5.00</p>	<p>10.00am – 11.30am <u>Aqua Golf</u> Activity Cost \$6.00</p> <p>2.30pm – 4.00pm <u>Games Afternoon in Centre</u> Activity Cost \$5.00 (Lunch Provided)</p>
18	<p>9.30am – 11.30am <u>Modern Dance</u> Activity Cost \$5.00 BYO Lunch</p> <p>10.30am – 11.30am <u>Giving Back</u></p> <p>2.00pm – 4.00pm <u>Name That Tune</u> Activity Cost \$5.00</p>	<p>9.30am – 3.30pm <u>Crafty Crew</u> Craft group Activity Cost \$5.00 BYO Lunch</p>	<p>10.30am – 11.30am <u>Giving Back</u></p> <p>9.30am – 3.30pm <u>Bruno's Music Sesh</u> Activity Cost \$5.00 BYO Lunch</p>	<p>10.00am – 11.30am <u>Performance Group</u> Activity Cost \$5.00</p> <p>10.00am – 2.00pm <u>Summer Chill</u> Picnic Lunch & Swim BYO Lunch Activity Cost \$5.00</p> <p>3.00pm - 6.00pm <u>Karaoke</u> Activity Cost \$5.00</p>	<p>10.00am – 11.30am <u>Aqua Golf</u> Activity Cost \$6.00</p> <p>2.30pm – 4.00pm <u>Games Afternoon in Centre</u> Activity Cost \$5.00 (Lunch Provided)</p>
25	<p>9.30am – 11.30am <u>Modern Dance</u> Activity Cost \$5.00 BYO Lunch</p> <p>10.30am – 11.30am <u>Giving Back</u></p> <p>2.00pm – 4.00pm <u>Name That Tune</u> Activity Cost \$5.00</p>	<p>9.30am – 3.30pm <u>Crafty Crew</u> Craft group Activity Cost \$5.00 BYO Lunch</p>	<p>10.30am – 11.30am <u>Giving Back</u></p> <p>9.30am – 3.30pm <u>Bruno's Music Sesh</u> Activity Cost \$5.00 BYO Lunch</p>	<p>10.00am – 11.30am <u>Performance Group</u> Activity Cost \$5.00</p> <p>10.00am – 2.00pm <u>Summer Chill</u> Picnic Lunch & Swim BYO Lunch Activity Cost \$5.00</p> <p>3.00pm - 6.00pm <u>Karaoke</u> Activity Cost \$5.00</p>	<p>10.00am – 11.30am <u>Aqua Golf</u> Activity Cost \$6.00</p> <p>2.30pm – 4.00pm <u>Games Afternoon in Centre</u> Activity Cost \$5.00 (Lunch Provided)</p>

Let the Good Times roll

At MidCoast Assist, we enjoy bringing everyone together for fun, friendship, to try new activities and learn new skills.

Take a look at the program of activities we have lined up for January 2021 and we're sure you'll find something that is of interest.

Once you've made your selections, complete the booking form, detach it and return it to us by **Monday 21 December 2020**, to reserve your place.

Activity cost:

- **\$5.00 - \$12.50 cost per activity** - Please see Good Times Timetable for detailed cost per activity.

Transport cost:

- \$2.50 each way up to 25km
- \$5.00 each way from 26-45km.
- \$10.00 each way from 46-150km.

Important notes:

- Please bring lunch and water, unless otherwise specified
- Ensure appropriate clothing and footwear is worn relevant to the activity.
- MidCoast Assist will be closed from Tuesday 24 December 2019 and reopen on Monday 6 January 2020

For all enquiries:

If you want to know more about the Good Times program or any of the activities, please call **1300 65 88 30** and speak with a member of the team.

MidCoast Assist, Disability Services, including Community Engagement and Social Support (Good Times)



MIDCOAST
assist

We'd love to hear from you

Online:

www.midcoastassist.com.au

Visit us:

4 Breese Parade, Forster
245 Myall Street, Tea Gardens

By phone:

1300 65 88 30

By email:

DisabilityAssist@midcoast.nsw.gov.au



MIDCOAST
assist

**DISABILITY
SUPPORT
SERVICES**



Good Times program January 2021

Join in this month with a calendar of activity that's jam-packed with good times!

midcoastassist.com.au