MIDCOAST assist

Good Times May 2018

	Monday		Tuesday		Wednesday		Thursday		Friday
	Please note: Complete the activity booking form (provided with this calendar) and return by **1pm, Friday 27th April 2018.**	1	9.30am – 3.30pm **Craft** and **Centre Activities**	2	9.30am – 12.30pm **The Green Project & Tip Shop Volunteering** 12.30pm – 3.30pm **Bruno's Music Sesh**	3	8.30am – 2.30pm **Bowling** or **Diva Day**	4	9.30am – 12.30pm **Woolworths Work Skills** or **YMCA swimming program** 12.30pm – 3.30pm **Swim/BBQ in community**
7	9.30am – 3.30pm **Masterchef** and **Art** **Lunch Provided**	8	9.30am – 3.30pm **Craft** and **Centre Activities**	9	9.30am – 12.30pm **The Green Project & Tip Shop Volunteering** 12.30pm – 3.30pm **Bruno's Music Sesh**	10	8.30am – 2.30pm **Bowling** or **Diva Day**	11	9.30am – 12.30pm **Woolworths Work Skills** or **YMCA swimming program** **Lunch provided** 12.30pm – 3.30pm **Swim/BBQ in community**
14	9.30am – 12.30pm **YMCA exercise classes or Men Shed** 12.30am – 3.30pm **Laughter & Wellbeing**	15	9.30am – 3.30pm **Craft** and **Centre Activities**	16	9.30am – 12.30pm **The Green Project & Tip Shop Volunteering** 12.30pm – 3.30pm **Bruno's Music Sesh**	17	8.30am – 2.30pm **Bowling** or **Diva Day**	18	9.30am – 12.30pm **Woolworths Work Skills** or **YMCA swimming program** **Lunch Provided** 12.30pm – 3.30pm **Swim/BBQ in community**
21	9.30am – 3.30pm **Masterchef** and **Art** **Lunch Provided**	22	9.30am – 3.30pm **Craft** and **Centre Activities**	23	9.30am – 12.30pm **The Green Project & Tip Shop Volunteering** 12.30pm – 3.30pm **Bruno's Music Sesh**	24	8.30am – 2.30pm **Bowling** or **Diva Day**	25	9.30am – 12.30pm **Woolworths Work Skills** or **YMCA swimming program** **Lunch Provided** 12.30pm – 3.30pm **Swim/BBQ in community**
28	9.30am – 12.30pm **YMCA exercise classes or Men Shed** 12.30pm – 3.30pm **Drama**	29	9.30am – 3.30pm **Craft** and **Centre Activities**	30	9.30am – 12.30pm **The Green Project & Tip Shop Volunteering** 12.30pm – 3.30pm **Bruno's Music Sesh**	31	8.30am – 2.30pm **Bowling** or **Diva Day**		**Booking:** You can drop it into us, email it to disabilityassist@midcoast.nsw.gov.au, or send it to MidCoast Assist, PO Box 450 Forster 2428

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 activity we have lined up for May and we're sure you'll find something (if not everything!) that is of interest.

Once you've made your selections, complete the booking form, detach it and return it to us by **1pm on Friday 27th April, 2018**, to reserve your place.

Activity cost:

- $5.00 material cost per activity

Important notes:

- Please bring lunch and water, unless otherwise specified
- Ensure appropriate clothing and footwear are worn relevant to the activity
- Please bring your swimmers, towel and blockout (summer months only)

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:

- Sandy Davies in Forster

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

midcoastassist.com.au

MIDCOAST assist

DISABILITY SUPPORT SERVICES

Good Times program

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