

Tailor Made Health & Social Experiences

For adults under 65 living with a neurological condition.



Registered NDIS Provider



To register your interest phone 1300 22 44 77. **BOOKINGS ESSENTIAL**

MONDAY

Photography Group

10.00am (2hrs)

Learn to take photos and edit to create an annual calendar or picture books of your choice.

Foodies Workshop

1.00pm (2hrs)

Learn various new skills for fermenting, brewing and making food. All skills welcome. 8-week program.

TUESDAY

Golf Group

9.30am (2hrs)

Fitness & fun. Learn to play golf with a professional instructor, improve your skills or continue playing with like-minded friends.

Croquet

1.00pm (1hr)

Learn or continue to play social croquet. All skill levels welcome.

JamFactory Ceramics Workshop

10.00am (2hrs) & 1.00pm (2hrs)

Design and create your very own collection of hand-made ceramics. 8-week program.

WEDNESDAY

Walking Group

10.00am (1hr)

Enjoy a local walk with friends followed by coffee and a chat

Digital Tech Class

10.00am (2hrs)

Learn how to use your iPad/tablet/smartphone or computer in a social environment.

THURSDAY

Golf Group

9.30am (2hrs)

Fitness & fun. Learn to play golf with a professional instructor, improve your skills or continue playing with like-minded friends.

FRIDAY

Friday Night Out

6.00pm (4hrs)

Enjoy a night out tailored to your group. Choose from dinner, movie, theatre show, night bowling, karaoke and more.

JamFactory Jewellery and Metalwork Workshop

10.00am (1hr)

Work with mixed mediums including metal and design unique and individual pieces to take home. 8-week program

SATURDAY

Walking Group

9.30am (2hrs)

Enjoy a local walk with friends followed by coffee and a chat.

SUNDAY

Brunch for Birthdays

10.00am (2hrs)

Celebrate birthdays and other special occasions with friends from your group.

Currently calling for expressions of interest for **Dance Class, Swimming and Sports Spectator groups.** Participants may be able to access services under the NDIS.

* All groups and session times are updated regularly to suit demand. If these days aren't suitable, call us with your preferred times.

Health & Wellbeing session times are updated regularly. Places are limited and an exercise physiology assessment is required before commencement of classes. To find out more, talk to us on 1300 22 44 77.

Back and Core Exercise Class

Focusing on back and core strength, this session is designed to strengthen and stretch key muscle groups that contribute to imbalance and dysfunction.*

Balance Exercise Class

A great place to start focusing on balance and strength and help prevent injuries.*

Box Fit Exercise Class

No gloves required! Using movement inspired by boxing, improve your coordination and core strength.*

Diabetes Group

This is a weekly exercise and information session presented by our exercise physiologist. Learn about managing diabetes including foot care, medication, exercise diet and foot ware. *

HUR™ Exercise Equipment

Experience our state-of-the-art HUR exercise equipment. The high-tech, easy to use, low impact machines are designed for ageing bodies and programmed especially for you.*

Move it to Music

By popular demand, this new class is a fun and easy way to exercise. Incorporating aerobic body movements with music, improve your cardio, balance, co-ordination and your memory.

Strong and Steady Exercise Class

Using your natural body weight, resistance bands and free weights, this session works all the major muscles in your body, benefiting both mind and body.*

Tai Chi

This group can assist joint flexibility, increase muscle, improve balance, assist with relaxation and reduce the risk of falls. A wonderful form of exercise that can assist with mobility and balance improvement.*

Yoga

Focusing on balance and strength, learn to exercise the body and mind in this small group setting.*