

Wellness Wednesdayz Community Access Social Days

Fortnightly 2024

This application form is used to register your interest in the upcoming 2024 Wellness Wednesday Community Access Social Days

PARTICIPANTS FULL NAME:			
Date of Birth			
Participant has companion card	Please Tick	Yes	No
Participant has Myki Card	Please Tick	Yes	No
Wedensday Community Activity	<u>Time</u>	<u>Out of Pocket Cost</u>	<u>Tick Wednesdays you would like to attend:</u>
January 31st 2024 Mill Park Leisure Swimming & Healthy salad wraps	9am-3pm	\$25	
February 7th 2024 Bounce Essendon Fields 2-hour super session Veggie burgers BBQ in a park	9am-3pm	\$50	
February 14th 2024 Circus session- Leisure City- Ask Jess	9am-3pm	\$25	
February 21st 2024 Leisure City Gym session circuit & Making Fruit salad skewers & Yoghurt and Muesli snack cups	9am-3pm	\$20	
February 28th 2024 Zumba/Boxing class Leisure City Making Tuna Salad for lunch Tennis court fun	9am-3pm	\$30	
March 6th 2024 Hawkstowe Parade Picnic Area walking track Shops visit to make Nachos for lunch at leisure City	9am-3pm	\$15	

March 13th 2024 Kokoda Memorial Walk 1000 Steps Packed lunch Picnic	9am-3pm	Free	
March 20th 2024 Yoga/Meditation orchard Rd Virtual Screen and then visit Heidelberg Boathouse	9am-3pm	\$50	
March 27th 2024 Beach walk Brighton Fish n chips on the beach	9am-3pm	\$15	
April 3rd 2024 Woodlands Historic Park- walk/hike Lunch at the airport look out Soccer game at Leisure city	9am-3pm	\$15	
April 10th 2024 Plenty Gorge walking track And packed lunch	9am-3pm	\$Free	
April 17th 2024 Mornington Peninsula hot springs	9am-4pm	\$70	
April 24th 2024 Bowling at Keon Park Lunch and making Salad Wraps and disco in the park end of year celebration.	9am-3pm	\$30	
May 1st 2024 Kokoda Memorial Walk 1000 Steps Packed lunch Picnic	9am-3pm	Free	
May 8th 2024 Mill Park Leisure Swimming & Healthy salad wraps	9am-3pm	\$25	
May 15th 2024 Lederberg Gorge State Park And packed lunch Picnic	9am-3pm	Free	
May 22nd 2024 Bundoora Park animal nursery and making fruit salad cups	9am-3pm	\$15	
May 29th 2024 Kinglake Nature walk and Bakery lunch	9am-3pm	\$20	
June 5th 2024 Living Legends Day out	9am-3pm	\$20	

June 12th 2024 Visit RSPCA and visit the many pets- Volunteer. Lunch at airport lookout	9am-3pm	\$20	
June 19th 2024 Bounce Essendon Fields 2-hour super session Veggie burgers BBQ in a park	9am-3pm	\$45	
June 26th 2024 Number painting at local library Clay creations and Painting	9am-3pm	\$20	

Enrolment Process

- 1- Registered with the Y Whittlesea Community Service/ Disability Service
- 2- Complete this Application form.
- 3- HCS coordinator will send a Service Agreement listing all NDIS fees and Confirmation of successful enrolment and allocated staff member to Wellness Wednesdayz (the place on Wednesday is pending a signed Service Agreement be returned).
- 4- Reminder of upcoming Day will be sent 1 weeks prior to Day.
- 5- Wednesday out of pocket fee to be spent on the day.

I acknowledge that all the information that I have provided on this entire document is true and correct and give permission for the participant to take part in the YMCA Whittlesea Community Services program and to all bookings conditions.

Person completing enrolment

Relationship to participant

Signature

Date of completion

Application forms can be returned to

Y Inclusion Services- info@yinclusion.org.au
or to Shop 2 , Y Plenty Valley Westfield, 415 McDonalds Road, Mill Park 302

If you require clarification or assistance with any questions, please call (03) 9407 6200 Option 1

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