

# 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

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

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

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

**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**

YMCA Whittlesea- Home and Community Support Coordinator [sarah.gleeson@yinclusion.org.au](mailto:sarah.gleeson@yinclusion.org.au)  
or to Shop 7, 41 Miller Street, Epping VIC 3076

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

**PRIVACY** The YMCA acknowledges and respects the privacy of individuals. The information that is being collected on this document is for the purposes of processing your membership or enrolment and financial institution payments if applicable. The YMCA, its authorised staff and contracted service providers such as financial institutions and Government agencies covered by law, may be recipients of this information. By joining or enrolling in a program at the local Centre you have also become a member of the YMCA. You will receive communications from the YMCA from time to time to update you on items relating to your membership. The YMCA uses a range of mediums to communicate with its members including, but not exclusive to, direct mail, email, SMS and telephone. If sent by mail, communications are taken to be received on the day that they would be received in the ordinary course of post. If you do not wish to have your information contained in this document used or disclosed for this purpose the YMCA will be unable to process your membership or enrolment. You have the right to access and alter personal information protecting yourself in accordance with the Commonwealth Privacy Act (Amended 2001). The Privacy Policy is available on the YMCA Whittlesea website.

