

2024 Wellness Wednesdays Wednesday Social Support Weekly



If you cannot make a specific session, please email care@yinclusion.org.au so we can notify your regular staff member.
If you require clarification or assistance with any questions, please call 1300 69 9622
If the activity does not appeal to you, let your support workers know and the activity will be changed.

Activity	Times may vary	General Out of Pocket Cost
July 3rd Mill Park Leisure and Making Salad Wraps	9:00am-3:00pm	\$20
July 10th Bounce- 2-hour Super Session, Veggie Burger BBQ	9:00am-3:00pm	\$50
July 17th 1000 Steps Dandenong Ranges and Picnic (Bring Lunch)	9:00am-3:00pm	Free
July 24th Leisure City Gym Workout and Fruit Skewers	9:00am-3:00pm	\$25
July 31st Zumba/ Boxing Class, Tennis Fun and Tuna Salad Lunch	9:00am-3:00pm	\$30
August 7th Hawkstone Picnic and walk (Bring Lunch)	9:00am-3:00pm	Free
August 14th Allowyn Gardens (Bring Lunch)	9:00am-3:00pm	\$20
August 21st Bollygum Park & Kinglake Adventure Day (Bring Lunch)	9:00am-3:00pm	Free
August 28st Beachwalk- Altona with Fish and Chip lunch	9:00am-3:00pm	\$15
September 4th Woodlands Historic Park, Lunch are airport lookout	9:00am-3:00pm	Free
September 11th Plenty Gorge walking track (Bring Lunch)	9:00am-3:00pm	Free
September 18th Lady Northcote Adventure Day (Bring Lunch)	9:00am-3:00pm	\$70
September 25th Sensory Lane (Bring Lunch)	9:00am-3:00pm	\$70
October 2nd Local Library and Medication(Bring Lunch)	9:00am-3:00pm	Free
October 9th TRAC Swimming and Healthy Rolls	9:00am-3:00pm	\$20
October 16th Lederberg Gorge State Park walk (Bring Lunch)	9:00am-3:00pm	Free
October 23rd Bundoora Park Animal Nursey & Making Fruit Salad	9:00am-3:00pm	\$20
October 30th Myuna Animal Farm (Bring Lunch)	9:00am-3:00pm	\$20
November 6th Sciencework (Bring Lunch)	9:00am-3:00pm	\$35
November 13th Brimbank Park (Bring Lunch)	9:00am-3:00pm	\$20
November 20th Yarrabend Park (Bring Lunch)	9:00am-3:00pm	Free
November 27th Local Library and number painting (Bring Lunch)	9:00am-3:00pm	\$20
December 4th St Kilda Beach Peir walk and picnic	9:00am-3:00pm	\$10
December 11th Gingerbread Decorating/ Christmas Card Making & BBQ	9:00am-3:00pm	\$30