






Every day starts at 8.30am and finishes at 2.30pm. Transport to and from West Gosford is available!

Every couple of months, each day will feature an outing, whether it's enjoying lunch, catching a movie, or visiting a tourist attraction.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Music & Games</i>	<i>Arts, Crafts & Science</i>	<i>Sports Day</i>	<i>Out and About</i>	<i>Cooking Day</i>
				
Puzzles	Movie Time	Ball Games	Explore Our Community	Grocery Shopping
Start the day with some fun puzzles	Begin with a movie – Relax and enjoy	Head to the park for some ball games	This exciting day is all about getting out and about, whether it's a lovely walk or visiting a special location like a museum or gallery. It's a perfect opportunity to learn, take photos, and share a fun, enriching experience together.	Write a shopping list & shop for ingredients
Music Time	Get Crafty	Fitness Activity		Cooking Time
Sing, dance & make music – Let's have fun!	Explore your creative side & make some craft	Participate in a fun fitness activity		Prepare & cook food – Let's make something delicious
Board Games	Science Project	Relax with Friends		Tidy Up
Play your favourite games with friends	Have fun with science – Let's explore & experiment!	Enjoy some more sport games or relax with music	Wash & tidy up, find new recipes for next week	

To register for any of these activities: call Sonia (02) 4323 1373 or visit our website for more details
www.lasercraft.com.au/communityaccess