## Out and About

## Mitchell Park Sports and Community Centre



A friendly and welcoming social group for people living with a disability. Activities include games, quizzes, guest speakers, craft and Bingo

Weekly, Thursdays, 1 pm to 3 pm Costs \$5 per session
Bookings are essential.
Call (08) 8375 6804 to book.

Please stay home if you are feeling unwell or have cold or flu symptoms.

Date	Activity
24 July	Whiteboard games
31 July	Music and Movement
7 August	Outing at Zone Bowling Cross Road
14 August	Bingo
21 August	Show and tell Bring in something special that you can tell us about, such as a photo, souvenir or something special to you
28 August	Carpet Bowls
4 September	Origami or Craft Session
11 September	Playing Board Games
18 September	Bocce
25 September	End of term lunch at Club Marion 12:30 pm to 2:30 pm 262 Sturt Road Marion. Cost of meal \$20 to \$25.

<sup>\*</sup>Programs are subject to change depending on unforeseen circumstances, weather or oneoff events that the group chooses to attend.

