

Friday

Centre-based activities

Morning



Cooking

Afternoon



Music and dance



Craft

All day activities



Bowling and
Coffee Club



Library and lunch

Day Program at Araluen

Based on your talents, hobbies and interests, Achieve will work with you to explore and find solutions to suit your needs, engage in activities of your choice and create opportunities to suit your preferences.

This is our weekly schedule of regular activities we host at Achieve day programs in our Araluen centre.



Araluen
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Contact us for more information
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Monday

Centre-based activities

Morning



Gardening



Craft

Afternoon



Chair exercise



Hands on helping



Craft

Tuesday

Centre-based activities

Morning



Shopping program



Choir or board games

Afternoon



Table gardening



Craft

All day activities



Barbeque

Wednesday

Centre-based activities

Morning



Gardening



Craft

Afternoon



Chair exercise



Gardening

All day activities



Community access



Putt putt golf

Thursday

Centre-based activities

Morning



Music with Noro



Choir



Chair exercise

All day activities



Community access

Afternoon



Table gardening



Craft



Cooking

All day activities



My life, My say travel program



Community access