 DAY-TO-DAY LIVING CENTRE – 10 ALBERT STREET, ROCKHAMPTON – 4991 1997

 WEEKLY PROGRAM – JANUARY to MARCH 2015

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| MONDAY |  **9.30 – 11.30 Kumihimo Braiding/Jewellery making**  **11.00 – 1.00 Free Professional Massages** Neck & shoulders, or feet **12.30 – 2.00 Knitting Blanket Project** **2.30 – 4.00 HDU** – Band practice | Everyday individual activities:* 8 ball Pool
* Computers
* Beading
* Art
* Board games
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| TUESDAY |  **10.00 – 12.00 Archery/Ten Pin** **10.00 – 3.00 Computer** – individual tuition **12.30 – 1.30 Literacy –** easy learning group **1.30 – 3.00 Literacy –** one-on-one tuition | * Jigsaws
* Gardening
* Braiding
* Craft projects
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| WEDNESDAY |  **10.30 – 12.30 Water Aerobics**  **11.00 – 12.00 Exercise DVDs** **1.00 – 3.00 Craft -** a variety of different projects **3.30 – 4.30 Hearing Voices Group** (only open to people who hear voices) |  |
| THURSDAY |  **9.30 – 12.00 Art –** Professional tutor **12.30 – 1.30 Stress Management/Meditation** **2.00 – 3.00 D2DL Shopping** |  |
| FRIDAY |  **9.30 – 12.00 Friday Luncheon** Participants are encouraged to prepare, cook, and clean up **12.00 – 2.00 Swimming** Bring swimmers and a towel**Every 4th Friday we have an outing.**  |  |

D2DL also provide transport and support for Participants who want to access activities in the community.