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

WEEKLY PROGRAM – JANUARY to MARCH 2015

|  |  |  |
| --- | --- | --- |
| 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 |
| 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 |
| 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.