



Inspire Support Centre Based Activities December 2019

For more information about our Centre Based Activity program please refer to our website,
www.inspiresupport.com.au
or contact reception on (03) 5334 2637 and speak to one of our friendly staff.

live, play and grow

Outings – December 2019

Fisherman's Friends Tuesday 3rd of December

Showbiz Cinemas
Enjoy an afternoon at the movies watching new release Fisherman's Friends

Set in a Cornish fishing villages follow the story of an unlikely boy band.



Barefoot Bowls

Monday 16th December
Bus departs Inspire at 1.00
Bookings essential

Have a go at Lawn Bowls
All equipment will be provided,
come along and have some fun!



Christmas Lunch Monday 23rd December

Join in with the Inspire Christmas festivities.

Enjoy lunch and a visit from Santa

Bookings are essential,
please contact reception on 5334 2637



HAPPY NEW YEAR Tuesday 31st December

Celebrate the start of a new year and a new decade
with Inspire Support!

Afternoon disco with dancing and Karaoke

Wear your best disco outfit and crazy hair!



Monthly Calendar – December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>2nd Morning Set up and Decorate the Christmas Tree</p> <p>Afternoon Word Games Outdoor Sports Gardening</p>	<p>3rd Morning Walking Group Tie Dye</p> <p>Afternoon Outing to the Movies Fisherman's Friends</p>	<p>4th Morning Walking Group Making Suncatchers!</p> <p>Afternoon Word Games Wendouree Basketball</p>	<p>5th Morning Walking Group Art & Craft</p> <p>Afternoon Word Games BINGO</p>	<p>6th Morning Christmas Cookery And Craft</p> <p>Afternoon Word Games Afternoon Picnic</p>	<p>7th Morning Pampering Craft</p> <p>Afternoon Afternoon Walk</p>	<p>8th Morning Board Games & Word Games</p> <p>Afternoon Movies and Popcorn</p>
<p>9th Morning Christmas Cookery And Craft</p> <p>Afternoon Word Games Outdoor Sports Gardening</p>	<p>10th Morning Pampering Tie Dye</p> <p>Afternoon Numeracy & Literacy Seated Exercises</p>	<p>11th Morning Walking Group Making Suncatchers!</p> <p>Afternoon Croquette Word Games</p>	<p>12th Morning Tai Chi Art & Craft</p> <p>Afternoon Numeracy & Literacy Quoits</p>	<p>13th Morning Christmas Cookery And Craft</p> <p>Afternoon Afternoon drive Out for a cuppa and some cake</p>	<p>14th Morning Pampering Craft</p> <p>Afternoon Afternoon Walk</p>	<p>15th Morning Board Games & Word Games</p> <p>Morning Drive</p> <p>Afternoon Movies and Popcorn</p>
<p>16th Morning Christmas Cookery And Craft</p> <p>Afternoon Word Games Bare Foot Bowls</p>	<p>17th Morning Walking Group Art & Craft</p> <p>Afternoon Numeracy & Literacy Seated Exercises</p>	<p>18th Morning Walking Group Making Suncatchers!</p> <p>Afternoon Wendouree Basketball</p>	<p>19th Morning Tai Chi Art & Craft</p> <p>Afternoon Numeracy & Literacy Quoits</p>	<p>20th Morning Christmas Cookery And Craft</p> <p>Afternoon Word Games Afternoon Picnic</p>	<p>21st Morning Pampering Craft</p> <p>Afternoon Word Games Afternoon Picnic</p>	<p>22nd Morning Board Games & Word Games</p> <p>Afternoon Movies and Popcorn</p>
<p>23rd</p>  <p>Christmas Celebration and a visit from Santa</p>	<p>24th CLOSED</p>	<p>25th CLOSED</p>	<p>26th CLOSED</p>	<p>27th Morning Christmas Cookery And Craft</p> <p>Afternoon Word Games Afternoon Picnic</p>	<p>28th Morning Art and Craft (Painting)</p> <p>Afternoon Afternoon Walk</p>	<p>29th Morning Board Games & Word Games</p> <p>Morning Drive</p> <p>Afternoon Movies and Popcorn</p>
<p>30th Morning Walking Group Trivia Games</p> <p>Afternoon Word Games Outdoor Sports Gardening</p>	<p>31st</p> <p>Happy New Year</p> <p>Join in on some fun New Year's Eve themed activities</p>	<p>1st CLOSED</p>	<p>2nd Morning Tai Chi Art & Craft</p> <p>Afternoon Numeracy & Literacy Quoits</p>			

Meals – December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>2nd</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Spaghetti Bolognaise</p> <p>Afternoon Tea Savory Platter</p>	<p>3rd</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Cold Meat and Salad</p> <p>Afternoon Tea Savory Platter</p>	<p>4th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Silverside and Veggies</p> <p>Afternoon Tea Savory Platter</p>	<p>5th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch DIY Sandwiches, Wraps and Rolls</p> <p>Afternoon Tea Savory Platter</p>	<p>6th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Sausages with Onion Gravy and Veggies</p> <p>Afternoon Tea Savory Platter</p>	<p>7th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch BBQ</p> <p>Afternoon Tea Savory Platter</p>	<p>8th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Fish and Chips</p> <p>Afternoon Tea Savory Platter</p>
<p>9th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Meat Loaf and Veggies</p> <p>Afternoon Tea Savory Platter</p>	<p>10th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Cold Meat and Salad</p> <p>Afternoon Tea Savory Platter</p>	<p>11th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Pasta Bake and Salad</p> <p>Afternoon Tea Savory Platter</p>	<p>12th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch DIY Sandwiches, Wraps and Rolls</p> <p>Afternoon Tea Savory Platter</p>	<p>13th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Chicken Parma Chips and Salad</p> <p>Afternoon Tea Savory Platter</p>	<p>14th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch BBQ</p> <p>Afternoon Tea Savory Platter</p>	<p>15th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Treat Day</p> <p>Afternoon Tea Savory Platter</p>
<p>16th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Ham Steak and Pineapple with Veggies</p> <p>Afternoon Tea Savory Platter</p>	<p>17th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Cold Meat and Salad</p> <p>Afternoon Tea Savory Platter</p>	<p>18th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Chop Suey</p> <p>Afternoon Tea Savory Platter</p>	<p>19th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch DIY Sandwiches, Wraps and Rolls</p> <p>Afternoon Tea Savory Platter</p>	<p>20th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Lasagna with Salad</p> <p>Afternoon Tea Savory Platter</p>	<p>21st</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch BBQ</p> <p>Afternoon Tea Savory Platter</p>	<p>22nd</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Pizza</p> <p>Afternoon Tea Savory Platter</p>
<p>23rd</p>  <p>Christmas Lunch</p>	<p>24th CLOSED</p>	<p>25th CLOSED</p>	<p>26th CLOSED</p>	<p>27th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Quiche and Salad</p> <p>Afternoon Tea Savory Platter</p>	<p>28th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch BBQ</p> <p>Afternoon Tea Savory Platter</p>	<p>29th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Treat Day</p> <p>Afternoon Tea Savory Platter</p>
<p>30th</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Apricot Chicken and Veggies</p> <p>Afternoon Tea Savory Platter</p>	<p>31st</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch Cold Meat and Salad</p> <p>Afternoon Tea Savory Platter</p>	<p>1st CLOSED</p>	<p>2nd</p> <p>Morning Tea Fruit and Treats</p> <p>Lunch DIY Sandwiches, Wraps and Rolls</p> <p>Afternoon Tea Savory Platter</p>			

Inspire to Cook

‘Inspire to Cook’ is a weekly program aimed at building participant skills and confidence in the kitchen.

The program covers:

Planning

What will be cooked in future sessions. What new skills can be learned from making this recipe. Are there any healthy alternatives?

Shopping

Navigating the Supermarket.
Budgeting and finding cheaper options
Reading and understanding food labels

Preparation

Learn how to follow recipes.
Use kitchen tools and utensils safely.
How to use the oven, stove top and other appliances safely.

Cleaning

How to clean up after cooking.
What can be done to make sure the space is safe.

When all the hard work is done participants will sit down together and enjoy the meal they have prepared.

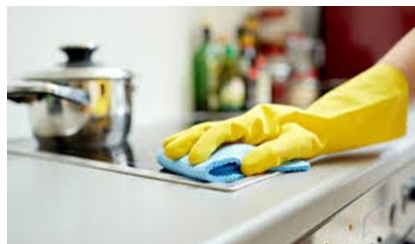
The program is designed to engage participants with fun interactive sessions while building their life skills with a therapy focus.

Tuesday or Thursday 10.00 – 2.00

Inspire Support Centre Based Activities
1/9 St Cedars Grove
Lake Gardens

Bookings are essential as the program has limited capacity.

For more information or to book for a session please contact reception on: 53 342 637





MERRY CHRISTMAS
From everyone at Inspire Support

Over the Christmas and New Year period there will be changes to the hours of operation at Inspire Support.

Office and Reception

The Inspire Support office will be closing at 12.00pm on Tuesday 24th of December until Friday 3rd of January

Normal hours of operation will recommence on Monday the 6th of January

Rostering enquiries can be directed to the on call number on 0406 666 347

Centre Based Activity Centre

Tuesday 24th December – CLOSED
Wednesday 25th December – CLOSED
Thursday 26th December – CLOSED
Wednesday 1st January – CLOSED

All other days will have normal operating hours in the centre

We apologise for any inconvenience caused during this period.

The team at Inspire Support wish you a Merry Christmas and a safe and prosperous New Year.
We look forward to being able to continue to work with you in 2020.

