

term 3 July - September Bassendean

WE CARE!



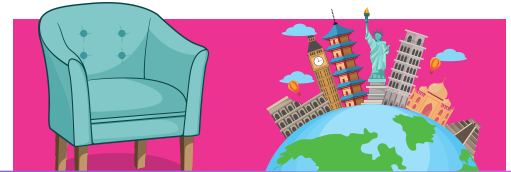
MONDAY **FREE!** Lets Get Active

- Increase aerobic fitness, muscle tone and strength
- Promote better coordination, agility and flexibility



TUESDAY **FREE!** Big Day Out

- Social and community participation by promoting social interaction and fostering a sense of belonging



WEDNESDAY **FREE!** Armchair Travel

- Exploring countries & cultures
- New experiences -cooking, arts and music from other cultures



THURSDAY **FREE!** Live Music/ Dancing

- Release stress and anxiety
- Promote discussion with peers over common interest



FRIDAY **FREE!** Eloma Explorer

- Try new things
- Promote discussion with peers over common interest
- Visit new places

