

# MAITLAND SHARED SUPPORT

OCT 30/9 - 4/10

MON	TUES	WED	THURS	FRI
<b>Cooking Day</b> Spaghetti and meatballs is on the menu today! \$10	<b>Art Day</b> Lock in for a big games day at The Hub! FREE	<b>Enviro-Hub</b> Family open day @ East Maitland Aquatic Centre. FREE / 20kms	<b>Healthy Choice</b> Jump your heart out @ Gravity X - Trampoline Park \$15 / 20kms / healthy lunch included	<b>Friday Funday</b> Scavenger hunts, rides and activities @ Hunter Valley Gardens. \$27 / 110kms

OCT 7/10 - 11/10

MON	TUES	WED	THURS	FRI
<b>Masterchef Mon</b> PUBLIC HOLIDAY	<b>Art Day</b> An exciting lantern making workshop @ Maitland Art Gallery. FREE / 20kms	<b>Enviro-Hub</b> Experience a Spin Poi workshop @ Maitland Art Gallery. FREE / 20kms	<b>Healthy Choice</b> Such a cool activity to experience today - A West African Drum & Dance Workshop! FREE / 20kms	<b>Friday Funday</b> Explore the Singleton Army Museum - followed by lunch at the pub. FREE / 100kms

OCT 14/10 - 18/10

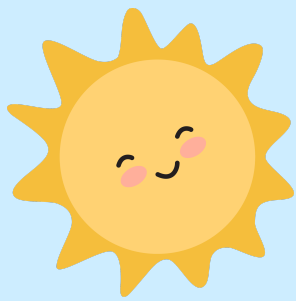
MON	TUES	WED	THURS	FRI
<b>Masterchef Mon</b> Ignite your senses with a delicious Chicken noodle stirfry. \$10	<b>Art Day</b> Tuesday travel day! Jump on the train to Newcastle and explore the harbour. FREE / bring opal card	<b>Enviro-Hub</b> Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch. FREE / 10kms	<b>Healthy Choice</b> Rutherford indoor sports centre for some sports and fitness activities. \$15 / 20kms / healthy lunch included	<b>Friday Funday</b> Enjoy a day trip to Speers Point Park. FREE / 80kms / pack a picnic lunch

OCT 21/10 - 25/10

MON	TUES	WED	THURS	FRI
<b>Masterchef Mon</b> Build your own burger today with all your favourite fillings. \$10	<b>Art Day</b> Get outdoors and play some sports and games. FREE	<b>Enviro-Hub</b> It's time to cash in all our cans and bottles at the local return & earn. FREE / 10kms	<b>Healthy Choice</b> Get in the water and enjoy some swimming at Maitland Pool. \$15 / 20kms / healthy lunch included	<b>Friday Funday</b> Join your friends for a friendly bowling competition held at Dullboys. \$10 / 20kms

OCT 28/10 - 1/11

MON	TUES	WED	THURS	FRI
<b>Masterchef Mon</b> Healthy Masterchef Monday with Poke Bowls on the menu. \$10	<b>Art Day</b> Halloween is near! Create some decorations to scare the neighbours. \$5	<b>Enviro-Hub</b> Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch. FREE / 10kms	<b>Healthy Choice</b> Find some peace with a wellness day at the hub, full of yoga and mindfulness. \$15 / healthy lunch included	<b>Friday Funday</b> Head to Williamtown to explore the RAAF Base. FREE / 70kms



# MAITLAND SHARED SUPPORT



## PROGRAM TIMES:

9am - 3pm (Flexible arrangements are ALWAYS possible!  
Contact your Liaison to plan your day)

## COST:

“Support Time” costs will vary depending on booking numbers, with the per hour cost being based on 1:1 and 1:2 ratios. (These prices are reflected in the NDIS Price Guide.)  
If a day has an extra cost eg. Friday Fun Day, we ask that this cost is paid in cash on arrival.  
*Cost of purchasing lunch is not included, except for Monday and Thursday or unless advised otherwise.*

## TRANSPORT:

Public transport is used where possible.  
If it's not suitable to use public transport eg. due to weather or activity location - private staff/business vehicles will be used, with transport cost (97c in a carer vehicle and \$1.80 if a 4u Van is being used), to be split between all participants booked in for the day.

## PLEASE REMEMBER TO BRING:

Water bottle, packed lunch (or money to buy), enclosed shoes, hat, sunscreen, opal card, companion card and positive vibes.

## CHANGES TO PROGRAM:

Changes to program info will be notified via email.

**If you have any questions, please don't hesitate to reach out!**

 [4ucare.com.au](http://4ucare.com.au)  1800 482 273

