











Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>**For everyone's safety, outings are subject to change depending on the weather condition.</b></p> <p><b>**Please follow WSLARS good hygiene practices while attending group activities.</b></p>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Guided Meditation &amp; Relaxation</li> <li>- Art Therapy: Origami- Colourful butterflies!</li> <li>- Cooking Workshop: Create your own Hamburgers (PPE to be worn during the workshop)</li> <li>-Hearing Voices Group (Closed Group)</li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- High-Tea Catch-up</li> <li>- Community Outing: Picnic &amp; card games at Lisgar Gardens</li> <li><b>**Please wear appropriate footwear</b></li> <li>- Sewing Workshop: (Bookings Only) </li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>-Psychoeducational Group (Group Talk)</li> <li>-Music Group (Workshop)</li> <li>-Baking Workshop: Carrot Cake</li> <li>- Minute to Win It! (Game) <b>**Get the chance to win a gift card</b> </li> </ul>	<p>Temperature and Screening Check 9am-3pm</p> <ul style="list-style-type: none"> <li>- Coffee Catch up with Staff @ Burnside Café (Buy your own coffee)</li> <li>- Tennis Group @ Georges Kendall Riverside Park (Bring or Buy your own Lunch) </li> </ul>
<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- What's Up Monday! (Morning Talk with staff)</li> <li>- Social Outing: Picnic @ Castle Hill Heritage Park (Lunch Provided) : You can bring your own lunch if preferred</li> <li><b>**Please wear appropriate footwear</b></li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Active-4-Life (Morning Walk around Burnside Gardens)</li> <li>- Art Therapy: Make your own Dream Catcher</li> <li>-Cooking Workshop: Chicken and Corn Soup (PPE to be worn during the workshop)</li> <li>-Hearing Voices Group (Closed Group)</li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>-Morning Tea</li> <li>-Community Outing: BBQ, bush walk, and sports at Fagan Park</li> <li><b>**Please wear appropriate footwear</b></li> </ul> 	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>-NDIS Workshop: Q&amp;A about NDIS.</li> <li>-Music Group (Band Practice)</li> <li>-Social Lunch</li> <li>-Social Outing: Blacktown Workers Club (Buy your own lunch) </li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>-Information Session (Q&amp;A)</li> <li>Movie Day in the Centre: Light refreshments and popcorn provided</li> <li>: Games &amp; Bingo Day</li> </ul> 
<p>Public Holiday WSLARS Closed</p> 	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Guided Meditation &amp; Relaxation</li> <li>- Art Therapy: Design Your own vase</li> <li>- Cooking Workshop: Fish and vegetable stir-fry (PPE to be worn during the workshop)</li> <li>-Hearing Voices Group (Closed Group)</li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- High-Tea Catch-up</li> <li>- Travel Training to Museum of Contemporary Art Australia (Bring your opal card &amp; buy your own lunch)</li> <li>- Sewing Workshop: (Bookings Only)</li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Psychoeducational Group (Group Talk)</li> <li>- Music Group (Workshop)</li> <li>- Baking Workshop: Muffins</li> <li>- Minute to Win It! (Game) <b>**Get the chance to win a gift card</b> </li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Coffee Catch up with Staff @ Burnside Café (Buy your own coffee)</li> <li>-Bowling Group @ Parramatta Leagues (Buy your own Lunch)</li> <li><b>**Please wear appropriate footwear &amp; clothing for this activity.</b></li> </ul>
<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- What's Up Monday! (Morning Talk with staff)</li> <li>- Social Outing: Aqua Golf @ Penrith Panthers (Lunch Provided) : You can bring your own lunch if preferred</li> <li><b>**Please wear appropriate footwear</b></li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Active-4-Life (Morning Walk around Burnside Gardens)</li> <li>- Art Therapy: Silhouette Candle Jars</li> <li>- Cooking Workshop: Malaysian Laksa (PPE to be worn during the workshop)</li> <li>-Hearing Voices Group (Closed Group)</li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>-Morning Tea</li> <li>-Community Outing: Paid Outing (Time to use our NSW Dine &amp; Discover Vouchers!)</li> <li><b>**Please ask our staff for more information. Outing is subject to change depending on the number of members. (Bring or buy your own lunch)</b></li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Program Development</li> <li>- Music Group (Band Practice)</li> <li>- Afternoon Tea</li> <li>- Social Outing: The Village Hotel Cook your own Steak (Buy your own steak) </li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Information Session (Q&amp;A)</li> <li>- Birthday Celebrations &amp; Kafe Leisure: Masquerade Party! (Lunch provided) (Wear your colourful masks, bling's, and fancy dresses)</li> <li>- Live performance from WSLARS Band!</li> </ul>
<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Morning Stretch</li> <li>- Movie Outing: Movie @ Auburn Reading Cinemas : Buy your own movie ticket and buy your own lunch.</li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- Guided Meditation &amp; Relaxation</li> <li>- Art Therapy: Rock Painting for the garden as a decoration!</li> <li>- Cooking Workshop: Pumpkin Soup w/ bread (PPE to be worn during the workshop)</li> <li>-Hearing Voices Group (Closed Group)</li> </ul>	<p>Temperature and Screening Check 9am-3pm:</p> <ul style="list-style-type: none"> <li>- High-Tea Catch-up</li> <li>- Community Outing: BBQ &amp; card games at Warragamba Dam</li> <li><b>**Please wear appropriate footwear</b></li> <li>- Sewing Workshop: (Bookings Only) </li> </ul>	