

180 James Street, South Toowoomba
07 45 800 833 | dayservices@lifelinc.com.au
www.lifelinc.com.au

Monday | Games Galore

Challenge your mind with brain-teasing puzzles, board games, and friendly Trivia competitions that promise laughter and camaraderie.
Win yourself a prize and bragging rights!

Tuesday | Drama & Melodies

Music and Acting lovers unite! Enjoy melodious music sessions and showcase your dramatic talents in our engaging sing-dance-play-along parties. Build your confidence with our Speakers group of an afternoon.

Wednesday | Wellness Workshops

Prioritise your well-being with our gentle fitness and relaxation sessions. Chair yoga, meditation, sound baths, and more to keep you feeling your best. Finish the day with our Critter Cuddle Academy, learn, play and cuddle all creatures great and small.

Thursday | Foodies Unite

Dive into the culinary world of the Toowoomba region. Learn new recipes, share stories, and savour delicious dishes together. Unwind with a Movie and munch on some popcorn. Includes a monthly lunch outing.

Friday | Creative Corner

Unleash your artistic spirit in our interactive art workshops. From painting to crafts, express yourself and create beautiful masterpieces. Join us for our BBQ, Chats & Giggle to end your busy week with some laughs.

Alternative Options

At Lifelinc we are blessed with space. Feel free to join in our group activity or chill out in our Quiet Zone. We also have games, arts and crafts, movies and other activities available should the scheduled activity not be of interest.

Monthly Events:

Outdoor Escapades
Exploration Excursions
Discos
Foodies Unite Luncheon

Times:

09:00am – 4:00pm
Flexible hours available.
Transport available on request.
Bookings essential.

Supports:

1:1, 1:2 & 1:3 Support Ratios from Lifelinc staff available based on your needs.

Costs:

BYO lunch & snacks or \$5 lunch available.
An activity fee may apply, please see the monthly schedule for further details.



Don't miss out on the joy, companionship, and growth that awaits you at our Lifelinc Day Services activities. Contact us today to reserve your spot and embark on a journey of endless smiles and unforgettable moments. Your adventure starts here!



Monthly Events



Nerf Wars / Colour Run

1st Friday of the Month: All is fair in love and war!
Join in on the fun and pick your battle with the Lifelinc Office staff!
\$10 per person | includes Sausage Sizzle, Drink and Snacks

Disco

2nd Saturday of the Month: Get your dancing shoes on and get jiggy with it!
\$10 per person | includes Sausage Sizzle, Drink and Snacks.
Door Prize for best Theme Dressed!

Foodies Unite!

3rd Thursday of the Month: Join the Day Services crew and visit a local café, restaurant or pub. Enjoy the Toowoomba foodie scene and be able to say, "I've been there!"

Outdoor Escapades

4th Saturday of the Month: Day trip here we come! Join us as we explore the region, walk the Blue Mountain trail, Visit the Zoo, learn about nature and soak in the fresh air.

Exploration Excursions

Check out the calendar for our spontaneous excursions. Let's go shopping! Or the movies! Or the beach! The opportunities are endless!

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Day Services @ Lifelinc

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Monday	9:00am – 12:00pm	12:00pm – 4:00pm
Games Galore	Bingo & Board Games Prizes to be won!	Trivia Afternoon & Wii, Musical Statues etc.
Tuesday	9:00am – 12:00pm	12:00pm – 4:00pm
Drama & Melodies	Perform with Us! Sing, Dance, Act!	Speakers Group
Wednesday	9:00am – 12:00pm	12:00pm – 4:00pm
Wellness Workshops	Chair Yoga, Meditation, Health Education Talks	Critter Cuddle Academy
Thursday	9:00am – 12:00pm	12:00pm – 4:00pm
Foodies Unite	All Things Food	Movies @ Lifelinc \$5 activity fee
Friday	9:00am – 12:00pm	12:00pm – 4:00pm
Creative Corner	Create & Sip \$5 activity fee	BBQ Chats & Giggles \$5 activity fee
Inclusive Adventures	1 st Friday of the Month 2 nd Saturday of the Month 3 rd Thursday of the Month 4 th Saturday of the Month	Nerf Wars or Colour Fight Disco Foodies Unite Luncheon Outdoor Escapades & Excursions



Weekly Program