

ADULT Saturday Recreation



August Amazing Race

19

This weekend we hold our own Amazing Race. Discover Warrnambool and the surrounding area by doing challenges, activities and having a great time.

Km \$19.39

September The Power of Art & Mind

16

A day of creativity and mindfulness! First, we visit the Warrnambool Art Gallery to see amazing artworks, then take part in a relaxing mindfulness activity and finally, create our own artwork.

Km \$0.35

October Back in Time

21

A lovely day at Flagstaff Hill, where you'll be transported back in time to simpler days, immersing yourself in the charming village and exploring every nook and cranny.

Km \$0.52

November Portland Big Day Out

18

Get ready for an unforgettable Day Out in Portland! Board the cable tram and enjoy a scenic ride. Lunch will be a sizzling BBQ and we visit the incredible fauna park that promises thrills and wildlife wonders.

Km \$71.90

December Confidence in the Kitchen

16

A trip to the supermarket to pick up some fantastic ingredients and once we're back in the Mpower kitchen, we can cook up a storm and create a tasty lunch together. Let's get cooking and enjoy the delicious meal we'll prepare.

Km \$0.00

Spending money required for activities

- All sessions **COST \$20** unless otherwise specified
- Program starts at **9:00am** & finishes at **5:00pm**
- Mpower staff will pick up and drop off participants in the Warrnambool area

further information 5561 8111

