SENIOR HIGH FLYERS

JULY TO SEPTEMBER 2026

Fridays

July 24 — Tye Dye Night & Pizza Making

Splash some dye to decorate some items to look funky! Then get creative in the kitchen and make a pizza with your favourite toppings.

Activity $25.00 0 Kms

August 07 — Flying Horse

Enjoy a fun night with friends out at the Flying Horse. Take a pick for your favourite food from the wide variety on offer.

15 Kms

August 21 — R.N.G. Table Top Gaming & Schnitz

Head to R.N.G for a round of competetive table games with your friends. Then head to Schnitz for you favourite feed.

Activity $25.00 5 Kms

September 04 — Warrnambool RSL

Head to the RSL to finish your week with friends, relaxing and having a chat while enjoying a delicious meal.

5 Kms

September 18 — Footy Colours Night, Games & Takeaway

Wear your footy colours with pride as we celebrate the end of footy season. Enjoy takeaway of your choice while listening and signing footy theme songs.

Activity $20.00 0 kms

Please turn over for important information

mpower inc. since 1975

REG: A0010905X

Enhancing Abilities • Supporting Families • Strengthening Communities

Important Information

FLYERS: Will be available throughout the year for listed dates and activities.

CANCELLATIONS: Please call Reception to cancel as soon as possible. Fees apply for cancellations and no shows as detailed in your current Service Agreement.

MEDICATIONS: If your child or adult participant is to have medication administered while attending an Mpower service, the following needs to take place prior to attending any session:

1. Medical Information (MYP form) is up to date.
2. A Mpower Medical Purpose form is completed by your treating Medical Practitioner and returned to Mpower Intake Team.
3. Where medication is required due to behavioural reasons, a Behaviour Support Plan is needed. This is a requirement of the NDIA.
4. Medication must be discussed with Disability Team staff prior to each program.
5. Medication must be packaged in a Webster pack provided by your pharmacy.
6. Short Term Accommodation and other program access will not be available until all the medication requirements are met

On the day of the Mpower program you will need to sign a medication form.

MEDICAL INFORMATION: Prior to attending any Mpower services where parents or carers do not attend, participants with health conditions (Asthma Management Plan, Diabetes Management Plan, Epilepsy Management Plan) must have up to date plans from their medical practitioner. The plans are to be attached to your MYP form. For those who cannot access MYP form you will need to deliver a hard copy to the Mpower Intake Team.

SUNSMART: Please bring hat and apply sunscreen prior to the program. Sunscreen will be provided for re application. If the participant requires their own specific sunscreen, please inform staff and supply as required

ENQUIRIES: Please ask to speak with a member of our Intake Team on (03) 5561 8111

EMERGENCY: On call number Ph : 0458 618 118 for urgent issues outside of office hours

All sessions are **$30 per person** unless otherwise specified
Kilometres will be calculated based on the number of participants and distance travelled. **Please contact us if you would like an estimate**
Payment can be made on the day or you will be invoiced.
For day activities, please bring your own **lunch** (unless otherwise stated), along with a **drink bottle** and **sun hat**
Drop Off/Pick Up please park curb side or allocated parks along Koroit Street
Drop off at **5:00pm** - Pick up at **9:00pm**