








SEPTEMBER ACTIVITIES 2025

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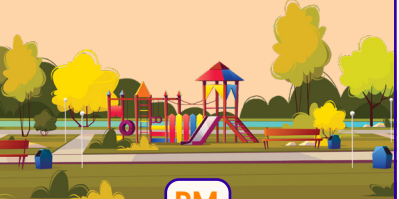



SEPTEMBER

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<p>SPRING IS HERE! </p> <p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>CAMPBELLTOWN CITY BOWLING \$8 </p> <p>PM</p> <p>Select a room at the Day Program for free time </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>FATHER'S DAY CRAFT DAY or buy fun new craft to do \$10 </p> <p>PM</p> <p>Select a room at the Day Program for free time </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>Happy Birthday Brooke, let's have cake SPLIT GROUP</p> <ol style="list-style-type: none"> 1. Group Pickleball, \$5 2. Support worker Hannah do the Indian skin art  <p>PM</p> <p>Select a room at the Day Program for free time </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>COOKING DAY buy ingredients then everyone cook \$5 </p> <p>Play games and do crafts.</p> <p>PM</p> <p>Select a room at the Day Program for free time </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>SIMMO'S FOR A WALK ON THE TRAILS and have lunch. </p> <p>PM</p> <p>Select a room at the Day Program for free time </p>
<p>Bring: Water Bottle & Own Lunch </p>	<p>Bring: Water Bottle & Own Lunch </p>	<p>Bring: Water Bottle & Own Lunch </p>	<p>Bring: Water Bottle </p>	<p>Bring: Water Bottle & Own Lunch </p>

ACTIVITIES ARE SUBJECT TO CHANGE

Please wear comfortable shoes and clothing, sun hat and apply sunscreens for all outings. It will be \$5 for any lunches provided at JB Care as shown on the calendar. No lunch needed for these days if you would like to participate, if you do not wish to participate, please bring lunch.



















SEPTEMBER

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>PLAY BASKETBALL AT THE BILLABONG</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>CRAFT DAY AND BINGO</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>MOUNT ANNAN PARK Birriwa Reserve for lunch, walk and play.</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>R.U.O.K DAY Let's spend time together over a tea party</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p> 	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>FAIRFIELD ADVENTURE PARK for lunch</p>  <p>PM</p> <p>Select a room at the Day Program for free time</p> 
<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle & Own Lunch</p> 	<p>Bring: Water Bottle & Own Lunch</p> 

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MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>TENNIS AT DOOHAN OVAL then lunch in the park.</p> <p></p> <p>PM</p> <p>Select a room at the Day Program for free time</p> <p></p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>COOKING SOMETHING SWEET. Buy ingredients then everyone cooks</p> <p>AIR HOCKEY COMPETITION </p> <p>PM</p> <p>Select a room at the Day Program for free time</p> <p></p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>APPIN FOR LUNCH AT THE OLD COUNTRY PUB \$20</p> <p></p> <p>PM</p> <p>Select a room at the Day Program for free time</p> <p></p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>COOKING DAY some of the group can shop for ingredients then everyone cooks \$5</p> <p></p> <p>PM</p> <p>Select a room at the Day Program for free time</p> <p></p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>OP SHOPPING Bring spending money</p> <p></p> <p>PM</p> <p>Select a room at the Day Program for free time</p> <p></p>
<p>Bring: Water Bottle & Own Lunch</p> <p></p>	<p>Bring: Water Bottle & Own Lunch</p> <p></p>	<p>Bring: Water Bottle & Own Lunch</p> <p></p>	<p>Bring: Water Bottle</p> <p></p>	<p>Bring: Water Bottle & Own Lunch</p> <p></p>

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MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>MOUNT ANNAN BOTANICAL GARDENS look at the spring flowers and have lunch. </p> <p>PM</p> <p>Select a room at the Day Program for free time </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>COOKING TACO TUESDAY \$5 Go buy ingredients then everyone cooks </p> <p>PM</p> <p>Select a room at the Day Program for free time </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>SWIMMING AT EAGLE VALE LEISURE CENTRE  \$5.40 Concession \$3.50 Spectator fee</p> <p>PM</p> <p>Select a room at the Day Program for free time </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>CRAFTS AND MINUTE TO WIN IT GAMES. </p> <p>PM</p> <p>Select a room at the Day Program for free time </p>	<p>AM</p> <p>JB Cafe Open </p> <p>Stretch, chair yoga, or play with Loui at the park. </p> <p>AM/PM</p> <p>LUNCH AND BALL GAMES AT THE PARK. </p> <p>PM</p> <p>Select a room at the Day Program for free time </p>
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SEPTEMBER

MONDAY 29	TUESDAY 30			
AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	AM JB Cafe Open  Stretch, chair yoga, or play with Loui at the park. 	AM	AM	AM
AM/PM LUNCH AT MACARTHUR SQUARE \$25 	AM/PM CRAFT, MOVIES, GAME COMPETITIONS 	AM/PM	AM/PM	AM/PM
PM Select a room at the Day Program for free time 	PM Select a room at the Day Program for free time 	PM	PM	PM
Bring: Water Bottle & Own Lunch 	Bring: Water Bottle & Own Lunch 			

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