

Lifestyle Supports Day Program

Our Day Centre program provides you with the opportunity to enjoy a range of fun and educational activities in a safe and supportive environment.

Our staff understand that every person has different needs and goals. We will work with you to decide which group activities you would like to join that match your interests and ability.

Join us and have fun!

Things you need to know

Contact details

Life Without Barriers
18 Wilkinson Street
Alice Springs

08 8955 6400 or
0417 782 140

Hours of Operation

Check in: **9.00am** Depart: **2.30pm**
Activities: **9.15am – 2.30pm**

Morning tea and lunch: bring your own morning tea and lunch, except on cooking days where your lunch will be provided.

Transportation

We have bus runs to assist with transportation to and from home.



What to bring

All activities - bottled water, morning tea, lunch, extra clothes, and a hat.

Swimming Days - Your Team Leader would have been in contact with you and your care team to discuss your swimming skills. If you are participating in swimming, please ensure that you bring your towel, swimmers, goggles and floating device, if required.

Cooking Days - Your Team Leader will have contacted you about your dietary requirements. On our cooking day we will ensure that your dietary requirements are met therefore you do not need to bring your lunch.

Desert Park Days - Life Without Barriers will be allocating a Desert Park Annual Pass to all that attend the program on a regular basis. If you wish to take the pass home with you, please ensure it is brought back in on the days we will be attending.

YMCA Days - Please ensure you have closed in shoes. If you are going to be Rock Wall Climbing, please wear appropriate clothing.

Participation costs

This service is funded for eligible clients under the NDIS. Additional charges will apply for some activities.

Holidays

If you are not able to attend - please refer to your Service Agreement regarding the notice period required, two weeks notice is required for planned holidays.



**LIFE
WITHOUT
BARRIERS**

Alice Springs



Day Centre Activities Alice Springs



LIFE WITHOUT BARRIERS

Monday

Morning
9.15am – 12.00pm

Gym Fitness program

Botanic Gardens
nature walk

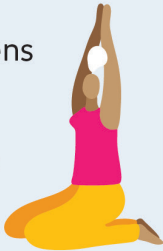
Music Session

Afternoon
1.00pm – 2.30pm

Gardening

Ball Games

Banking lessons



Tuesday

Morning
9.15am – 12.00pm

Music/Zumba
dancing class

Movie Time at
Alice Plaza

Library

Afternoon
1.00pm – 2.30pm

Nature walk
/ Duck feeding

Recycling bottles



Wednesday

Morning
9.15am – 12.00pm

Music/dance class

You choose –

Footy fun,
Beauty
tips, Dot
painting

Afternoon
1.00pm – 2.30pm

You choose – Meditation
or Arts & Craft

Water the garden



Thursday

Morning
9.15am – 12.00pm

Bike riding
/ nature walks

Bush trip with
traditional
outdoor
cooking

Afternoon
1.00pm – 2.30pm

Friday cooking class
prep time and
online shopping



Friday

Morning
9.15am – 12.00pm

Music/dance class
Cook and Eat - cooking
program with lunch

Afternoon
1.00pm – 2.30pm

Outdoor activity
or Bowling

Weekly Clean up!

