

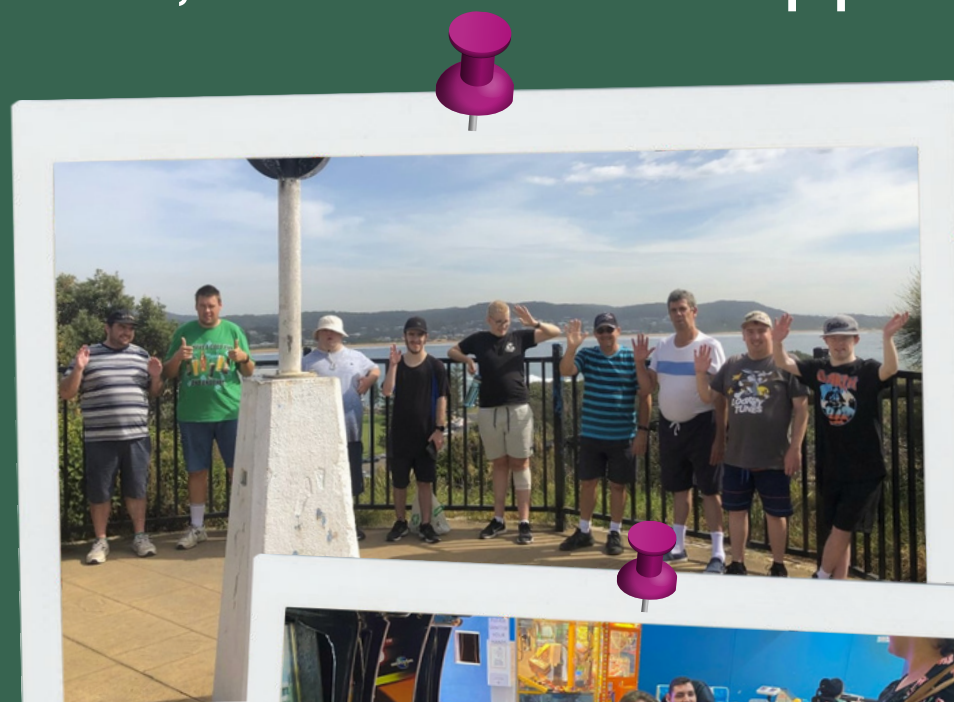
# DAY PROGRAMS



Our centre and community-based Day Programs can help you achieve your goals and have fun along the way.



Learn skills such as cooking, bowling, going to the gym, computers, arts and crafts, music, swimming, social skills and outdoor fitness in a fun, flexible and supportive environment.



Experience a new world of wonder through the powers of gaming and virtual reality.

Located at our Berkeley Vale and Woy Woy Activity Hubs, these interactive stations create a whole new world of possibilities.

Come and check them out for yourself!



(02) 4321 1022 | [info@coastlink.org.au](mailto:info@coastlink.org.au) | [coastlink.org.au](http://coastlink.org.au)



# WHAT'S ON?

## Day Programs Schedule



### MONDAY

- Cricut Group
- Girl's Group
- Men's Group



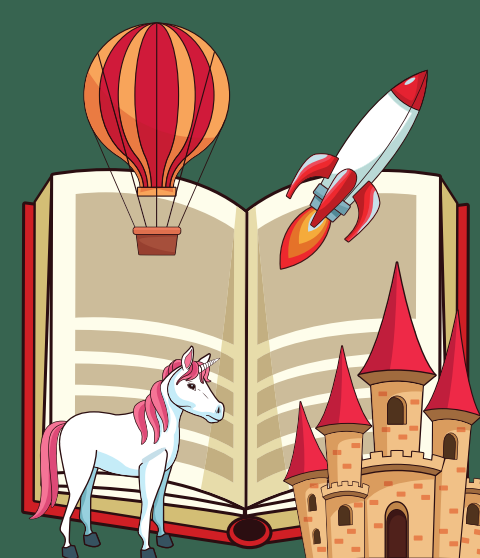
### TUESDAY

- Sailing (Summer)
- Curious Coasties
- Healthy Cooking



### WEDNESDAY

- Lawn Bowls / Bowling
- Cooking Around the World
- Out & About - Woy Woy



### THURSDAY

- Bocce
- Storytime



### FRIDAY

- Swimming
- Café Visits
- Freestyle Friday

To find out more and join in the fun,  
call us on (02) 4321 1022 or visit [coastlink.org.au](http://coastlink.org.au)