



Delta Friendship Link

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Please note: *New members need to complete our Member Registration and Code of Conduct forms. This ensures that you are aware of our wanting to acknowledge the strengths and abilities of our members and also enables us to be fully aware of your support person's details in an emergency.*

Please also note we are not in a position where we are able to apply one to one support for persons who require this. Where this is necessary the member will need to bring a Support Person to work alongside them enabling them to be part of our organised activities.

This Year we will continue to run Me, Myself & I Course. We will be focussing on Self Discovery, Health & Wellbeing, Feeling Proud, Confidence, Previous Achievements and Goals they would love to achieve in the Future

During our Programmes we open at **9.30 a.m.** and close at **2.30 p.m.**

- **Enabling Good Lives** funded members will continue to be charged \$30.00 per session. If you require a support person with you when you come for your sessions – this will drop to \$20.00. This is due to our not receiving MOH Funding for EGL members.
- **Members who are not with Enabling Good Lives** are charged \$10.00 per session.
- **Our Bubble is in the Gym area**, entering through the Crossways entrance on the Chrystal Side of the Building.
- Please remember to **bring a cut lunch if you intend to stay all day.**
- **Our Member's Meeting is run once a month.** Please consider joining our Committee as it is open to Members, Support Person's, Family and Staff.
- **"Our Day Out" must be booked in advance as numbers are limited for van outings.** The cost is \$20.00 per member **PLUS cost of activity.**
- **Please check Programme** for the day's activities and dress appropriately.
- **If you are unwell** please stay home for that week to get yourself well again.

Best Wishes

Jo, Maree, Ruita and Vicky

Friendship Link Programme -January 2023

Prices: (inclusive of GST) for non EGL Members

All Morning Programmes \$10.00

All Afternoon Programmes \$10.00

All Day Out / All Day In \$20.00 + cost of Activity

JANUARY 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
2	3	4	5	6	7	8
9	Welcome Back Fun Games 10.30 - 12.00 Live Music & Afternoon Tea 1.00 – 2.30	Art & Crafts 10.30 – 12.00 Indoor Bowls 1.00 – 2.30	Avebury Adventures 10.30 – 12.00 Karaoke 1.00 – 2.30	13	14	15
16	17	18	19	20	21	22
	CLOSED Staff attending First Aid Training	Exercise to Music 10.30 - 12.00 Karaoke 1.00 – 2.30	Indoor Games 10.30 - 12.00 Sjoelbak Dutch Shuttle Board 1.00 – 2.30			
23	24	25	26	27	28	29
	Pamper 10.30 - 12.00 Karaoke 1.00 – 2.30	Library Van Visit 9.30am – 10.30am Avebury Adventures 10.30 – 11.30 Members Mtg 11.30 – 12.00 Bingo 1.00 – 2.30	Arts & Crafts 10.30 - 12.00 Indoor Bowls 1.00 – 2.30			
30	31					
	Me, Myself & I 10.30 - 12.00 Art with Pam 1.00 – 2.30					

Friendship Link Programme -February 2023

Prices: (inclusive of GST) for non EGL Members

All Morning Programmes \$10.00

All Afternoon Programmes \$10.00

All Day Out / All Day In \$20.00 + cost of Activity

FEBRUARY 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Dinosaur Day Arts & Crafts & Afternoon Movie 10.30 – 2.30	2 Indoor Games 10.30 - 12.00 Karaoke 1.00 – 2.30	3	4	5
6	7 Line Dancing 10.30 - 12.00 Art & Crafts 1.00 – 2.30	8 Library Van Visit 9.30am – 10.30am Pamper 10.30 – 12.00 Karaoke 1.00 – 2.30	9 Avebury Adventures 10.30 – 12.00 Bingo 1.00 – 2.30	10	11	12
13	14 Avon Hub Gym 10.30 - 12.00 Live Music & Afternoon Tea 1.00 – 2.30	15 Exercise to Music 10.30 - 12.00 Maori Culture 1.00 – 2.30	16 Indoor Bowls 10.30 - 12.00 Karaoke 1.00 – 2.30	17	18	19
20	21 Pamper 10.30 - 12.00 Me, Myself & I 1.00 – 2.30	22 Library Van Visit 9.30am – 10.30am Avebury Adventures 10.30 – 11.30 Members Mtg 11.30 – 12.00 Karaoke 1.00 – 2.30	23 Arts & Crafts 10.30 - 12.00 Sjoelbak Dutch Shuttle Board 1.00 – 2.30	24	25	26
27	28 Avon Hub Gym I 10.30 - 12.00 Art with Pam 1.00 – 2.30					