

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

morning program

9.00am - 12.00pm

Strategic Minds

Test your skills and bring out your competitive side against peers in a range of games available onsite.

Green Thumbs

Grow and gather fresh produce and community connections from our plot at the Punchbowl community Garden.

9.00am - 12.00pm

Strike It Out

Learn basic cooking skills and give back to our community by preparing meals for Strike it Out Launceston.

Rosie Posie - Lay the table

The "Café Next Door" in Kings Meadows have invited us to do their table centre pieces. Grab the flowers and have a bouquet of a time!

9.00am - 12.00pm

Music

Get ready to rock and enjoy a fun filled morning of tunes past and present. Join in with instruments or dance and sing along.

Sensory Den

Sensory Hub is place for people to connect with others in a safe non threatening environment. With two multi-sensory rooms and access to Therapy assistants you will connect, calm and learn coping skills through the sensory system.

9.00am - 3.00pm

Let's get Messy

Develop larger or more complex art pieces over several weeks. Add your touch to individual or group Art projects and explore different styles using different materials.
\$16.50 for the 13 week block

Coffee Club

Explore Launceston and the surrounding area with a small group, enjoying good company while sampling coffee, cake and slices.
\$ - Own cost for morning tea

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Music

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afternoon program

12.00pm - 3.00pm

Rosie Posy - Create the table

The "Café Next Door" in Kings Meadows have invited us to create table centrepieces for our Rosie Posie program. Let's get creative and visit the Community Garden to grow and pick flowers to produce beautiful bouquets.

Pamper Parlour

Do you feel like a pamper experience? Go on, spoil yourself! Get close to a real life salon experience at our Hub Pamper Parlour.
\$24 for the 13 week block

12.00pm - 3.00pm

Scrapbooking

Jump on in to creating simple or intricate designs to showcase your memories, photos or anything you like! Learn new skills and try new designs!
\$13.50 for the 13 week block

Unlock your Zen

Stretch and loosen out your muscles with a fun, inviting and interactive environment either in the Hub or in the beautiful surrounds of the City Park. Or are you needing some Zen time? Then relax and tap into your senses in our Sensory Den and rejuvenate.

12.00pm - 3.00pm

Pub Lunch

Join your friends for lunch and a drink at the Park Hotel. Modified meals an option. Utilise your money skills and chat to others.
\$ - Own cost for lunch

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\$16.50 for the 13 week block

12.00pm - 3.00pm

Library and Pen Pals

Return and borrow library items from the Launceston Library. Sit down and enjoy the space and opportunities the library offers. Make a new friend and be supported to write and receive letters!

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12.00pm - 3.00pm

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\$24 for the 13 week block

Ready Set Go!

If it's got wheels it's in this program. Climb aboard your local bus to build transport skills or utilise the free Tiger Bus. Back at the Hub test your skills with our remote control cars.

TO BOOK

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