















January & February Teen Social Events



<u>DATE</u>	<u>EVENT</u>	<u>WHAT TO BRING</u>
Tuesday 3 rd January	<p>Skills 4 Life – Independency & Travel Training (Train) <i>Come and learn how catch public transport by planning a journey on Translink, completing the journey on a TRAIN and having fun with others.</i></p> <p>Arrive at Darra: 10am Pick up Darra: 1pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Hat ✓ \$15 for lunch OR own lunch ✓ GoCard
Thursday 5 th January	<p>Skills 4 Life – Home Skills (Money Management) <i>Come and learn how to count, spend and save money with fun activities and a trip to the local café!</i></p> <p>Arrive at Darra: 10am Pick up Darra: 1pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ \$15 for lunch (all in cash if possible)
Friday 6 th January	<p>Arts & Craft @ Darra <i>Come and spend the day with us to make your own fidget toys and slime!</i></p> <p>Arrive at Darra: 10am Pick up Darra: 3pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Own Lunch
Saturday 7 th January	<p>Puss in Boots @ Garden City Cinemas <i>Come and see the new Puss in Boots movie at Garden City Cinemas, and then have lunch in the food court with others.</i></p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ \$15 for lunch OR own lunch



	<p>Price of movie ticket (this will be billed)</p> <p>Arrive at Darra: 9:30am</p> <p>Pick up Darra: 3:30pm</p>		
<p>Tuesday 10th January</p>	<p>Skills 4 Life – Independency & Travel Training (Bus)</p> <p><i>Come and learn how catch public transport by planning a journey on Translink, completing the journey on a BUS and having fun with others.</i></p> <p>Arrive at Darra: 10am</p> <p>Pick up Darra: 1pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Hat ✓ \$15 for lunch OR own lunch ✓ GoCard 	
<p>Thursday 12th January</p>	<p>Skills 4 Life – Home and safety Skills</p> <p><i>Come and spend the day with us while we learn about what to do in an emergency and who to call, the resuscitation flow chart, important phone numbers to know and where to find them and much more to ensure your safety.</i></p> <p>Arrive at Darra: 10am</p> <p>Pick up Darra: 1pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ \$15 for lunch OR own lunch 	
<p>Friday 13th January</p>	<p>Arts & Crafts @ Darra</p> <p><i>Join us while we learn how to make and play our own musical instruments out of household items!</i></p> <p>Arrive at Darra: 10am</p> <p>Pick up Darra: 3pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Own Lunch 	
<p>Saturday 14th January</p>	<p>Queens Park Ipswich & Lunch at Cafe</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Hat & Sunscreen 	

	<p><i>Queens Park was the first park to be developed in Queensland, first being surveyed in 1842. Come along while we see the animals and have lunch!</i></p> <p>Arrive at Darra: 9:30am Pick up Darra: 3:30pm</p>	<ul style="list-style-type: none"> ✓ \$15 for lunch OR own lunch 	
<p>Tuesday 17th January</p>	<p>Skills 4 Life – Independency & Travel Training (CityCat) <i>Come and learn how catch public transport by planning a journey on Translink, completing the journey on a CITYCAT and having fun with others.</i></p> <p>Arrive at Darra: 10am Pick up Darra: 1pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Hat ✓ \$15 for lunch OR own lunch ✓ GoCard 	
<p>Thursday 19th January</p>	<p>Skills 4 Life – Home Skills (Doing Laundry) <i>Come and spend the day with us while we learn how do use a washing machine and a dryer to dry some of your own clothing!</i></p> <p>Arrive at Darra: Pick up Darra:</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ \$15 for lunch OR own lunch ✓ 3-5 small/medium items of your own clothing 	
<p>Friday 20th January</p>	<p>Skills 4 Life – Travel Training Round Trip <i>Put all of your travel training skills to use as we take multiple forms of public transport into South Bank for lunch and then back to Darra.</i></p> <p>Arrive at Darra: 10am Pick up Darra: 3pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Hat & Sunscreen ✓ \$15 for lunch OR own lunch 	

<p>Saturday 21st January</p>	<p>Bounce Inc. Trampoline Park @ Macgregor <i>Come along and get ready to fly high at Bounce trampoline park, with all sorts of activities and areas to jump in, the fun will not be in short supply.</i></p> <p>Arrive at Darra: 9:30am Pick up Darra: 3:30pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Loose, comfortable clothes ✓ BOUNCE socks ✓ Closed-in shoes ✓ \$15 for lunch OR own lunch 	
<p>Saturday 28th January</p>	<p>Inflatable World & Lunch @ Darra <i>Come and spend your first back to school weekend with us at Darra's Inflatable world, and then preparing a simple BBQ-style lunch!</i></p> <p>Arrive at Darra: 9:30am Pick up Darra: 3:30pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Loose, comfortable clothes ✓ Socks ✓ \$10 for lunch (this will be billed) 	
<p>Saturday 4th February</p>	<p>Cooking @ Darra <i>Let's journey to Asia for the day as we make a simple stir-fry, followed by some pancakes for dessert.</i></p> <p><i>If you know that this food will not be suitable for lunch, please be prepared to bring your own lunch and take home the cooking!</i></p> <p>Arrive at Darra: 9:30am Pick up Darra: 3:30pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Containers for leftovers 	
<p>Saturday 11th February</p>	<p>Area 51 Indoor Play Centre <i>Come and have the time of your life on a range of trampolines, indoor play structures and a ball pit!</i></p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Area 51 socks ✓ Closed in shoes 	

	<p>Arrive at Darra: 9:30am Pick up Darra: 3:30pm</p>	<ul style="list-style-type: none"> ✓ Loose, comfortable clothing ✓ \$15 for lunch OR own lunch 	
<p>Saturday 18th February</p>	<p>Bowling @ Zone Richlands <i>Put your best bowling skills to the test as we bowl our lives away at Richlands Zone Bowling, and have a bite to eat – it will be fun for all!</i></p> <p>Arrive at Darra: 9:30am Pick up Darra: 3:30pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ Socks ✓ \$15 for lunch OR own lunch 	
<p>Saturday 25th February</p>	<p>Epic @ Ipswich <i>Come along with us to the ultimate board game and card game paradise – there is no shortage of games or fun here!</i></p> <p>Arrive at Darra: 9:30am Pick up Darra: 3:30pm</p>	<ul style="list-style-type: none"> ✓ Water Bottle ✓ \$15 for lunch OR own lunch 	

TO RSVP: Please contact Luka Thomas mobile: 0407 472 566 or email: landlbris@montrose.org.au

Times are approximate and will be confirmed closer to event date if any changes.

Please note some activities have limited places available so make sure you book in early to avoid disappointment.

Skills 4 Life

Program for teens & young adults

Monday

FitMe

Thursday

Independent Me

Saturday

Social Skills

Register now for Term 1 2023!

Skills 4 Life is a skill-development program for teenagers and young adults with a disability. Through a diverse range of fun and educational activities, participants learn how to express their opinions, make decisions and respect others, while building their confidence and self-esteem.



Monday, Thursday 3pm – 7pm

Saturday, 9.30am – 3.30pm



Numbers are limited so call 1800
193 362 to secure your place.