







A Typical Week at a Group Day Program Hub

Example programs and how a typical day may be structured across our hubs.

Mambourin hubs offer different programs based on participant interests, facilities, and community partnership.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM to 9:00 AM	<p>⊕ Optional Early Supports (Add-on Service):</p> <ul style="list-style-type: none"> In-Home Support Transport Support to day program hub 					<p>Weekend Activities (Flexi Choices)</p> <p>Weekend activities offer flexible social and community outings based on participant interests, seasonal opportunities, and local events.</p> <p>Example Weekend Activities:</p> <ul style="list-style-type: none"> Tenpin bowling Dance parties Movies Music therapy programs Melbourne and Werribee Zoos Car shows and racing AFL matches Wrestling (local and international) Live music Local markets and shows Museums and art galleries 	
Morning Activities 9:00 AM to 12:00 PM	<ul style="list-style-type: none"> Art Studio Life Skills  Bowling Club 	<ul style="list-style-type: none"> GameLab Drama Club Music Therapy 	<ul style="list-style-type: none"> Dance Collective Pet Pantry Working Bee  Fitness Club 	<ul style="list-style-type: none">  Swim Active  Community Excursion <i>Full-day activity</i> Brew & Serve 	<ul style="list-style-type: none">  Travel Smart <i>Full-day activity</i> Woodcraft Workshop Broadcasting Studio 		
Lunch 12:00 PM to 1:00 PM	<p>At lunchtime, participants may:</p> <ul style="list-style-type: none"> Bring their own lunch Purchase takeaway during community outings Enjoy food prepared during cooking activities Purchase food through café or kiosk-style programs where available 						
Afternoon Activities 1:00 PM to 3:00 PM	<ul style="list-style-type: none"> Digital Skills Bake & Create Feel The Beat (Music) 	<ul style="list-style-type: none"> Snap Studio (Photography) Everyday Learning Stitch and Create 	<ul style="list-style-type: none"> Mindful Movement (Yoga) Bake & Create Sports For All 	<ul style="list-style-type: none"> Tabletop Games Brain Buster (Trivia) Sensescape (Sensory) 	<ul style="list-style-type: none"> Grow & Thrive Memory Makers (Scrapbooking) Model Masters 		
3:00 PM to 8:00pm	<p>⊕ Optional After-Hours Support (Add-on Service):</p> <ul style="list-style-type: none"> In-Home Support Social Outreach Activities (1:1 Support Service) Transport Support to home 						



How your day works

- Choose one Morning activity and one Afternoon activity, or
- Choose an All-Day activity when available
- If you choose an All-Day activity, this replaces both your morning and afternoon option for that day
-  **Community-based activities (excursions)** may include zoo or museum visits, parks, cafés, markets, libraries, bowling, mini golf, swimming, and other local outings

Additional information:

- Mambourin hub programs typically operate between 9:00 am – 3:00 pm.
- Supports outside these hours (7:30 – 9:00 am and 3:00 – 6:00 pm) are optional **add-on services** ⊕ that may be available depending on individual supports and NDIS funding.

Legend:

-  Community-based activity
-  Add-On Services

Want to know what's available at your local hub?

Contact us:

☎ 9731 9200

✉ contact@mambourin.org

🌐 mambourin.org