

It has been an exciting few months at Activities and wonderful to see so many of you participating in all that has been on offer at Mega sports, the socials, Klub Alara as well as the getaways.

It is now getting closer to the end of the year and there are many activities and getaways still to come—not to mention the Christmas activities that are being planned.

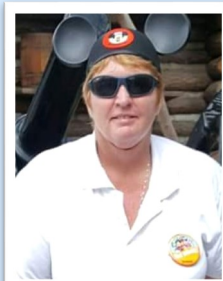
We hope to see everyone having a great time catching up with your friends in the next couple of months.

We would also like to take the time to thank all of the regular activity participants as well as the new comers for making the activities so eventful and successful.

Make sure you get your Activities Booking Forms in as soon as possible to secure your place.

Please remember to contact us once you have your NDIS plan.

The Activities Team - Janice & Trish



# Hello

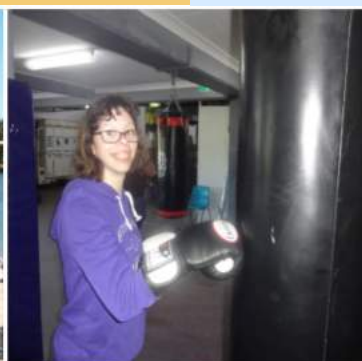
Hi, I'm Janice Ash, for those of you who have not met me, I have worked at ALARA QLD

Limited since 2013 as a Support Worker. During my time, I have gained a wealth of experience in working with a large proportion of clients both in the community and individual homes.

In July, I applied for a position of Mobile Senior Support Worker and was successful. Currently the role is on trial to provide a range of responsive supports both in the community and Activities.

I look forward to meeting you in my role, if you do see me, please say hello.

Janice



# OCTOBER ACTIVITIES

## MEGASPORTS:

**Saturday, 7th October**

Zumba at PCYC

When: 7 October 2017

Time: 10am—12noon



## SOCIALS:

**Saturday, 21st October**

Lunch and S Troupe

(A Man for All Seasons)

When: 21 October 2017

Time: 11:30am—3:30pm



## Klub ALARA:

**Friday, 27th October**

Halloween Night

When: 27 October 2017

Time: 6pm—9pm



## SAVE THESE DATES IN DECEMBER

### Christmas Lights

Tuesday 5th & Thursday 7th December (6:45pm—8:45pm)

### ALARA Christmas Party

Saturday, 9th December (Ipswich Showgrounds)



## MEGASPORTS:

**Saturday, 4th November**

Gardens Walk

When: 4 November 2017

Time: 10am—12noon



## SOCIALS:

**Saturday, 18th November**

Ten Pin Bowling

When: 18 November 2017

Time: 10:00am—3:00pm



## Klub ALARA:

**Friday, 24th November**

Super Hero Night

When: 24 November 2017

Time: 6pm—9pm



## PLANNING NIGHT:

**Thursday, 9th November**

Planning & Pizza

When: 9 November 2017

Time: 6pm—9pm

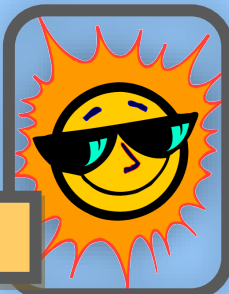


don't forget to  
**R.S.V.P.**

### Please Bring



### Call to Cancel



### Have Fun

#### Activities Contacts:

**Trish Gibson** (07)3817 0616  
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0417 608 065

**Janice Ash** (07) 3817 0600  
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0400 796 635



PCYC are pairing with ALARA Megasports once again.

PCYC will sponsor one Annual Membership per client.

\* This is a great opportunity to make connections with PCYC outside of ALARA programs.

\* PLEASE NOTE—Paperwork needs to be completed prior to the events in order to obtain your membership cards.

### YOU MUST REMEMBER TO....

- Send in your **BOOKING FORM** by the **RSVP** date
- Wait for your **CONFIRMATION LETTER** to confirm what you have been allocated.
- **BE PATIENT**— Sometimes you may miss out on an activity you choose, so someone else can have a turn
- **ALWAYS BRING**— Hat, sunscreen, appropriate footwear and clothing, money for the Activity and spending money if needed.
  - \* Klub ALARA—a plate of food to share.
- Bring **COMPANION CARD** if you have one, or additional cost may apply to cover cost of workers
- **CALL** Trish if you **CAN NOT ATTEND** an Activity, as soon as possible, so we can offer the spot to someone who can go. In 2017, If you do not **CALL TO CANCEL**, you will still be charged the cost AND if this happens 3 times, you may miss out on future Activities.
- Most Importantly.... **SMILE & HAVE FUN!!**