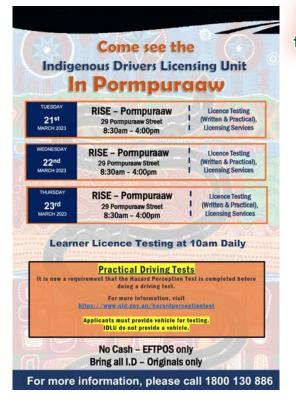


Pormpur Parr-ir Pama & Parr-ir Paanthu (Youth Program)

@ the Hall Timetable for Age 12 to 24



Times	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 – 10am	Healthy Breakfast & Exercise: Cereal/toast/fruit Exercise Circuit	Healthy Breakfast & Exercise: Cereal/toast/fruit Exercise Circuit	Healthy Breakfast & Exercise: Cereal/toast/fruit Exercise Circuit	Healthy Breakfast & Exercise: Cereal/toast/fruit Exercise Circuit	Healthy Breakfast & Exercise Cereal/toast/fruit Exercise Circuit	
10am to 11am	<u>Team Building</u> <u>Games</u>	Cooking Classes Recipe changes weekly	FREE TIME	Outdoor Activities	<u>Driver Licence</u> game/study	
11am – 12pm	Indoor Games Literacy/Numeracy Cards/Games		Art & Craft Activities	Beach Fishing Out on Country	Cooking Class (Recipe varies weekly)	
12pm – 1pm	Hall Closed for lunch	Hall Closed for lunch	Hall Closed for lunch	Lunch out on Country	Hall Closed for lunch	
1pm – 3pm	Improve Reading and Writing Skills Board Games/Reading	Afternoon Tea with • Yarn about Health and Wellbeing Matters	Learning Basic Skills / Money Yarns Budgeting Let's talk Workforce		Afternoon Tea with • Yarn about Health and Wellbeing Matters	
3pm - 4:30pm	Freestyle Ball Games	Indoor Cricket/Futsal	Cooking • Popcorn for Movie night/Drinks/Snacks	Wind Down and Relax Time at Hall	<u>Friday Afternoon</u> <u>Basketball</u>	
4:30pm – 5pm		Closed for Packing up/Cleaning Up				
	Movie Night: Fortnight Wednesday Night (5pm to 6:30pm) Monthly Disco – 6pm to 9pm – Last Friday of each Month					



Please see Vanessa Deakin or Eddie Coleman at the hall for more details or you can contact them via email: <u>v.deakin@ppac.org.au</u> or <u>e.coleman@ppac.org.au</u>



Playgroup has started!

Monday at the Corner Shed from 10am to 12pm Wednesday at the school from 10am to 12pm

Friday at the homes/beach from 10am to 12pm (decided on the day).

Outside School Hours Care (OSHC) from 3pm to 5pm Monday-Friday



For more information call Sandra on 40 604 001



ALCOHOL AWARENESS

DRINK RESPONSIBLY.

Remember to always take things in moderation.

Don't just drink. Choose to think.

PLEASE SEE OUR COUNSELLORS IF YOU NEED HELP OR SUPPORT!



CONTACT US!

23 Yalu St,

Pormpuraaw, Q 4892 Phone: 07 4060 4260 Fax: 07 4060 4280

- Healing Services
 07 4060 4260
- Long Day Care
 07 4060 4165
- Outside School Hours Care

07 4060 4001

 Women's Shelter Admin Office

07 4060 4082

• CEO's Office 07 406 04211

ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY