



LIVING WELL PROGRAMS

head to the events page to book and learn more



● SOCIAL NETWORKERS (women)

every tuesday & thursday | women 18+

It's time to connect with your community! Previously known as our Girls groups, Social Networkers is perfect for those who have the goal to connect with others and their community - whether it's enjoying our region's best or a day trip to a new place. Your group will have a planning day each term to determine the chosen activities. We take your NDIS plan goals and, through a range of fun and social activities, we empower you with the knowledge, skills and confidence to become more independent.



● MASTERCHEF

various days & times | kids & teen /adults 18+

Back by popular demand our MasterChef Programs are designed to connect you socially to new friends and your local community as well as reinforce the importance of eating balanced and portioned meals. You will learn basic cookery skills in a fun, friendly, interactive and well supported environment. Our aim is to encourage you to explore the beauty and accessibility of fresh, local, seasonal ingredients and promote better food choices. Everyone is involved in the entire cooking process, from meal planning and shopping for ingredients at the local Supermarket to preparing and cutting up the ingredients & cooking the meal.



● PADDOCK TO PLATE

every thursday | adults 18+

Our Paddock to Plate program is designed to provide you with the opportunity to see, smell, catch, grow, taste and share a variety of food experiences and destinations. Creating a connection between farmers and foodies, we will follow produce from the seed planted in the ground, to the table, and back to the soil as compost. The program will integrate with capacity building skills enhancing problem solving, caring and interacting with the environment, caring for the community as well as incorporating key aspects of your individual goals.



● SOCIAL NETWORKERS (men)

every thursday & friday | men 18+

It's time to connect with your community! Previously known as our Guys groups, Social Networkers is perfect for those who have the goal to connect with others and their community - whether it's enjoying our region's best or a day trip to a new place. Your group will have a planning day each term to determine the chosen activities. We take your NDIS plan goals and, through a range of fun and social activities, we empower you with the knowledge, skills and confidence to become more independent.



● RESALE SHED

every monday, tuesday & friday | adults 18+

Support sustainable re-selling and develop your employability skills. Anglesea Resale Shed is one of our most sought after programs, each week you will be part of a team who opens, sets up the shop and tallies the end of day floats.



● LAWN BOWLS

every wednesday | adults 18+

Every Wednesday a social roll at the local Bowls Club. Our Lawn Bowls & Lunch program will introduce you to the sport in a relaxed, friendly, comfortable environment with the focus on fun and building networks with the community and connections with new friends. Lawn bowls is a great way for people of all ages to develop their skills, coordination and fitness. Enjoy a great day out with mates in the fresh air rolling a few bowls along the green and then follow up with a lunch together at the local cafe or bistro.

not yet a leisure networks customer?

No worries, get in touch with our intake team today 5222 3911 and we'll get you onboard, so you don't miss out on all the fun!



● GLEE CLUB

every monday | adults 18+

Get your Gleesing and dance on! If you're looking for an inclusive space to express yourself, Glee is the program for you. Each semester you will work on a group and individual performance, which is performed to your community at the end of term!



● MULTIMEDIA

every monday | adults 18+

Multimedia Mondays focuses on creativity, social connections and image development. In a hands-on learning environment, you will contribute to shaping the contents of the program and what multimedia styles and subjects you want to explore. Projects are designed to display your individual artistic abilities and interests. We cover photography, multimedia, visual art, video capture and editing, and looking at imagery as both an art form and a tool for communication.



● ACTIVE LIVES

every monday & tuesday | adults 18+

Every Wednesday a social roll at the local Bowls Club. Our Lawn Bowls & Lunch program will introduce you to the sport in a relaxed, friendly, comfortable environment with the focus on fun and building networks with the community and connections with new friends. Lawn bowls is a great way for people of all ages to develop their skills, coordination and fitness. Enjoy a great day out with mates in the fresh air rolling a few bowls along the green and then follow up with a lunch together at the local cafe or bistro.

how to book online

1. Go to www.leisurenetworks.org
2. Search your activity, open it and select the day you would like to attend, then click 'get tickets' and follow the prompts



● YOGA

every third saturday | adults 18+

A midweek reset is calling! Enjoy a yoga practice and a mindful activity / walk with in a small group. You will have the opportunity to develop your own yoga practice, meet local instructors/studios and connect with some of your local community hubs.



● ART CLASS

every thursday (am & pm classes) | adults 18+

Our Thursday Arts Program provides a range of creative activities and community and social connections to improve mental health and wellbeing. Our team of Support Workers, led by a local community artist, are experienced at guiding people in pursuing their own individual goals. Explore your own creative self-expression in a relaxed and supportive environment. Book into the Morning Session, the Afternoon Session or book in for the whole day. All art materials are supplied.



● SPORTS MAD

every monday | kids/teens

Get together with your peers for some healthy & social competition! Your young ones are supported to develop a sporting program with sport based games, quizzes, skills, finishing the term with a celebration. Each sport will run for two weeks.