

SKYLIGHT ACTIVITY GROUPS MURRAYLANDS COMMUNITY TIMETABLE



Day	Activity	Time	Location
Monday			
Tuesday	Structured Art Group	9:30am – 12:00pm	Murraylands Skylight Office
	Wellbeing Group	1:30pm – 3:30pm	Murraylands Skylight Office
	Lameroo Community Connect Group	1:00pm – 3:00pm	Lameroo Bowling Club
Wednesday	Out N About (Monthly)	Time Varies	Location Varies
	This is me with Pride (Fortnightly)	1:00pm – 2:30pm	Murraylands Skylight Office
Thursday	Board Games & Social Art	9:30am – 11:30pm	Murraylands Skylight Office
	Structured Art Group	1:00pm – 3:30pm	Murraylands Skylight Office
	Cooking for One	1:00pm – 3:00pm	Community Mental Health Kitchen
Friday	Social Arts & Crafts	9:30am – 12:00pm	Murraylands Skylight Office
	Beginners Music Group	1:30pm – 3:30pm	Murraylands Skylight Office
Saturday	Bowling Group	9:00am – 11:30am	Bridge Bowl

LOCATIONS

Murraylands Skylight Office
100 Adelaide Rd, Murray Bridge, SA, 5253

Lameroo Bowling Club
Needs Tce, Lameroo, SA, 5302

Bridge Bowl
6a Maurice Rd, Murray Bridge, SA, 5253

Community Mental Health Kitchen
108 Swanport Rd, Murray Bridge, SA, 5253

BOOKINGS & ENQUIRIES

Customer Relations Team
Ph: 8378 4100
Email: crt@skylight.org.au

Please note all groups that have access to local centres, capital centre & non face-to-face costs apply for NDIS participants. Minimum of 3 participants required for all activities to run.