

# swara Program Schedule 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Session 1</b> <b>9:00am–12:00pm</b>  <b>Morning Tea Break</b> <b>10:30am–11:00am</b>	Learning Workbooks	Pottery	Pottery	Dance & Movement	Absolutely Everybody Choir (Ext)
	Beading & Jewellery Making	Crocheting			
	Community Access	Yoga & Meditation	Bingo / Kahoot	Drama	Beading & Jewellery Making
	Community Access	Digital Literacy	Community Access	Gardening Club	Nail Art & Pampering
<b>12:00pm–1:00pm Supported Lunch Break &amp; Free Time</b>					
<b>Session 2</b> <b>1:00pm–3:00pm</b>	Games & Bingo	Karaoke	Pottery	Sound-Based Literacy & Numeracy	Movie
	Bakery	Pottery	Creative Arts	Bakery	Creative Arts
	Exercise & Movement	Walking Club / Health & Wellness	Indoor Games & Pool OR Karaoke	Yoga & Meditation	Indoor/Outdoor Games & Pool

**Daily programs:** kitchen skills, e-waste recycling

**Ad hoc training:** nutrition, hygiene, internet safety & life skills

**Auslan:** small group lesson Tuesday session 2

**Cafe outing:** Wednesdays