



ME2 PROGRAM 2019

Free inclusive activities for all ages and abilities. Bookings essential.

WHEN	ACTIVITY	WHERE
July		
Thursday 18 10.30-11.30am	Learn Yoga movements, breathing techniques and meditations to improve strength, coordination and cardiovascular health	Yogic Wisdom 16 York Street, Teralba
Thursday 18 10-11am	Come and enjoy an introduction to ballet. This Barre and Move class focuses the mind and body.	Charlestown Multipurpose Centre 17 James Street, Charlestown
August		
Monday-Thursday, throughout August	Learn about the fascinating process of transforming food and garden waste into compost on this hour-long tour of the Organics Resource Recovery Facility . Group tours run between 9am-1pm. To book, email kkeogh@lakemac.nsw.gov.au	Organics Resource Recovery Facility 367 Wilton Road, Awaba
Tuesday 13 10-11.30am	Come and get your hands dirty, have morning tea and explore Lake Macquarie Landcare Resource Centre .	Lake Macquarie Landcare Resource Centre 80 Toronto Road, Teralba
Thursday 15 10.30-11.30am	Come and be creative and make your own hessian garden log.	Belmont Bunnings 393 Pacific Highway, Belmont
September		
Friday 6 9.30am-2pm	Activate Inclusion Sports Day Try out different sports with specialist coaches, adaptive equipment and show bags for participants. Lunch and water supplied. Register at sportnsw.com.au/events	Hunter Sports High School Pacific Highway, Gateshead
Tuesday 10 10-11.30am	Spring has sprung at Lake Macquarie Landcare Resource Centre . Have morning tea and enjoy nature while getting your hands dirty.	Lake Macquarie Landcare Resource Centre 80 Toronto Road, Teralba
October		
Tuesday 22 11am-2pm	You're invited to a community picnic , full of activities, bike rides in trishaws, animals and adventures for all to come and enjoy.	Speers Point Park, Speers Point
November		
Tuesday 12 and Thursday 14 10-11.30am	Come and trek the Sculpture Park Discovery Trail and enjoy a tour of the new Lake Macquarie City Art Gallery.	Lake Macquarie City Art Gallery First Street, Booragul