

🌟 SSA July 2025 Activity Planner 🌟

Let's Get Moving, Creating & Exploring!



















🎨 Week 1: Kick-Off & Creativity (1–7 July)

Day	Morning 🌞	Afternoon 🌤️	Evening 🌙
Mon 1	Swimming / Boxing / Footy	Pub Lunch Outing & Pool 🎮	Home Night 🏠
Tue 2	Gym Session 🏋️	🔍 Cooking up a Storm w/ Brenna	Home Night 🏠
Wed 3	Swimming / Boxing	🎨 Art Workshop (1 PM)	Basketball / Footy 🏀 🏈
Thu 4	Gym Session	🎵 Music Workshop w/ Russell (1 PM)	Home Night 🏠
Fri 5	🎬 HOYTS: <i>Jurassic World Rebirth</i>	SSA Movie Night 🎪	—
Sat 6	🚗 Mandurah Trip	Sunday Roast @ SSA 🍲	Brad's Footy Game (2 PM Harvey)
Sun 7	Gym Session 🏋️	🎨 Craft & Lunch	SSA Games Night 🎮




















🦁 Week 2: Adventure & Expression (8–14 July)

Day	Morning 🌞	Afternoon 🌤️	Evening 🌙
Mon 8	🎯 Bunbury Tenpin Bowling	Pub Lunch & Pool 🎮	Home Night 🏠
Tue 9	Gym Session 🏋️	🔍 Cooking w/ Brenna	Dining Out TBC 🍷 + Meeting 📄
Wed 10	Swimming / Boxing	🎨 Art Workshop (1 PM)	Basketball / Footy 🏀 🏈
Thu 11	Gym Session	🎵 Music Workshop (1 PM)	Home Night 🏠
Fri 12	🌀 Gravity Dalyellup	Board Games @ SSA 🎲	—
Sat 13	🐾 Red Ranger Zoo, Pinjarra	Sunday Roast @ SSA 🍲	—
Sun 14	Gym Session	🎨 Craft & Lunch	SSA Games Night 🎮





Week 3: Wellness & Rhythm (15–21 July)

Day	Morning 	Afternoon 	Evening 
Mon 15	Swimming / Footy / Boxing	Pub Lunch & Pool 	Home Night 
Tue 16	Gym Session	 Cooking up a Storm	Home Night 
Wed 17	Swimming / Boxing	 Art Workshop (1 PM)	Basketball / Footy  
Thu 18	Gym Session	 Music Workshop (1 PM)	Home Night 
Fri 19	 HOYTS: <i>Smurfs</i> or <i>Superman</i>	SSA Movie Night 	Brad's Footy Game (2:10 PM)
Sat 20	 Country Life Farm Adventure	Sunday Roast @ SSA 	—
Sun 21	Gym Session	 Craft & Lunch	SSA Games Night 

Week 4: Exploration & Teamwork (22–28 July)

Day	Morning 	Afternoon 	Evening 
Mon 22	 Golf Range	Pub Lunch & Pool 	Home Night 
Tue 23	Gym Session	 Cooking up a Storm	Home Night 
Wed 24	Swimming / Boxing	 Art Workshop (1 PM)	Basketball / Footy  
Thu 25	Gym Session	 Music Workshop (1 PM)	Home Night 
Fri 26	 Lunch Out @ Old Coast Rd Brewery	Board Games @ SSA	Participant Meeting 
Sat 27	 Tenpin Bowling Bunbury	Sunday Roast @ SSA 	—
Sun 28	Gym Session	 Craft & Lunch	SSA Games Night 

Week 5: Wrap-Up & Recharge (29–31 July)

Day	Morning 	Afternoon 	Evening 
Mon 29	Swimming / Boxing	Pub Lunch & Pool 	Home Night 
Tue 30	Gym Session	 Cooking up a Storm	Home Night 
Wed 31	Swimming / Boxing	 Art Workshop (1 PM)	Basketball / Footy 