

# Music, movement and movie options

## Concert - **\$3.00 per session**

A music concert is held each week by external entertainers at mecwacare's Bowen Street Centre. This program has proven popular with our older participants.



Wed

## Disco Morning - **\$8.00 per session**

Join other day services for a morning of dancing and singing. DJ Flash provides the music for a fun, social morning. Wednesday morning in Boronia, and Friday morning at Glenhuntly.



Fri

## Expressive Music - **\$3.00 per session**

Our centre-based Expressive Music activity lets participants join in a vibrant group with instruments including bongo circles, singing and music appreciation. The group explores music from different cultures.



Wed

## Morning Melodies - **\$6.00 per session**

Held at various local venues, the Morning Melodies program allows participants to enjoy entertainment and develop and maintain friendships and links to the local community.

Tue



Wed

## Morning Melodies - Day outing- **\$20.00 per session**

Held at various local venues, the Morning Melodies program allows participants to enjoy entertainment and develop and maintain friendships and links to the local community. This program includes lunch, and an afternoon activity.

Tue



## Movement with Music - **\$2.00 per session**

Come dance to the beat of the music, learning groovy moves while also expressing yourself. A fun to enjoy music and develop friendships, music appreciation and to build your confidence in dance.



# Music, movement and movie options

## Movie Afternoon- **\$2.00 per session**

The Movie Afternoon program based at mecwacare is for our more modern movie buffs. Participants are encouraged to bring in or suggest their favourite films to watch with popcorn.



## Movie Classics - **\$2.00 per session**

Movie Classics is a relaxing afternoon at mecwacare for movie buffs who love the classics including John Wayne and The Three Stooges. Popcorn provided.



## Pantomime -Fisher Street - **\$3.00 per session**

Participants have an interest in performance, play acting and dressing up. Participants will participate in role play and performance art.



## Percussion Performers - **\$3.00 per session**

Learn percussion and rhythm on the bongo, drums, the Mano drums, the Boom Whackers and other percussion instruments. Develop the confidence for public performance in a creative forum.



Thu

## Phoenix Singing Group - **\$3.00 per session**

We join a singing program at Phoenix Park, Malvern East. A live performer, accompanied with his guitar encourages participants to express themselves both as individuals and as a group. The program helps participants develop skills and confidence in performing.



## Rock Quiz at Fisher St - **\$3.00 per session**

Have some fun and test your music knowledge in this quiz style program. Participants will need to be prepared to sing, laugh, dance and play some tunes to make this program come alive. Prizes each week for the winner of the quiz.



## Singing Group - **\$3.00 per session**

Our singing program at Phoenix Park, Malvern East, allows participants to express themselves both as individuals and as a group. The program helps participants develop skills and confidence in performing.



Fri

## Talent Time - **\$2.00 per session**

Participants from other local disability services visit mecwacare to join in with our group at the Fisher St Centre. Participants sing, perform karaoke, play instruments and have a great time whilst meeting new friends.

