

# Gorman House packages March 2025

Activity packages and STA at Gorman House in Yarrawonga. Here's what's coming up in March 2025. [Email us](#) to book your stay today!



**Friday 14 (arrive) - Sunday 16 (depart) MARCH 2025**

## Independent ME



**Come join four participants to build a stronger and more independent version of yourself.**

Learn, build and navigate a range of independent living skills which includes but not limited to overcoming barriers, shopping, cooking, cleaning, washing, budgeting, grooming, being respectful of others, communication.



Learn the process of valuing, accepting, and caring for yourself in a healthy and balanced way.



Take walks, read books, listen to music, have a BBQ, play a game of pool at pub, play PS5 at Gorman House an/or watch some Netflix.



Get in the kitchen to cook evening meals.

On Wednesday, play golf or mini golf, interactive screen at Barooga Sporties or another activity of choice. Out for dinner at Ski Club Mulwala.

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**Saturday 15 - Sunday 16 MARCH 2025**

## Camping weekend escape!

### **Enjoy a night under the stars at the Ulupna Beach Camping Area.**

Ulupna Island is a beautiful river island located in Northern Victoria, near the town of Strathmerton. It lies at the eastern end of Barmah National Park and is part of the largest river red gum forest in Victoria. The island is bounded by the Murray River and Ulupna Creek, making it a popular destination for camping and outdoor activities such as:



- Fishing: The Murray River provides excellent fishing opportunities.
- Wildlife watching: Spot various animals in their natural habitat.
- Bush walking: Explore the trails and enjoy the scenic beauty of the island.
- Bardi grub hunting, a fascinating activity to do in the bush.

### **Saturday 15 March**

- Meet at Cobram Hub, transport to camping location at Ulupna Island then set up camp.
- Activities as above.
- Lunch – sausages/hamburgers cooked on an outdoor BBQ + pasta salad and coleslaw. Camp oven damper (Australian bush bread).
- Dinner – a hearty and delicious camp oven stew, spuds in foil. Apple pie for dessert made in a jaffle iron, toasted marshmallows.

### **Sunday 16 March**

- Breaky – BBQ bacon and eggs.
- Lunch – Salad and cold meat wraps.
- Pack up camp and prepare to be transported back to reality 😊.

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**Friday 28 (arrive) - Sunday 30 (depart) MARCH 2025**

## Game on weekend



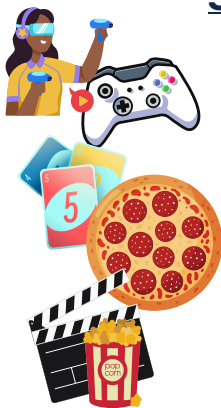
**Get ready for an epic night of gaming, snacks, and fun! Spend one night or stay for the whole weekend. A great opportunity to hang out with old friends, make new ones, and enjoy some laughs together.**



### Friday 28 March

Settle in, get comfy, dress up, then head out for dinner and dance at Mulwala Ski Club. Entertainment is free, your choice of dinner at own expense.

### Saturday 29 March - Let the games begin!



- Enjoy a slow morning preparing bacon and eggs for breakfast.
- Set up gaming equipment – PlayStation5, Virtual Reality, assisted by PALS staff.
- Get your game on! Relax, enjoy a game or two in like-minded company
- Lunch break – Snack station, mini sandwiches, wraps, chicken wings, nuggets.
- Chill zone – Hang out for the afternoon, or head out for a walk along the lake, or play board games and card games if you need a break from gaming.
- Dinner - Have fun creating your pizza! Choose your favourite toppings! Some popular options include pepperoni, shredded ham, mushrooms, capsicum, onions, olives, spinach, and pineapple.
- Settle in for a Movie Marathon or another gaming session.

### Sunday 30 March










- Easy morning, everyone loves a bit of good vegemite and toast for breaky.
- Sit outside in the patio, chat with your mates, pack up, tidy up, get your stuff together and prepare to be transported back to reality 😊.

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SUN	MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14 	15 
16  	17	18	19	20	21	22
23	24	25	26	27	28 	29 
30 	31	1	2	3	4	5