

POWER TO MOVE



2026

CALENDAR

NDIS

NDIS Day Options

Our Day Options program is designed to support participants to build confidence, independence and meaningful connection.

Each day blends movement, life skills, community access and social engagement in a safe, supportive and inclusive environment. We focus on choice, routine and growth, helping participants feel capable, valued and involved in everyday life.

NDIS Getaways

Our Getaways offer participants the opportunity to explore new places, build friendships and experience independence away from home.

With carefully planned itineraries, experienced support staff and individualised risk assessments, each getaway balances adventure with safety and support. These experiences create lasting memories, confidence and a strong sense of belonging.

Gym Training & Classes

Our gym training and classes provide a welcoming, inclusive space for participants of all abilities. Through personalised support, group sessions and structured programs, we help individuals improve physical health, confidence and social connection - encouraging movement that supports everyday life and long-term wellbeing.

We are incredibly grateful for your continuous support and commitment to creating a space where anybody can thrive, move achieve their goals and be themselves. Together we are breaking barriers, celebrating achievements and building a strong & powerful community.

**Here is to another year filled with strength, progress and possibility,
Big things are happening in 2026 so scroll through our calendar and save
those dates!**

**Thank you for being part of our journey, we look forward to moving, growing,
laughing and achieving with you this year.**

**Lots of Love,
The Power to Move Team** 



JANUARY

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
					1 New Years Day	2	3
Firework Crafts + Smoothie Bowls	4	5 Power to Move Open	6 Swimming	7	8 Swimming	9 PTM Update Evening @ 6pm	10
NY Goals & Vision Board Collages + Salads	11	12	13 Swimming	14	15 Swimming	16 Summer Getaway Port Victoria	17 Summer Getaway Port Victoria
Sand castles & crafts + DIY ice blocks	18 Summer Getaway Port Victoria	19 Hallet Cove Board Walk	20 Swimming	21 Santos Day Bikes	22 Swimming	23	24 T1 Life Skills Academy Starts
Australian Animal masks + BBQ	25	26 Public Holiday	27 Swimming	28 Adelaide Zoo	29 Swimming	30 Disco	31

JANUARY



FEBRUARY

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
Friendship Bracelets + Savory Muffins	1	2	3 Swimming	4	5 Swimming	6	7
Valentines Card Creation + Choc Dipped Strawberries	8	9	10 Swimming	11 East End Florist Visit	12 Swimming	13	14 Valentines Day Dinner
Random Acts of Kindness & Positive Rocks + Heart cookies	15	16	17 Swimming	18	19 Swimming Gold Coast Getaway	20 Gold Coast Getaway	21 Gold Coast Getaway
Fringe Poster Art + Mini Pizzas	22 Gold Coast Getaway	23	24 Swimming	25	26 Swimming	27 Disco	28

FEBRUARY



MARCH

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
Autumn Leaves Craft + Trail Mix	1	2	3 Swimming	4 Botanic Gardens	5 Swimming	6 Kangaroo Island Getaway	7 Kangaroo Island Getaway
Tie Dye & Colour Theory + Rainbow Fruit Skewers	8 Kangaroo Island Getaway	9 Public Holiday Kangaroo Island Getaway	10 Swimming	11	12 Swimming	13	14
Paper Mache + Mini Quiches	15 Fringe Evening	16	17 Swimming	18	19 Swimming	20	21 Sunset Beach Dinner
Harmony Week Collaborative Art + Nachos	22	23	24 Swimming	25 Migration Museum	26 Swimming	27 Disco	28 Awards Night T1 Life Skills Acad. Finishes
Easter Bunny Crafts + Hot Cross Buns	29	30	31 Swimming				

MARCH



APRIL

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
Easter Bunny Crafts + Hot Cross Buns				1	2	3 Good Friday Fun Bun Class	4 Easter Saturday
Easter Egg Decorating + Carrot Cake & A Hunt	5 Easter Sunday	6 Easter Monday	7 Swimming	8 St Kilda Playground & Mangroves	9 Swimming	10	11 Melbas Chocolate Factory
Science Week <i>(volcano, lava lamp, bouncy egg)</i> + Bag Icecream	12	13 MOD Museum	14 Swimming	15	16 Swimming	17 Fleurieu Peninsula Getaway	18 Fleurieu Peninsula Getaway
ANZAC Poppy Craft + ANZAC Biscuits	19 Fleurieu Peninsula Getaway	20	21 Swimming	22 Adelaide Museum	23 Swimming	24 Disco	25 ANZAC Day
Recycling Week + Veggie Fritters	26 Live Music Afternoon	27 Park or Beach Cleanup Walk	28 Swimming	29 Recycling Depot	30 Swimming		

APRIL



MAY

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
						1	2 T2 Life Skills Academy Starts
Mothers Day Cards + Muffins	3 Mothers Day Markets	4	5 Swimming	6	7 Swimming	8	9
Weather Week (seasons & weather types) + Pinswheels	10	11	12 Swimming	13	14 Swimming	15 True Grit	16 True Grit
Movie Week + Popcorn	17 True Grit	18	19 Swimming	20	21 Swimming	22 Cinemas	23 Karaoke Night
Mindfulness Art & Movement + Sushi	24	25 Local Library	26 Swimming	27 Himeji Garden Yoga	28 Swimming	29 Disco	30
	31						

MAY



JUNE

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
Winter Wonderland crafts + Hot Choccies		1	2	3	4	5 Clare Valley Getaway	6 Clare Valley Getaway
Candle Making + Pancakes	7 Clare Valley Geataway	8 Public Holiday Clare Valley Getaway	9 Swimming	10	11 Swimming	12	13
Tie Knot Blanket + Soups	14	15	16 Swimming	17 Op Shopping	18 Swimming	19 Adelaide Ice Arena	20
Board Games & Puzzles + Toasties	21 Winter Warmer Dinner	22	23 Swimming	24 Bowling + Arcade	25 Swimming	26 Disco	27
	28	29	30				

JUNE



JULY

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
NAIDOC Week Dot Painting + Damper				1	2 Swimming	3 Illuminate	4 T2 Life Skills Academy Finished
Book Week + Veggie Sticks & Dip	5	6 State Library + Mortlock Wing	7 Swimming	8 Bunyip Trail Story Walk	9 Swimming City Staycation	10 City Staycation	11 City Staycation
Hygiene & Self- care Pamper + Honey Joys & Choc Crackles	12	13	14 Swimming	15	16 Swimming	17	18
Drawing (pencils, chalk, charcoal) + Scones & Jam	19 Bowling	20	21 Swimming	22 Art Gallery	23 Swimming	24	25 T3 Life Skills Academy Starts
Paint (finger, watercolour, acrylic, sponge) + Sandwiches	26	27 Plaster FunHouse	28 Swimming	29	30 Swimming	31 Disco	

JULY



AUGUST

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
							1
Music (making instruments, dancing games) + Baked Potatos	2	3	4 Swimming	5	6 Swimming	7	8 Karaoke
Art Sculptures + Banana Bread	9	10 Brighton Sculpture Walk	11 Swimming	12 Jam Factory	13 Swimming	14	15
Culture Week + Fried Rice	16	17 Central Markets	18 Swimming	19	20 Swimming	21	22
STEM (Marshmallow towers, LEGO, Marble Tracks) + Rice Cakes	23	24 Flinders Outback Getaway	25 Swimming Flinders Outback Getaway	26 Flinders Outback Getaway	27 Flinders Outback Getaway	28 Disco	29
	30 Sip N Paint Afternoon	31					

AUGUST



SEPTEMBER

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
Fathers Day Crafts + Burger Sliders			1 Swimming	2	3 Swimming	4	5
Carnival Games & Face Painting + Dagwood Dogs	6	7	8 Royal Adelaide Show	9	10 Swimming	11 McLaren Vale Getaway	12 McLaren Vale Getaway
Sports (<i>mini olympics, relays, outdoor activities</i>) + Protein Balls	13 McLaren Vale Getaway	14 Local Oval	15 Swimming	16	17 Swimming	18 Mini Golf	19
Cooking Skills (Knife safety, measuring, recipes) + Pasta	20 City to Bay	21 Supermarket Scavenger Hunt + Budgetting	22 Swimming	23	24 Swimming	25 Disco	26 T3 Life Skills Academy Finishes
Flower Vases & Pressed Flowers + Sausage Rolls	27	28	29 Swimming	30 Mt Lofty Botanic Garden			

SEPTEMBER



OCTOBER

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
					1 Swimming	2 Gold Coast Getaway	3 Gold Coast Getaway
Space Week + Potato Wedges	4 Gold Coast Getaway	5 Gold Coast Getaway Public Holiday	6 Swimming	7 Adelaide Planetarium	8 Swimming	9	10
Mummies, Skeletons & Ghosts + Quesadillas	11	12 Adelaide Gaol	13 Swimming	14	15 Swimming	16	17 Garden Walk T4 Life Skills Academy Starts
Spiders & Webs + Rice Paper Rolls	18	19	20 Swimming	21	22 Swimming	23 PA Ghost Crime Tour	24
Pumpkins & Witches + Pumpkin Soup	25 Community Dinner	26	27 Swimming	28	29 Swimming	30 Disco	31

OCTOBER



NOVEMBER

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
Fairy Garden + Fairy Bread	1	2 Bunnings	3 Swimming	4	5 Swimming	6	7 Beren- berg Strawberry Picking
Terrarium & Gardening + Herb Foccacia	8	9	10 Swimming	11	12 Swimming	13 Belair National Park	14
Sensory (slime, oobleck, stress balls) + Wraps	15	16	17 Swimming	18	19 Swimming	20 Victor Harbour Getaway	21 Victor Harbour Getaway
Life Skills + Burrito Bowls	22 Victor Harbour Getaway	23 Road Safety Centre	24 Swimming	25	26 Swimming	27 Disco	28
	29 Arcade Day	30					

NOVEMBER



DECEMBER

Day Options Weekly Focus + Cooking	Su	Mo	Tu	We	Th	Fr	Sa
Reflection Week & Scrapbook + Rocky Road			1 Swimming	2	3 Swimming	4	5 T4 Life Skills Academy Finishes
Baubles + Gingerbread Cookies & Houses	6 Lobethal Lights	7 David Jones Santa Visit	8 Swimming	9	10 Swimming	11 Disco	12 PTM Christmas Party
Xmas Tree, Reindeer, Santa + Magic Reindeer Food	13 West Beach Staycation	14 West Beach Staycation	15 West Beach Staycation Swimming	16 RiverBank Xmas Display Walk	17 Swimming	18 Hanhdorf Tour + BBQ	19 Power to Move Closed
	20	21	22	23	24 Christmas Eve	25 Christmas Day	26
	27	28	29	30	31		

DECEMBER

