

DAY 1

FRIDAY 1ST JULY

TIMES	EVENT	DESCRIPTION
10:00	QUIET TIME	We are mindful that some visitors are sensory sensitive, so between 10 and 10.45am each morning, we will have quiet time - without loud PA announcements or music, so people can explore the expo in greater comfort.
11:30	WeFlex Exercise & Fitness Demonstration	You are welcome to try out some new moves with WeFlex, a service provider that understands how to train, and exercise, people with disability and unique needs, making them feel safe and confident.
12:00	Luz All Abilities Band Music Demonstration	Luz All Abilities Services designs and manages a music program of integrated coaches and purpose specific activities to unlock all abilities.
12:30	Noble Care Support Participant Musical Performance	Get ready to boogie with Noble Care Support's participant-produced and performed music performance. See what these amazing participants have created and don't be afraid to get those toes tapping!
1:00	Perform-ability Dance Workshop	Get on the dancefloor and learn some new moves with Perform-Ability. They are a national and international program, bringing the joy of music and dance to people everywhere!
1:30	One & All Hub Dance Performance	The team from One & All hits the dance floor to floor the audience with their dance routine! One&All is a creative hub, an all-inclusive community centre, a place to shine, focussing on empowering all adults 18+ of all abilities, highlighting each individual's accomplishments and potential.
3:00	Noble Care Support Bingo	Legs eleven, 11 ... BINGO! Who can resist a fun game of Bingo with Noble Care Support?! Pens at the ready, eyes down for half an hour of fun with the crew from Noble Care Support.
3:30	PARTY TIME	To bring it home, we'll be playing some sing-along classics to end the day on a high. We dare you to not feel the music!

DAY 2

SATURDAY 2ND JULY

TIMES	EVENT	DESCRIPTION
10:00	QUIET TIME	We are mindful that some visitors are sensory sensitive, so between 10 and 10.45am each morning, we will have quiet time - without loud PA announcements or music, so people can explore the expo in greater comfort.
11:30	WeFlex Exercise & Fitness Demonstration	You are welcome to try out some new moves with WeFlex, a service provider that understands how to train, and exercise, people with disability and unique needs, making them feel safe and confident.
12:00	Luz All Abilities Band Music Demonstration	Luz All Abilities Services designs and manages a music program of integrated coaches and purpose specific activities to unlock all abilities.
12:30	Noble Care Support Bingo	Legs eleven, 11 ... BINGO! Who can resist a fun game of Bingo with Noble Care Support?! Pens at the ready, eyes down for half an hour of fun with the crew from Noble Care Support.
1:00	Perform-ability Dance Workshop	Get on the dancefloor and learn some new moves with Perform-Ability. They are a national and international program, bringing the joy of music and dance to people everywhere!
1:30	One & All Hub Dance Performance	The team from One & All hits the dance floor to floor the audience with their dance routine! One&All is a creative hub, an all-inclusive community centre, a place to shine, focussing on empowering all adults 18+ of all abilities, highlighting each individual's accomplishments and potential.
3:00	Noble Care Support Participant Musical Performance	Get ready to boogie with Noble Care Support's participant-produced and performed music performance. See what these amazing participants have created and don't be afraid to get those toes tapping! A perfect lead-in to Party Time!
3:30	PARTY TIME	To bring it home, we'll be playing some sing-along classics to end the day on a high. We dare you to not feel the music!