



Catherine's Corner Day Programs

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Catherine's Corner is a large spacious facility that is designed for participants to have space and choice. Programs can be tailored to suit individual needs. With a calm room, two separate activity spaces, a workshop, a covered pergola and spacious grounds for participants to move around safely and freely. The grounds include a trampoline, adult size swings, and beautiful shady trees with seating area's. A specialized sensory room is under development.

The team of support staff are highly trained in Communication and are well equipped to support people with a range of disability.

- All programs are full days, some are made up of 2 half day activities, others are a single activity.
 - The groups require a minimum of 2 participants per group, except for the 1:1 supports. The programs have been divided into the material costs paid for by the participant and transport, where required, as the transport cost may be claimed against the correct line item in your NDIS plan.
 - We are very excited to share the programs we have on offer for the first term of 2024, which will run for 25 weeks.
 - We will work with our participants to fulfill their NDIS goals, and we look forward to providing a quality service that will meet your needs.
 - Please don't hesitate to contact us if you have any questions or require assistance.
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One 2 One Individualised Support

We provide tailored Community Access Support to participants who want 1:1 support to access the community for social and community engagement. Please contact us to see if we can help you.



Monday Programs

Coffee Club

Program \$5.00 - Transport \$12.00 = \$17.00

Head out for a drink at a location that allows you to purchase your own drink, with the group. We will support you with your money handling skills and communication skills followed by lunch at a park nearby. We will then enjoy some gentle exercise



Pamphlet Delivery & Literacy and Numeracy

Program \$3.00 - Transport \$4.00 = \$7.00

Looking for some gentle exercise and an activity? This may be for you. Deliver pamphlets in the local area for a local business, No hills or hard to access places. Learn about road safety and identify potential hazards when using the footpath. Look to identify houses who are happy to receive advertising and those who don't want them.



An opportunity to maintain and develop literacy and numeracy skills in a relaxed environment using various methods including iPad, writing, drawing, reading or puzzles. This assists with communication, understanding and problem solving. This will be tailored to individual abilities. Assistance from Allied health professionals is welcome.



Catherine's Corner Day Programs

Sensory Adventures - Out and About

Transport = \$16.00

Out and about at local park lands such as either at Wonga Wetlands or Bowna Reserve. Participants can explore the environment engaging their senses: hearing, smell and touch while out and about. Bring your lunch to enjoy outdoors.



Sensory Adventures & Gardening

Program \$10.00 - Transport \$7.00 = \$17.00

Centre based, a variety of activities will be provided and may include water/sand sensory activities, art and craft, music and visual stimulation. These activities will stimulate the five senses: sight, sound, touch, smell, and taste. The calm room may be used during this time.

Attend to the gardens at Catherine's Corner. Head out and select some seedlings or seeds to put in the garden. Alternatively, plant flowers for pots of colour and or tasty aromatic herbs for the kitchen. Get back to nature and get your hands in the soil.



The Meal Makers & Grocery Shopping

Program \$7.00 - Transport \$3.00 = \$10.00

Assist with the shopping for Catherine's Corner by attending the local supermarket during the quiet time, designed to reduce overstimulation, to purchase the groceries for Catherine's Corner for the week. Staff will assist in navigating the supermarket and to push the trolley, collect the items of the shelf and help put the items through the checkout, before returning to Catherine's Corner to unpack the groceries.



The Meal Makers involves a small group who will help plan a healthy meal and then be involved in all stages of purchasing ingredients, preparing, cooking, serving, enjoying the meal, and then cleaning up afterwards. Safety in the kitchen will be strongly emphasized with correct use of equipment. Clients will gain valuable skills to develop independence, and greater self-confidence and self-esteem.



Work Crew

Program \$4.00 - Transport \$7.00 = \$11.00

This program allows the participants to gain experience in lawn mowing, tip runs, composting, mulching and garden equipment maintenance. This group learns to work as a team, whilst developing social skills and improved communication with others. Visit Bunnings or the rock yard for supplies. Our beautiful grounds are maintained by this team. Bring your own Lunch.



Catherine's Corner Day Programs

Tuesday Programs

Creative Endeavours & Drumming

Program = \$10.00

Have a blast learning various drumming patterns using large bongos and incorporating various music and beats whilst learning from a Drumming Instructor. Experience a variety of ways to express yourself including with other percussion instruments and singing if desired. Develop your coordination and confidence through self-expression.



Develop your Artistic side through creating recycled art, painting and sensory activities such as kinetic sand, creating a sensory ocean, slime, making musical instruments, shaving cream art, card making and bubble wrap painting etc.



Pamphlet Delivery & Literacy and Numeracy

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Sensory Adventures - Out and About

Transport = \$16.00

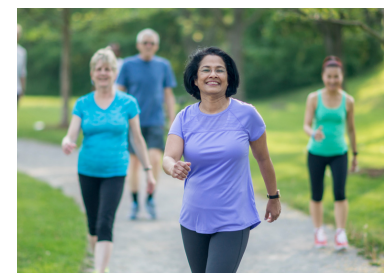
Out and about at local park lands such as either at Wonga Wetlands or Bowna Reserve. Participants can explore the environment engaging their senses: hearing, smell and touch while out and about. Bring your lunch to enjoy outdoors.



Walking & Wellness

Transport = \$12.00

Enjoy a walk with others to increase your fitness and wellbeing. Working as a part of a group helps keep up the motivation. Take up a 'steps' challenge and see what can be achieved. Use Community based exercise equipment at various locations when available. Explore local walks at Wonga wetlands and other settings like the Weir wall. This will provide sensory stimulation as well as health benefits from the fresh air and exercise. Take your lunch to enjoy while out and about.



Catherine's Corner Day Programs

Sensory Adventure (Centre Based) & Creative Endeavours)

Program = \$10.00

Centre based, a variety of activities will be provided and may include water/sand sensory activities, art and craft, music and visual stimulation. These activities will stimulate the five senses: sight, sound, touch, smell, and taste. The calm room may be used during this time.

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Catherine's Corner Day Programs

Wednesday Programs

Bounce

Program \$14.00 - Transport \$14.00 = \$28.00

Attend Bounce in Wodonga. A sensory experience that can be very beneficial to self-regulation for people. Enjoy lots of space and plenty of trampolines to bounce to your heart's content. Depending on the day, stop at a local park for lunch, or return to Catherine's Corner and enjoy some quiet time in the afternoon engaged in puzzles, games, or outdoor spaces.



Please note: This program does not run in the school holidays. Alternative activities will be organized.

Intensity & Movie (Centre based)

Program \$3.00 - Transport \$6.00 = \$9.00 (BYO Playing money)

Enjoy participating in some gaming activities at the local Intensity. Pay for your own games and cash in your tickets for prizes at the end of the session. Develop money handling and social skills with the fun of gaming.

Please note: This program does not run in the school holidays. Alternative activities will be organized.



Enjoy a movie with friends in an environment that allows you to engage and disengage as necessary. Take some time out to relax for the afternoon at the end of the week.



Meals on Wheels (Full day)

Bring your own money for a drink

Work in a small group to deliver meals to elderly and vulnerable people in our community. With staff support, collect the meals, assist in navigating to the address, and delivering them. This helps to develop self-confidence and self-esteem through the service to the community. Enjoy a drink at a local café for a job well done and have your lunch at the park.



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Catherine's Corner Day Programs

Sensory Adventures - Out and About

Transport = \$16.00

Out and about at local park lands such as either at Wonga Wetlands or Bowna Reserve. Participants can explore the environment engaging their senses: hearing, smell and touch while out and about. Bring your lunch to enjoy outdoors.



Sensory Adventures - Centre Based

Program \$5.00

Centre based, a variety of activities will be provided and may include water/sand sensory activities, art and craft, music and visual stimulation. These activities will stimulate the five senses: sight, sound, touch, smell, and taste. The calm room may be used during this time.



Catherine's Corner Day Programs

Thursday Programs

Golf & BBQ

Program \$15.00 - Transport \$12.00 = \$27.00

Attend the Thurgoona Golf Club (Membership required) and hit a bucket of balls from the driving range, then relax in the clubhouse and enjoy a soft drink. Combine the passion for golf with money handling and developing social skills in the company of others with a similar interest. Join the BBQ group afterwards and enjoy a walk or ball games before returning to Catherine's Corner to go home.



Grill Masters & Outdoor Gym

Program \$3.00 - Transport \$6.00 = \$9.00 (BYO Playing money)

Enjoy a delicious BBQ by starting off the day preparing and packing the equipment needed into the van and assisting with the purchase of the food at the supermarket, before heading off to local parklands. Work together as a team to cook the food and set up the tables whilst developing social skills in a group setting. Enjoy a walk or utilize the fitness equipment available on location. Staff encourage sensory experiences whenever possible. Staff will take sports equipment with them.



Sensory Adventures - Out and About

Transport = \$16.00

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Sensory Adventures - Centre Based

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Sports & Pamper Paradise

Program \$7.00

Enjoy the large yard at Catherine's Corner and participate in ball games of your choice including soccer, cricket, Velcro darts or bocce or trampolining. Enjoy fitness and social interaction in a group environment.



Enjoy relaxing music, different fragrances, a foot spa or hand/foot/head massage as tolerated. Spend time in the calm room with gentle lighting, bubble tubes and comfortable seating of your choice. Take some time for yourself!

Catherine's Corner Day Programs

Friday Programs

Fantastic Fishing (V1) - Bowna & Ludlows Reserve

Program \$7.00 - Transport \$21.00 = \$28.00

Head out to the local waterways to engage in a spot of fishing. Learn to cast a line, tie a hook, or just watch for the bite! Enjoy the natural surroundings and take a walk if so desired. Participants bring their own lunch for a picnic lunch. In winter, staff may light a Bonfire. An enjoyable outdoor experience.



Fantastic Fishing (V2) - Horseshoe lagoon

Program \$7.00 - Transport \$9.00 = \$16.00

Head out to the local waterways to engage in a spot of fishing. Learn to cast a line, tie a hook, or just watch for the bite! Enjoy the natural surroundings and take a walk if so desired. Participants bring their own lunch for a picnic lunch. In winter, staff may light a Bonfire. An enjoyable outdoor experience.



Grocery Shopping and Bakeoff

Program \$7.00 - Transport \$3.00 = \$10.00

Assist with the shopping for Catherine's Corner by attending the local supermarket during the quiet time, designed to reduce overstimulation, to purchase the groceries for Catherine's Corner for the week. Staff will assist in navigating the supermarket and to push the trolley, collect the items of the shelf and help put the items through the checkout, before returning to Catherines Corner to unpack the groceries.



Create some delights in the kitchen to share with others at Catherines Corner, and to take some home. Bake delicious slices or cakes using a packet mix or a simple recipe to make and share with other participants. Following a recipe, you will practicemeasuring, preparing the tins and using an oven, with an emphasis on baking skills, hygiene, and safety. When it has cooled, decorate it, and enjoy!



Pizza Making and Pamper Paradise

Program \$7.00 - Transport \$3.00 = \$10.00

Stoke up the pizza oven ready for lunch! Assist in starting the woodfired pizza oven so it is ready for cooking at lunch time. Work on your independent living skills to create your own pizza. Help to prepare toppings and create your own delicious Lunch. Sit down to enjoy lunch with the other participants and work on your social skills.



Enjoy relaxing music, different fragrances, a foot spa or hand/foot/head massage as tolerated. Spend time in the calm room with gentle lighting, bubble tubes and comfortable seating of your choice. Take some time for yourself!

