

Catherine's Corner Day Programs - Thursday

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 & Exercise

Program \$7.00 - Transport \$7.00 = \$14.00

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

Out and about at local park lands such as 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 \$7.00

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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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!



One 2 One Individualised Support

Looking for someone to support you in an individualized activity or a program in the wider community? Please contact us to see if we can match you with a staff member to assist you.

