

Catherine's Corner Day Programs - Wednesday

Wednesday Programs

Bounce

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

Attend Bounce in Wodonga. A sensory experience that can be very beneficial for self-regulation. 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.



Intencity & Movie (Centre based)

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

Enjoy participating in some gaming activities at the local Intencity. 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.



Meals on Wheels (Full day)

Program \$7.00

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.



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.



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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 Adventure & Creative Endeavours - (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.



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.

