

# Illamatta Way Day Programs - Monday

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## Monday Programs

### **Art with Heart & Cards and Games**

**Program \$8.00 - Transport \$3.00 = \$11.00**

Using recycled materials, and a variety of media, participants will be given the opportunity express themselves through their art. Participants will use their critical thinking and problem-solving skills while creating an artwork either individually or as a group. The participants will control the progress of the project depending on their skill level and the complexity of the design. Participants get to improve their fine motor skills and develop their hand eye coordination and practising their social skills. Art has continued to be a great vehicle to allow the Mercy Connect participants to experience a continuing growth in their self confidence and abilities.



Relax after lunch and have some fun playing cards, board games or enjoy an crosswords. Practice your fine motorskills, practice taking turns, working out your strategies, to win – or lose!

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### **Aqua Movers**

**Program \$5.00 - Transport \$28.00 = \$33.00**

Let's swim! Enjoy swimming in an indoor pool for fun and fitness. Enjoy some low impact exercise that will help improve your fitness and wellbeing. Enjoy swimming with friends and develop your self-confidence. Relax and recover with a picnic lunch in the park, while developing your social skills and enjoy the company of others.



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### **The Book Worms & Puzzles**

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

This program will involve a small group, with the assistance of a support worker, accessing either the Orange City Library. You will have the opportunity to browse in the library, looking at and discuss displays, and visit new exhibitions at the Art Gallery. They will be able to participate in organized library activities as well as having the opportunity to borrow and return materials to the library (bring your library card or give consent to get one). Clients can then join in a 'reading circle' after they return to Illamatta Way. Gain social skills by interacting with members of the broader community as well as enhancing their literacy skills, and sense of social responsibility by looking after borrowed materials and returning them on time.



Join a small group or as individuals with the support and encouragement, to take part in a variety of activities such as 2D and 3D jigsaw puzzles, connect 4 and simple construction activities such as 'connects'. These may also be computer based. These activities will help develop their fine motor skills and spatial awareness. Help develop a sense of personal achievement through developing problem-solving skills and persevering to successfully complete their chosen activity.



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## Sensory Adventures - Centre Based

**Program = \$5.00**

Centre based activities that may include water/sand sensory activities, art and craft. A variety of activities will stimulate the five senses: sight, sound, touch, smell, and taste and explore colors, sounds, or different textures.



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## Zumba & Sensory Adventures - Centre Based

**Program = \$22.00**

Zumba is a fun way to exercise. It combines dance and fitness, improves coordination, and can boost your mood. Work with a qualified instructor who can provide a modified program to suit the group. A great way to stay active!

Centre based activities that may include water/sand sensory activities, art and craft. A variety of activities will stimulate the five senses: sight, sound, touch, smell, and taste and explore colors, sounds, or different textures.

*\*It is currently priced for a minimum of 3 participants, but would be divided equally if there are more than 3.*



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## 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.

