

# Illamatta Way Day Programs - Tuesday

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## Tuesday Programs

### **Garden Gurus & The Zen Zone**

**Program \$8.00 - Transport \$2.00 = \$10.00**

Help create a community Garden and provide fresh produce for the centre to use in cooking. Create pots of color or a herb garden gifts for people. Enjoy the outdoors, maintaining and harvesting the produce from the work you put in. After your hard work, take part in a variety of sensory activities designed to provide relaxation through sensory stimulation for the participants. Activities can include foot spas and massages, sensory massaging, aroma therapy, relaxing music and nail manicures.



### **Grill Masters BBQ Group**

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

The Group will help pack up the esky's then go and purchase the meat and bread for the day. They will then head off to selection of parks in the local area and set up for lunch. Everyone is encouraged to assist in the cooking of the meat and preparations. Participants in this program are encouraged to take advantage of walking paths and exercise equipment.



### **Fabric Mosaics and Crafting**

**Program \$7.00**

Create a picture or article using fabric pieces and fibers for colour and effect. Allow your creativity to blossom where you can freely apply fabric pieces as you choose, and at your own pace. A relaxing way to spend your time with others. Join the group to create a variety of craft items of your choice while developing your fine motor skills, coordination, and develop your creativity.



### **The Meal Makers**

**Program \$10.00 - Transport \$2.00 = \$12.00**

This program will involve 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 resulting in order to live more independently, and greater self-confidence and self-esteem.



### **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.

