

Illamatta Way Day Programs Wednesday

Wednesday Programs

Gamers Den & Indoor Madness (Games)

Program \$3.00

Exercise social skills by cooperating with other participants to play various card and board games. Boost pattern recognition and fine motor skills as you learn the rules of the game, practise taking turns and exercise good sportmanship. May also be computer based.

This program will be an option for clients to become involved in small groups to enjoy social interactions. Participants will have the opportunity to play a variety of games in small groups or individually. This promotes sharing, taking turns and developing a sense of 'fair play' as well as some tactical awareness. They will develop a greater sense of confidence in their physical capabilities as well as increasing their gross and fine motor skills.



Slices & Cupcakes and Cards and Games

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

Learn to bake delicious slices and fun and fancy cupcakes work together as a group to choose a recipe, following a recipe, you will practice measuring, preparing the tins and using an oven, with an emphasis on baking skills, hygiene and safety. When it has cooled, decorate it and pack it up to take home. Visit a professional cupcake maker/decorator and practice the techniques.

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

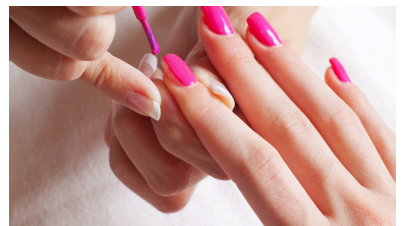


Shopping & The Zen Zone

Program \$5.00 - Transport \$4.00 = \$9.00

Create a shopping list of items needed for our Day Program and head off to the supermarket to purchase the items. Select the items on the list by discussing which is the best option and why. Focus on navigating the supermarket safely, budgeting and how to use the self-serve checkout. Return and unpack the items and put them away.

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.



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Strikes-r-us Tenpin Bowling

Program \$12.00 - Transport \$6.00 = \$18.00

Join the Team and have a friendly game of tenpin bowls with others. Develop the technical skills for a Strike! Work on your social skills by supporting your team mates to celebrate the proud moments. Head out for lunch afterwards at a local park.



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.

