

# St John's Day Programs - Friday

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## Friday Programs

### Card Creations & The Zen Zone

**Program = \$7.00**

Develop your card making skills. Increase your fine motor skills and attention to detail while you create your own designs or copy one you like. Make some 6 cards for special occasions to take home and then create some for others. 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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### Bottlebrush Cafe: Lunches

**Program = \$7.00**

***This Program is for Participants who can be assisted to complete a Food Handlers Certificate and work in a Commercial Kitchen.***

Help cook lunch that can be purchased by our Head office staff. A menu will be developed for the Term. Ordered online by staff, to enable the correct amount of ingredients to be purchased, the team work together to make the meals in time for lunch. Learn how to make coffee under the guidance of staff with experience in coffee making. Lunch is provided from the menu prepared on the day.

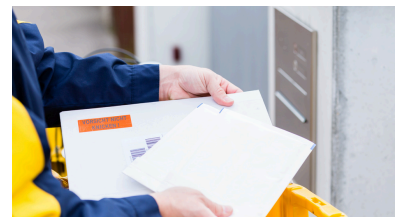


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### Pamphlet Deliveries & Indoor Games

**Program \$1.00 - Transport \$6.00 = \$7.00**

Want some gentle exercise and an activity? Deliver some pamphlets in the local area for a local business in the Lavington area, no hills or hard to access places. Learn about road safety and identify potential hazards when using the footpath. Look to identify houses who are happy to receive advertising and those who don't want them.



After lunch, you will have the opportunity to play games such as Magnetic Darts, Quoits, Air Hockey, Basketball, Cricket, Skittles etc., in small groups or individually. This promotes sharing, taking turns and developing a sense of 'fair play' as well as some tactical awareness. Work to develop a greater sense of confidence in your physical capabilities as well as increasing their gross and fine motor skills.



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## TAFE Certificate I (Full year course - Next Enrolment: Feb 2025)

**Program paid directly to TAFE - Transport = \$7.00**

Attend TAFE supported by staff while undertaking a certificate in Work skills for life. We will assist you to sign up to the class. The cost is an upfront payment directly to the TAFE. Either meet staff there for a 9am start or Participants catch the bus from 8.30 in the morning for a 9am start. The cost of the program is Transport only, the course cost is paid directly to the TAFE.



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## The Meal Makers

**Program \$9.00 - Transport \$1.00 = \$10.00**

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. Participants will gain valuable independent living skills and have greater self-confidence and self-esteem.



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## The Library Legends and Indoor games

**Program \$4.00 - Transport \$6.00 = \$10.00**

This program will involve a small group, with the assistance of a support worker, accessing either the Lavington or Albury Library. You will have the opportunity to browse the library, looking at and discussing displays. 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 St Johns. 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.



After lunch, you will have the opportunity to play games such as Magnetic Darts, Quoits, Air Hockey, Basketball, Cricket, Skittles etc., in small groups or individually. This promotes sharing, taking turns and developing a sense of 'fair play' as well as some tactical awareness. Work to develop a greater sense of confidence in your physical capabilities as well as increasing their gross and fine motor skills.



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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.

