

St John's Day Programs - Monday

Monday Programs

Bottlebrush Cafe: Food shopping and preparation

Program = \$7.00

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

Create a shopping list of items needed for our Café 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 store according to food safety requirements. A skill development program that provides training in knife skills, food handling and cooking techniques under the guidance of a food safety supervisor in our commercial kitchen at St Johns. Enjoy the Lunch of the day to ensure it was good!



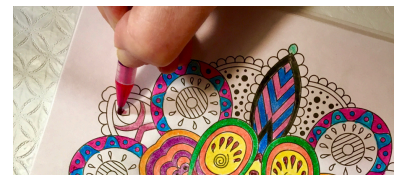
Body and Mind, Colouring Companions & Beading Buddies

Program = \$26.00

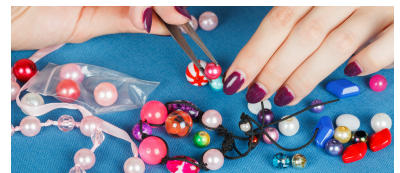
Follow the lead of a Qualified Exercise Instructor and participate in a variety of exercises and activities to develop your fitness and have fun. This will help develop your coordination and boost your self-confidence. Engage in some mind games to exercise the mind tailored to the group, while the group gets underway.



Enjoy colouring with those who have the same passion. Select a picture to colour or create your own and enjoy some music and conversation while completing it..



Using your creativity make Necklaces, bracelets, or earrings or use your imagination and create different patterns with Perler or Hama beads to make Key tags, animals or create your own designs.



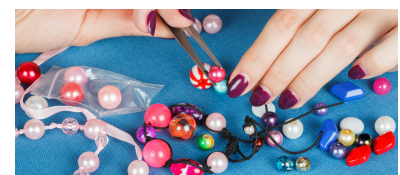
Colouring Companions & Beading Buddies

Program = \$8.00

Enjoy colouring with those who have the same passion. Select a picture to colour or create your own and enjoy some music and conversation while completing it..



Using your creativity make Necklaces, bracelets, or earrings or use your imagination and create different patterns with Perler or Hama beads to make Key tags, animals or create your own designs.



St John's Day Programs - Monday

Coffee Club & Outdoor Games

Program \$6.00 - Transport \$7.00 = \$13.00

Enjoy a drink and conversation at a local café with others who love to have a chat. Improve your social skills and work on your money handling abilities. Order and pay for your own drink to develop social confidence and money handling skills. When you have finished, head off to a local park for a walk, to have your picnic lunch and participate in some outdoor games fun.

After lunch, you will have the opportunity to have some fun and play games such as Quoits, Basketball, Cricket, etc. This promotes turn taking 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 your teamwork.



Meals on Wheels

Program = \$7.00

Work in a small group to deliver meals to elderly and vulnerable people in our community. With the support of staff, collect the meals, assist in navigating to the address, and the delivery of the meal. This helps to develop self-confidence and self-esteem through service to the community.

Enjoy a drink at a local cafe and followed up by a picnic Lunch and some gentle exercise at a local park.

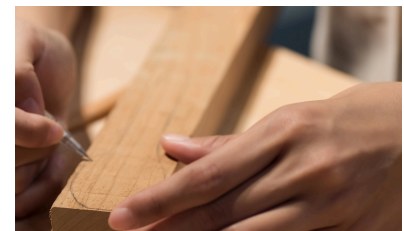


Woodcraft and Gardening

Program \$20.00 - Transport \$5.00 = \$25.00

Work as a part of the group or as an individual to complete kit woodwork projects to have some fun with and take home. Using basic woodworking tools, and PPE where appropriate, follow the instructions to complete a variety of projects.

In the afternoon, relax and enjoy getting down to earth by working on projects in the garden or with potted plants. Help create a community Garden and provide fresh produce for the Bottlebrush café to use or to sell. Create pots of color or herb garden gifts for people.



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.

