

# St John's Day Programs Thursday

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## Thursday Programs

### Aqua Movers

**Program \$6.00 - Transport \$5.00 = \$11.00**

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

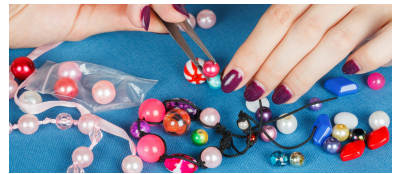


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### Beading Buddies & Colouring Companions

**Program = \$8.00**

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.



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.

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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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### Computer Lovers and Cards & Games

**Program = \$7.00**

With the guidance of a skilled computer teacher work on an area of interest. Programs can be individualised to meet your needs. Play various puzzles or learn how to do things that interest you like using google, writing a story using a computer and adding pictures. Try colouring on the computer and develop your computer skills while doing something you love. You can print off your picture to add to our wall or take it home to put on yours. You will be shown how to turn on the computer, open their chosen program and how to save then shut it down and turn off the computer when finished.



Join the group and have some fun playing cards, a board game or crossword to finish the day.

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## **Men's Shed Annual membership paid directly to the Shed (\$100.00)**

### **Transport = \$4:00**

Participants experience 1:1 support with their Support Worker to immerse themselves in everything the men's shed has to offer, working together to become involved in woodwork, metalwork, community projects or your own project.

Men's Sheds can be a great place to engage with others and learn new skills. Men can come and have a yarn and a cuppa, or they can work on community projects, specific Men's Shed projects or a project of their choice in their own time. The only 'must' is to observe safe working practices, which may include different requirements for men with a disability.



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## **Good Grub Social Club : BYO money for Meal**

### **Transport \$8.00**

Join in the selection of a place to go out for lunch. Spend time developing your conversational skills and table etiquette in a relaxed environment. Order your own lunch and pay for your own meal to develop your money handling skills. You will need to bring \$25 dollars for a meal and a drink. The group will decide what they would like to do before going to lunch.



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## **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!



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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.

