

St John's Day Programs - Wednesday

Wednesday Programs

Carevan Cooking (9.30am - 2.30pm)

Program = \$7.00

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

Join a small group working with staff to prepare food for Carevan to provide a meal for people in need. Learn knife skills, food handling and cooking techniques. Pack the food into containers and store them safely for pick up by Lee Ann or Carevan staff. Enjoy providing a service to others in need.



Grill Masters BBQ

Program \$7.00 - Transport \$9.00 = \$16.00

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 a 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.



Knit and Natter & Current Affairs

Program = \$4.00

Join a group to sit and knit with others who have the same passion. Crocheters are also welcome. Work on your own project or create a Peggy square that can be joined together with others to make a blanket that can be donated. Do you have your own Knitting needles and wool? That's great. We can organize them for you if you do not have them.



With the assistance of a support worker, reading and discussing items of interest in the daily newspapers. participants will have the opportunity to discuss particular items of interest. participants will work on speaking and listening skills to enhance their conversation and social skills by developing the conversation skills, i.e. taking turns, listening to others, giving your opinions and considering and responding to the opinions of others. Work on a crossword puzzle with staff assisting in its completion.



Strikes-r-us Tenpin bowling

Program \$14.00 - Transport \$11.00 = \$25.00

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



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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.



Crossfit

Program \$22.00 - Transport \$7.00 = \$29.00

Work with a qualified trainer to improve your health and fitness at a local gym. Using weightlifting, cardio and functional movements, which will be modified to meet the needs of the participant, improve your strength and fitness.

**It is currently priced for a minimum of 3 participants but would be divided equally if there are more than 3.*



The Recyclers Art Group & Cards and Games

Program \$7.00 - Transport \$2.00 = \$9.00

Using recycled materials, and a variety of media, participants will be given the opportunity express themselves through their art. You will use your critical thinking and problem-solving skills while creating an artwork either individually or as a group. You will control the progress and design of the project. The program is designed to encourage decision making, improve fine motor skills and hand eye coordination, while practicing your social skills. Art has continued to be a great vehicle to allow the Mercy Connect participants to experience a continuing growth in their self-confidence and abilities.

Relax after lunch and have some fun playing cards, board games or enjoy an crosswords. Practice following the rules of the games, taking turns, working out your strategies, and to win – or lose!



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.

