

# Catherine's Corner Day Programs - Monday

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## Coffee Club

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

Head out for a drink at a location that allows you to purchase your own drink, with the group. We will support you with your money handling skills and communication skills followed by lunch at a park nearby. We will then enjoy some gentle exercise



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## Pamphlet Delivery & Literacy and Numeracy

**Program \$3.00 - Transport \$4.00 = \$7.00**

Looking for some gentle exercise and an activity? This may be for you. Deliver pamphlets in the local area for a local business, 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.



An opportunity to maintain and develop literacy and numeracy skills in a relaxed environment using various methods including iPad, writing, drawing, reading or puzzles. This assists with communication, understanding and problem solving. This will be tailored to individual abilities. Assistance from Allied health professionals is welcome.

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## Sensory Adventures - Out and About

**Transport = \$16.00**

Out and about at local park lands such Wonga Wetlands or Bowna Reserve. Participants can explore the environment engaging their senses: hearing, smell and touch while out and about. Bring your lunch to enjoy outdoors.



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## Sensory Adventures & Gardening

**Program \$10.00 - Transport \$7.00 = \$17.00**

Centre based, a variety of activities will be provided and may include water/sand sensory activities, art and craft, music and visual stimulation. These activities will stimulate the five senses: sight, sound, touch, smell, and taste. The calm room may be used during this time.



Attend to the gardens at Catherine's Corner. Head out and select some seedlings or seeds to put in the garden. Alternatively, plant flowers for pots of colour and or tasty aromatic herbs for the kitchen. Get back to nature and get your hands in the soil.

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## Grocery Shopping & The Meal Makers

**Program \$7.00 - Transport \$3.00 = \$10.00**

Assist with the shopping for Catherine's Corner by attending the local supermarket during the quiet time, designed to reduce overstimulation, to purchase the groceries for Catherine's Corner for the week. Staff will assist in navigating the supermarket and to push the trolley, collect the items of the shelf and help put the items through the checkout, before returning to Catherine's Corner to unpack the groceries.



The Meal Makers involves 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. Clients will gain valuable skills to develop independence, and greater self-confidence and self-esteem.



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## Work Crew

**Program \$4.00 - Transport \$7.00 = \$11.00**

This program allows the participants to gain experience in lawn mowing, tip runs, composting, mulching and garden equipment maintenance. This group learns to work as a team, whilst developing social skills and improved communication with others. Visit Bunnings or the rock yard for supplies. Our beautiful grounds are maintained by this team. Bring your own Lunch.



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## Strikes-r-us Tenpin Bowling

**Program \$11.00 - Transport \$15.00 = \$26.00**

Go out for a walk and lunch at a local park before heading off for a friendly game of Tenpin Bowling. 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.



Please wear your runners.

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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.

