

# Catherine's Corner Day Programs - Thursday

## Golf & Social Club

**Program \$15.00 - Transport \$12.00 = \$27.00**

Combine your passion for golf with money handling and developing social skills in the company of others with similar interests at Thurgoona Golf Club (membership required). Hit a bucket of golf balls, then relax in the clubhouse with a soft drink. Finish off the morning heading out to a park for lunch.



## Grill Masters & Exercise

**Program \$7.00 - Transport \$7.00 = \$14.00**

Start the day by preparing and packing BBQ equipment into the van and assisting with food purchases at the supermarket. Head to local parklands, work as a team to cook and set up tables, and develop social skills in a group setting. Enjoy a walk or use the fitness equipment available. Staff encourage sensory experiences and will bring sports equipment.



## Sensory Adventures - Out and About

**Transport = \$16.00**

Out and about at local park lands such as 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.



## Sensory Adventures - Centre Based Program = \$7.00

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.



## Sports & Pamper Paradise Program = \$7.00

Enjoy the large yard at Catherine's Corner with ball games like soccer, cricket, Velcro darts, bocce, or trampolining. Engage in fitness and social interaction in a group setting.



Relax with music, fragrances, a foot spa, or a hand/foot/head massage. Spend time in the calm room with gentle lighting, bubble tubes, and comfortable seating. Take some time for yourself!



## 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.

