

Catherine's Corner Day Programs - Tuesday

Creative Endeavours & Drumming

Program = \$7.00

Have a blast learning various drumming patterns using large bongos and incorporating various music and beats whilst learning from a Drumming Instructor. Experience a variety of ways to express yourself including with other percussion instruments and singing if desired. Develop your coordination and confidence through self-expression.

Develop your Artistic side through creating recycled art, painting and sensory activities such as kinetic sand, creating a sensory ocean, slime, making musical instruments, shaving cream art, card making and bubble wrap painting etc.



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.



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.



Aqua Movers

Program \$6.00 - Transport \$20.00 = \$26.00

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.

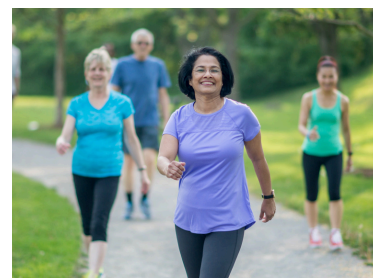


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Walking & Wellness

Transport = \$12.00

Enjoy a walk with others to increase your fitness and wellbeing. Working as a part of a group helps keep up the motivation. Take up a 'steps' challenge and see what can be achieved. Use Community based exercise equipment at various locations when available. Explore local walks at Wonga wetlands and other settings like the Weir wall. This will provide sensory stimulation as well as health benefits from the fresh air and exercise. Take your lunch to enjoy while out and about.



Sensory Adventure & Creative Endeavours - (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.

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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.



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.

