

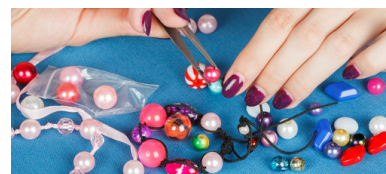
# Illamatta Way Day Programs - Friday

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## Beading Buddies & Colouring Companions

### Program \$6.00

Using your creativity make Necklaces, bracelets, or earrings or use your imagination and create different patterns with Hama or Pearler beads to make Key tags, animals or create your own designs. A challenge for your fine Motor Skills and Creativity.



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. You can mix it up and 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.



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## Coffee Connoisseurs

### Transport \$8.00 - BYO Money for Drink (Allow \$6 - \$10)

Enjoy a drink and conversation at a local café with others who love to have a chat. Improve your social skills and work on your money handling skills. Order and pay for your own drink to develop social confidence and money handling skills. When you have finished, head off to a local park for a walk and have your picnic lunch. Enjoy some gentle exercise



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## Sensory Adventure (Centre Based)

### Program \$5.00

Centre based activities that may include water/sand sensory activities, art and craft. A variety of activities will stimulate the five senses: sight, sound, touch, smell, and taste and explore colors, sounds, or different textures.



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## Mercy Adventures & Movies

### Program \$4.00 - Transport \$8.00 = \$12.00

Visit local parks and reserves for some fun socialisation and exercise. Join in with scavenger hunts, bird watching, nature art collecting and geocaching activities. Learn to work as a team, problem solve, use our senses and get some gentle exercise as a bonus.



Then 2 times a term, the group will take a break and enjoy some R&R at the movies! Participants can bring along some cash if they'd like movie snacks on the day. This activity requires a companion card.



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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.

