

Illamatta Way Day Programs - Monday

Art with Heart & Cards and Games

Program \$8.00 - Transport \$3.00 = \$11.00

Using recycled materials, and a variety of media, participants will be given the opportunity express themselves through their art. Participants will use their critical thinking and problem-solving skills while creating an artwork either individually or as a group. The participants will control the progress of the project depending on their skill level and the complexity of the design. Participants get to improve their fine motor skills and develop their hand eye coordination while practicing their 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 a crossword. Practice your fine motor skills, practice taking turns, working out your strategies, to win – or lose!



Music & Aqua Movers

Program \$4.00 - Transport \$13.00 = \$17.00

From July-September join in with some music based activities. Play instruments, sing Karaoke, and show us your dance moves! Then as the weather warms up in October, Let's swim!

Enjoy swimming in an indoor pool for fun and fitness. Enjoy some low impact exercise that will help improve your fitness and wellbeing. Enjoy swimming with friends and develop your self-confidence.



Sensory Adventures - 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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The Book Worms & Puzzles

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

This program will involve a small group, with the assistance of a support worker, accessing the Orange City Library or Art Gallery. You will have the opportunity to browse in the library, looking at and discuss displays, and visit new exhibitions at the Art Gallery. They will be able to participate in organised library activities as well as having the opportunity to borrow and return materials to the library (bring your library card or give consent to get one). Clients can then join in a 'reading circle' after they return to Illamatta Way. Gain social skills by interacting with members of the broader community as well as enhancing their literacy skills, and sense of social responsibility by looking after borrowed materials and returning them on time.



Join a small group or as individuals with the support and encouragement, to take part in a variety of activities such as 2D and 3D jigsaw puzzles, connect 4 and simple construction activities such as 'connects'. These may also be computer based. These activities will help develop their fine motor skills and spatial awareness. Help develop a sense of personal achievement through developing problem-solving skills and persevering to successfully complete their chosen activity.



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.



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.

