

Illamatta Way Day Programs - Thursday

Sensory Adventures (Centre Based) & The Zen Zone

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.

After your hard work, take part in a variety of sensory activities designed to provide relaxation through sensory stimulation for the participants. Activities can include foot spas and massages, sensory massaging, aroma therapy, relaxing music and nail manicures.



Good Grub Social Club

Transport \$6.00 - BYO Money for meal & Drink

Join in the selection of a place to go out for lunch. Spend time developing your conversational skills and table etiquette, in an informal environment. The transport is covered in the activity fee. You will need to bring \$25- 30 dollars for a meal and a drink. The group will decide what they would like to do before going to lunch.



Fabric Mosaics and Crafting

Program \$7.00

Create a picture or article using fabric pieces and fibers for colour and effect. Allow your creativity to blossom where you can freely apply fabric pieces as you choose, and at your own pace. A relaxing way to spend your time with others.

Join the group to create a variety of craft items of your choice while developing your fine motor skills, coordination, and develop your creativity.



Walking and Talking & Puzzles

Program \$3.00 - Transport \$6.00 = \$9.00 (BYO Lunch)

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. This will provide sensory stimulation as well as health benefits from the fresh air and exercise.

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



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.

