

Illamatta Way Day Programs - Wednesday

Gamers Den & Indoor Madness (Games)

Program \$3.00

Exercise social skills by cooperating with other participants to play various card and board games. Boost pattern recognition and fine motor skills as you learn the rules of the game, practise taking turns and exercise good sportmanship. May also be computer based. This program will be an option for clients to become involved in small groups to enjoy social interactions. Participants will have the opportunity to play a variety of games in small groups or individually. This promotes sharing, taking turns and developing a sense of 'fair play' as well as some tactical awareness. They will develop a greater sense of confidence in their physical capabilities as well as increasing their gross and fine motor skills.



Slices & Cupcakes and Cards and Games

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

Learn to bake delicious slices and fun and fancy cupcakes work together as a group to choose a recipe, following a recipe, you will practice measuring, preparing the tins and using an oven, with an emphasis on baking skills, hygiene and safety. When it has cooled, decorate it and pack it up to take home. Visit a professional cupcake maker/decorator and practice the techniques.

Relax after lunch and have some fun playing cards, board games or enjoy an crosswords. Practice your fine motor skills, practice taking turns, working out your strategies, and to win – or loose!



Strikes-r-us Tenpin Bowling + Movies

Program \$12.50 - Transport \$6.00 = \$18.50

Join the Team and have a friendly game of tenpin bowls with others. Develop the technical skills for a Strike! Work on your social skills by supporting your team mates to celebrate the proud moments. Head out for lunch afterwards at a local park.

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.



Garden Gurus & The Zen Zone

Program \$8.00 - Transport \$2.00 = \$10.00

Help create a community Garden and provide fresh produce for the centre to use in cooking. Create pots of color or a herb garden gifts for people. Enjoy the outdoors, maintaining and harvesting the produce from the work you put in.

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.



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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.



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.

