

# St John's Day Programs - Monday

## Colouring Companions & Beading Buddies Program = \$8.00

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..

Using your creativity make Necklaces, bracelets, or earrings or use your imagination and create different patterns with Perler or Hama beads to make Key tags, animals or create your own designs.



## Coffee Club & Outdoor Games

### Program \$7.00 - Transport \$7.00 = \$14.00

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 abilities. 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, to have your picnic lunch and participate in some outdoor games fun.

After lunch, you will have the opportunity to have some fun and play games such as Quoits, Basketball, Cricket, etc. This promotes turn taking and developing a sense of 'fair play' as well as some tactical awareness. Work to develop a greater sense of confidence in your physical capabilities as well as increasing your teamwork.



## Meals on Wheels Program = \$7.00

Work in a small group to deliver meals to elderly and vulnerable people in our community. With the support of staff, collect the meals, assist in navigating to the address, and the delivery of the meal. This helps to develop self-confidence and self-esteem through service to the community. Enjoy a drink at a local cafe and followed up by a picnic Lunch and some gentle exercise at a local park.

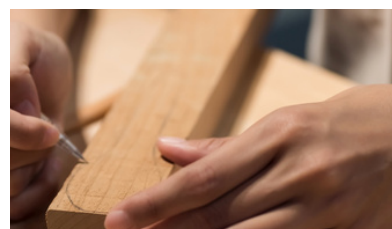


## Woodcraft and Gardening

### Program \$20.00 - Transport \$5.00 = \$25.00

Work as a part of the group or as an individual to complete kit woodwork projects to have some fun with and take home. Using basic woodworking tools, and PPE where appropriate, follow the instructions to complete a variety of projects.

In the afternoon, relax and enjoy getting down to earth by working on projects in the garden or with potted plants. Help create a community Garden and provide fresh produce for the Bottlebrush café to use or to sell. Create pots of color or herb garden gifts for people.



## 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.

