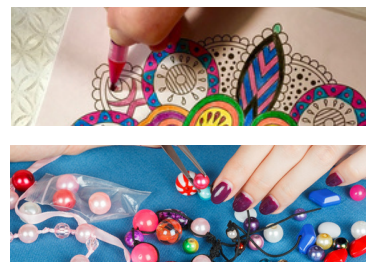


St John's Day Programs - Tuesday

Beading Buddies & Colouring Companions Program = \$8.00

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.

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.



Carevan Program = \$7.00

This Program is for Participants who can be assisted to complete a Food Handlers Certificate and work in a Commercial Kitchen.

Join a small group working with staff to prepare food for Carevan to provide a meal for people in need. Learn knife skills, food handling and cooking techniques. Pack the food into containers and store them safely for pick up by Carevan staff. Enjoy providing a service to others in need.



Fabric Mosaics and Crafting Program = \$8.00

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, at your own pace. A relaxing way to spend your time with others. In the afternoon, create a variety of craft items of your choice while developing your fine motor skills, coordination, and developing your creativity.



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.



Walk & Talk and Puzzles

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

Join a small group or as individuals with support and encouragement to take part in a variety of activities such as 2D and 3D puzzles, Connect 4 and simple construction activities such as 'connects'. These may also be computer based. These activities will help develop your fine motor skills and spatial awareness. Gain a sense of personal achievement through developing problem-solving skills and persevering to successfully complete your activity. Enjoy a walk after lunch 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 provides sensory stimulation and health benefits. Bring your own lunch.



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.

