St John's Day Programs - Wednesday

Wednesday Programs

Grill Masters BBQ

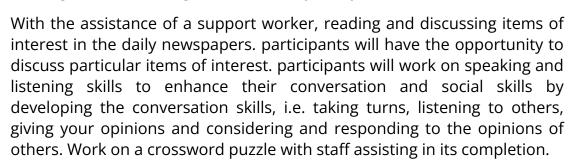
Program \$10.00 - Transport \$9.00 = \$19.00

The Group will help pack up the esky's then go and purchase the meat and bread for the day. They will then head off to a selection of parks in the local area and set up for lunch. Everyone is encouraged to assist in the cooking of the meat and preparations. Participants in this program are encouraged to take advantage of walking paths and exercise equipment.



Knit and Natter & Current Affairs *Program = \$4.00*

Join a group to sit and knit with others who have the same passion. Crocheters are also welcome. Work on your own project or create a Peggy square that can be joined together with others to make a blanket that can be donated. Do you have your own Knitting needles and wool? That's great. We can organize them for you if you do not have them.







Strikes-r-us Tenpin bowling *Program* \$12.00 - Transport \$11.00 = \$23.00

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



Crossfit *Program* \$22.00 - *Transport* \$7.00 = \$29.00

Work with a qualified trainer to improve your health and fitness at a local gym. Using weightlifting, cardio and functional movements, which will be modified to meet the needs of the participant, improve your strength and fitness.

*It is currently priced for a minimum of 3 participants but would be divided equally if there are more than 3.





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The Recyclers Art Group & Cards and Games *Program \$7.00 - Transport \$2.00 = \$9.00*

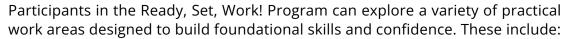
Using recycled materials, and a variety of media, participants will be given the opportunity express themselves through their art. You will use your critical thinking and problem-solving skills while creating an artwork either individually or as a group. You will control the progress and design of the project. The program is designed to encourage decision making, improve fine motor skills and hand eye coordination, while practicing your 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 an crosswords. Practice following the rules of the games, taking turns, working out your strategies, and to win – or lose!

Ready, Set, Work! *Program \$7.00 - Transport \$10.00 = \$17.00*

Develop skills to help you prepare for employment through hands-on learning and guided support. You will learn what's expected in the workplace, build confidence and job-readiness skills, work independently and as part of the team, and grow your communication skills!



- **Outdoor Works**: Build practical skills to maintain lawns, gardens and general maintenance.
- **Vehicle Care & Maintenance**: Learn the basics of vehicle care and presentation.
- **Kitchen Operations**: Build foundational skills in food handling, preparation and customer service.







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.



