

Catherine's Corner Day Programs - Monday

Coffee Club

Program \$6.00 + Transport \$12.00 = \$18.00

Enjoy a group outing to a local café or venue where you can purchase your own drink. Staff will support you to develop your money handling, decision-making, and communication skills. Afterward, the group will enjoy lunch at a nearby park, followed by gentle exercise to support physical wellbeing and social participation.



Sensory Adventures (Out and About)

Transport = \$16.00

Enjoy an outing to local parklands such as Wonga Wetlands or Bowna Reserve. You will explore the natural environment and engage your senses, including sight, sound, smell, and touch, while enjoying lunch outdoors. This activity develops wellbeing, sensory engagement, and social participation.



Sensory Adventures | Gardening

Program \$10.00 + Transport \$7.00 = \$17.00

Participate in centre based activities including water/sand sensory activities and arts & crafts. Enjoy a variety of activities that will stimulate the senses, and explore colours, sounds, or different textures designed to support sensory regulation and wellbeing. The calm room can be used during this time.

Attend to the gardens at Catherine's Corner. Select seedlings or seeds to plant in the garden, or plant flowers and aromatic herbs in pots. This hands-on activity encourages sensory engagement, and develops your fine motor skills and routine building.



Grocery Shopping | The Meal Makers

Program \$7.00 + Transport \$3.00 = \$10.00

Take part in a grocery shopping outing to the local supermarket. You will be supported to navigate the store, push the trolley, locate items, and use the checkout. The group will then return to Catherine's Corner to unpack and store the groceries. This activity provides community access, and develops sensory regulation, money awareness, and daily living skills.



Join a small group to plan and prepare a healthy meal. Participants will be involved in each stage of the process, including planning, shopping for ingredients, food preparation, cooking, serving, enjoying the meal, and cleaning up. Staff will support safe use of kitchen equipment throughout. This activity builds independence, practical life skills, confidence, and social participation.



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Work Crew

Program \$4.00 + Transport \$7.00 = \$11.00

Take part in a supported grounds and garden maintenance program. You will gain hands-on experience with lawn mowing, tip runs, composting, mulching, and basic garden equipment care. The group will also visit local suppliers, such as Bunnings or The Rock Yard, to collect materials.

This activity supports teamwork, communication, practical life skills, and responsibility. Bring your own lunch.



One 2 One Individualised Support

Looking for someone to support you in an individualised activity or a program in the wider community? Please contact us so we can match you with a staff member to assist you.

