

Catherine's Corner Day Programs - Thursday

Golf | Social Club

Program \$15.00 + Transport \$12.00 = \$27.00

Combine a shared interest in golf with social and money handling skills during an outing to Thurgoona Golf Club (membership required). Hit a bucket of golf balls on the range, then enjoy a soft drink in the clubhouse before heading to a park for lunch. This activity supports social participation, communication, and community access.



Grill Masters | Exercise

Program \$7.00 + Transport \$7.00 = \$14.00

Assist staff to prepare and pack BBQ equipment and support grocery purchases at the supermarket. The group will travel to local parklands to cook together, set up tables, and enjoy lunch as a team before enjoying a walk or using outdoor fitness equipment. This activity promotes independent living skills, teamwork, social interaction, and physical wellbeing. Staff will encourage sensory experiences and provide sports equipment.



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 while enjoying lunch outdoors. This activity supports wellbeing, sensory engagement, and social participation.



Sensory Adventures (Centre Based)

Program = \$7.00

Participate in centre based activities including water/sand sensory activities and arts and 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.



Sports | Pamper Paradise

Program = \$7.00

Enjoy group fitness and social activities in the large yard at Catherine's Corner, participating in activities such as soccer, cricket, bocce, darts, and trampolining. This promotes physical activity, coordination, and social engagement.



You will also have access to calming activities such as music, fragrances, foot spas, or hand/foot/head massage, and spending time in the calm room with soft lighting and comfortable seating to support relaxation and self-regulation.



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Pamphlet Delivery | Literacy & Numeracy

Program \$3.00 + Transport \$4.00 = \$7.00

Take part in a supported pamphlet delivery activity in the local community, designed to include flat and easily accessible areas only. Participants will practise road safety, identify potential hazards when using footpaths, and learn to recognise households that accept or decline advertising. This activity promotes physical wellbeing, community access, road safety awareness, and responsibility.

An opportunity to maintain and develop literacy and numeracy skills in a relaxed environment using a range of methods, including iPads, reading, writing, drawing, or puzzles, tailored to individual abilities. This activity focuses on communication, comprehension, problem-solving, and confidence.



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.

