

Catherine's Corner Day Programs - Tuesday

Creative Endeavours | Drumming

Program = \$7.00

Participants will learn basic drumming patterns using large bongos and explore rhythm, percussion instruments, and singing if desired. This activity supports coordination, communication, confidence, and self-expression.



Engage in a range of creative and sensory art activities, which may include recycled art, painting, kinetic sand, slime, card making, and textured art. These activities develop fine motor skills, sensory regulation, creativity, and emotional expression.



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.



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.



Aqua Movers

Program \$6.00 + Transport \$20.00 = \$26.00

Take part in a swimming session at an indoor pool, focusing on fun, low-impact exercise to support fitness, wellbeing, and water confidence. Enjoy swimming alongside peers in a safe and supportive environment.



After swimming, the group will relax with a picnic lunch in a nearby park, encouraging social interaction, communication, and connection with others.

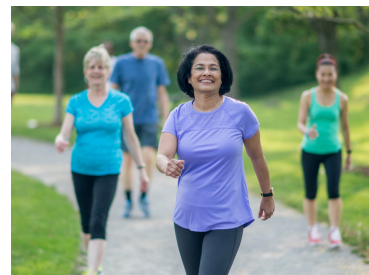
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Walking & Wellness

Transport = \$12.00

Enjoy a group walking activity to improve fitness and wellbeing. Participants will walk together to build motivation, take part in a step-count challenge, and use community exercise equipment where available.

The group will explore local walking tracks, such as Wonga Wetlands and the Weir Wall, supporting physical health, sensory engagement, and connection with the community. Participants are asked to bring their own lunch to enjoy while out and about.



Sensory Adventure | Creative Endeavours (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.

Engage in creative and sensory art activities such as recycled art, painting, kinetic sand, slime, textured art, card making, and music-based creations. These activities support creativity, fine motor skills, sensory processing, and self-expression.



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.

