

Catherine's Corner Day Programs - Wednesday

Bounce

Program \$26.00 + Transport \$14.00 = \$40.00

Attend Bounce in Wodonga, offering a sensory-rich movement experience that supports self-regulation, coordination, and physical wellbeing. Enjoy trampolining in a spacious environment.

Depending on the day, the group will enjoy lunch at a local park or return to Catherine's Corner for quiet afternoon activities such as puzzles, games, or time in outdoor spaces, supporting regulation and relaxation.

Please note: This program does not run in the school holidays. Alternative activities will be organised.



Strikes-r-us Tenpin Bowling

Program \$11.00 + Transport \$15.00 = \$26.00

Enjoy a walk and lunch at a local park before heading to Tenpin Bowling. You will practise turn-taking, following the scoreboard, and developing bowling techniques. This activity supports coordination, social interaction, teamwork, and confidence while encouraging positive peer support.

Please wear runners.



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 promotes teamwork, communication, practical life skills, and responsibility. Bring your own lunch.



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.



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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.



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.

