

Illamatta Way Day Programs - Monday

Art with Heart | Cards & Games

Program \$8.00 + Transport \$3.00 = \$11.00

Take part in a creative art activity using recycled materials and a variety of media. You may work independently or as part of a group to design and create artwork at your own pace. This activity supports creativity, fine motor skills, hand-eye coordination, social interaction, and confidence through self-expression.

Relax after lunch and enjoy activities including card games, board games, or crosswords. Practise turn-taking, strategy, problem-solving, and resilience while participating in a fun and supportive group setting.



Zumba | Zen Zone

Program = \$15.00

Join a trained instructor for a supported exercise session using upbeat music and simple, easy-to-follow movements. This activity supports physical fitness, coordination, body awareness, and wellbeing.

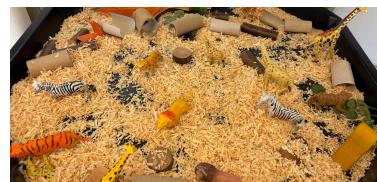
After your workout, relax with calming sensory activities such as foot spas, gentle massage, aromatherapy, soothing music, sensory tools, or nail care, supporting self-regulation and relaxation.



Sensory Adventures (Centre Based)

Program = \$5.00

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.



The Book Worms | Puzzles

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

Visit the Orange City Library or Art Gallery in a small group. Browse collections, view exhibitions, take part in organised library activities, and borrow or return materials (library card required or provide consent to get one).

After returning to the centre, join a supported reading circle to build literacy, listening, and conversation skills.

You may also choose to take part in problem-solving activities such as jigsaw puzzles, construction tasks, or computer-based games. These activities support fine motor skills, spatial awareness, perseverance, and a sense of achievement.



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.

