

# Illamatta Way Day Programs - Thursday

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## Mercy Adventures + Movies

**Program \$4.00 + Transport \$8.00 = \$12.00**

Visit local parks and reserves to enjoy gentle exercise and social connection. Take part in activities such as scavenger hunts, bird watching, nature art, and geocaching. These activities support teamwork, problem-solving, sensory engagement, and wellbeing.

Twice per term, the group will enjoy a movie outing for rest and relaxation. You may bring money for snacks. A companion card is required.



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## Good Grub Social Club

**Transport = \$6.00 - BYO Money for meal & Drink**

Help choose a place to go out for lunch and enjoy a relaxed meal in the community. Practise conversation skills, decision-making, money handling, and table etiquette in a supportive environment.

Please bring \$25-\$30 for a meal and drink.



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## Garden Gurus | The Zen Zone

**Program \$8.00 + Transport \$2.00 = \$10.00**

Help create and maintain a community garden by planting flowers, herbs, or vegetables to be used in the Centre. Enjoy working outdoors, caring for plants, and harvesting produce to use in cooking. This activity promotes routine, teamwork, physical activity, and connection with nature.

After gardening, relax with sensory activities such as foot spas, massage, aromatherapy, music, or nail care to assist with wellbeing and regulation.



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## Lego Masters | Cards & Games

**Program = \$5.00**

Join the group to build with classic LEGO® bricks, creating anything from simple designs to more complex constructions. Strengthen your fine motor skills and problem-solving abilities as you follow the weekly build instructions or let your imagination take over and design your own unique creation!

After lunch, keep the good times rolling with a game of cards, board games, or a crossword. Sharpen your skills as you take turns, discover clever strategies, and maybe even hatch a plan to win... or lose with style!



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## 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.

