

# Illamatta Way Day Programs - Tuesday

## 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 self regulation.



## Grill Masters BBQ

**Program \$9.00 + Transport \$7.00 = \$16.00**

Assist staff to prepare equipment and shop for BBQ supplies before heading to local parks. Help with cooking, setting up, and enjoying lunch together.

You are encouraged to use walking paths and outdoor exercise equipment, promoting physical activity, teamwork, and daily living skills.



## The Meal Makers

**Program \$10.00 + Transport \$2.00 = \$12.00**

Join a small group to plan and prepare a healthy meal. Participants will be involved in each stage of the process, including planning, shopping for ingredients, food preparation, cooking, serving, enjoying the meal, and cleaning up. Staff will support safe use of kitchen equipment throughout. This activity builds independence, practical life skills, confidence, and social participation.



## The Book Worms | Puzzles

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

Visit the Orange City Library or Art Gallery in a small group with staff support. 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 develop 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.

