

St John's Day Programs - Thursday

Aqua Movers

Program \$7.00 + Transport \$5.00 = \$12.00

Let's swim! Enjoy swimming in an indoor pool for fun and fitness with some low impact exercise that will help improve your fitness and wellbeing. Have fun swimming with friends and develop your water confidence. Relax and recover with a picnic lunch in the park, while developing your social skills and enjoy the company of others.



Colouring Companions | Beading Buddies

Program = \$8.00

Enjoy colouring with those who have the same passion. Select a picture to colour or create your own and enjoy some music and conversation while completing it.

Using your creativity make necklaces, bracelets, or earrings or use your imagination and create different patterns with Perler or Hama beads to make Key tags, animals or create your own designs.



Bottlebrush Cafe: Lunches

Program = \$7.00

This Program is for Participants who can be assisted to complete a Food Handlers Certificate and work in a Commercial Kitchen.

Help cook lunch that can be purchased by our Head Office staff. Ordered online by staff, the team work together to make the meals in time for lunch. Learn how to make coffee under the guidance of staff with experience in coffee making. Lunch is provided from the menu prepared on the day. This activity builds independence, practical life skills, confidence, and develops skills ready for the workplace.



Computer Lovers | Cards & Games

Program = \$7.00

Work one-to-one or in a small group with a computer instructor to build digital skills based on your interests. Activities may include using the internet, writing stories, digital colouring, puzzles, or adding images to projects. Learn how to turn on a computer, open programs, save work, and shut down safely.

Print your work to display or take home. Finish the day with group games such as cards, board games, or crosswords to support social interaction and relaxation.



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Good Grub Social Club

BYO money for Meal + Transport \$8.00

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

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



Slices & Cupcakes

Program \$10.00 + Transport \$3.00 = \$13.00

Work together to choose a recipe and bake slices or cupcakes. Learn food preparation, measuring ingredients, hygiene and kitchen safety. Once baked, decorate and pack your creations to take home. You may also visit a professional cupcake maker to learn decorating techniques.



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.

