

St John's Day Programs - Tuesday

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.



Carevan

Program = \$7.00

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

Join a small group working with staff to prepare food for Carevan to provide a meal for people in need. Learn knife skills, food handling and cooking techniques. Pack the food into containers and store them safely for pick up by Carevan staff. Find fulfillment in helping others in need.



Fabric Mosaics | Crafting

Program = \$8.00

Create artwork using fabric pieces and fibres to explore colour, texture, and design at your own pace. This relaxed activity supports creativity, sensory engagement, and social connection.

In the afternoon, choose from a range of craft activities to further develop fine motor skills, coordination, creativity, and confidence.



Walk & Talk | Puzzles

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

Take part in supported problem-solving activities such as 2D and 3D puzzles,, simple construction tasks, or computer-based games. These activities support fine motor skills, spatial awareness, perseverance, and a sense of achievement.

After lunch, join a group walk to support fitness and wellbeing. Take part in a step-count challenge and use community exercise equipment where available. This activity supports physical health, sensory engagement, motivation, and social participation. Bring your own lunch.



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Meals on Wheels

Program = \$7.00

Work in a small group to deliver meals to elderly and vulnerable people in our community. With the support of staff, collect the meals, assist in navigating to the address, and the delivery of the meal. This helps to develop self confidence and self-esteem through service to the community. Enjoy a drink at a local cafe and followed up by a picnic Lunch and some gentle exercise at a local park.



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.

