

St John's Day Programs - Wednesday

Grill Masters BBQ

Program \$10.00 - Transport \$9.00 = \$19.00

Assist staff to prepare equipment and shop for BBQ supplies before heading to local parks. Help with cooking, setting up, and enjoying lunch together. This activity builds independence, practical life skills, confidence, and social participation.

After lunch, you are encouraged to use walking paths and outdoor exercise equipment, supporting your physical health.



Knit & Natter | Current Affairs

Program = \$4.00

Join others who enjoy knitting or crochet and work on your own project or contribute to a shared blanket for donation. Do you have your own Knitting needles and wool? That's great. We can organize them for you if you do not have them. This activity supports fine motor skills, focus, creativity, and social connection.

With staff support, take part in reading and discussing items of interest from the daily newspaper. Practise sharing opinions, listening, turn-taking, and respectful conversation. You may also complete a crossword puzzle to support literacy, cognitive skills, problem-solving, and teamwork.



Strikes-r-us Tenpin bowling

Program \$12.00 + Transport \$11.00 = \$23.00

Join the Team and have a friendly game of tenpin bowls with others. Learn to follow the scoreboard and work on taking turns. Develop the technical skills for a Strike! Strengthen your social skills while chatting and supporting your team mates to celebrate the proud moments. Head out for lunch afterwards at a local park.



The Recyclers Art Group | Cards & Games

Program \$7.00 + Transport \$2.00 = \$9.00

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, problem-solving, and resilience while participating in a fun and supportive group setting.



St John's Day Programs - Wednesday

Ready, Set, Work!

Program \$7.00 + Transport \$10.00 = \$17.00

Develop skills to help you prepare for employment through hands-on learning and support. You will learn what's expected in the workplace, build confidence and job-readiness skills, work independently and as part of the team, and grow your communication skills!

Participants in the Ready, Set, Work! Program can explore a variety of practical work areas designed to build foundational skills and confidence. These include:

- **Outdoor Works:** Build practical skills to maintain lawns, gardens and general maintenance.
- **Vehicle Care & Maintenance:** Learn the basics of vehicle care and presentation.
- **Kitchen Operations:** Build foundational skills in food handling, preparation and customer service through the Bottlebrush Cafe (Thursday or Friday).



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.

