

St John's Day Programs - Thursday

Aqua Movers

Program \$7.00 + Transport \$8.00 = \$15.00

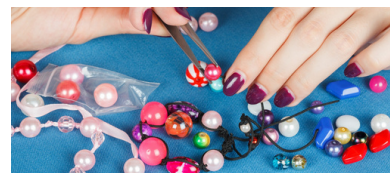
Let's swim! Enjoy swimming in an indoor pool for fun and fitness with some low impact exercise that will help improve your fitness and wellbeing. Have fun swimming with friends and develop your water confidence. Relax and recover with a picnic lunch in the park, while developing your social skills and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



The Art Collective

Program = \$8.00

Explore your creativity through a variety of art and craft activities using fabrics, fibres, paint, collage materials, and other craft resources to create unique artworks while exploring colour, texture, pattern and design. Activities encourage creativity and sensory engagement in a social setting, supporting fine motor skill development, confidence, self-expression, and a sense of achievement.



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.



Tech Connect | Cards and 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.



The Lunch Box

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

Build confidence and independence by learning how to make simple, healthy lunches. Participants will develop everyday food preparation skills, kitchen safety and hygiene knowledge, while practising choice-making, planning, and teamwork. Create a tasty lunch to enjoy, build social connections, and gain valuable life skills in a fun and supportive environment.

