

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

morning program

9.30am - 11.30am

Mix Masters Cooking and Creations

Learning about the kitchen, preparation and cooking different type of food. (Cakes, Biscuits, Easy meals, scones, savouries.)

\$5 per week

Fun with Senses

Exploring all of the 5 senses using visual, physical and audio items. Making sensory items to use.

\$25 for the 13 week block

Walk about, Sensory, Tactile Activities

Visiting different areas of our local community and go out for a meal and drink together.

\$ - Own cost for lunch

9.30am - 11.30am

Go Getters

Visiting areas of the local community, LIBRARY. Going for a walk to explore the local areas.

Relaxation

Using varied techniques like Visual, Sound, Physical or Fragrance to assist in a relaxing time.

Walk about, Sensory, Tactile Activities

Going for a walk out side to locate items for sensory stimulation. EG flowers, leaves or anything you like. Take some photos of the items when you find them.

9.30am - 11.30am

Carpet Bowls

Enjoy the challenge of Carpet Bowls and join in the competition

Zen Time

Making the most of the sensory Room with all the lights available, Soothing Music or kick back and read a book.

Mosaic Magic and Art

Create your own Mosaic piece. Picture frames, coasters, Garden ornaments, Plant Pots.

\$50 for the 13 week block

9.30am - 11.30am

Events Craft

Plan ahead and create items for special times of the year. Birthday Cards, Halloween or Christmas decorations, Mothers / Fathers Day or Easter.

\$20 for the 13 week block

Chat and Choose

Join others at the local Chat & Choose group. Learn to make Greeting Cards and many other craft items

Out and About, Sensory, Tactile Activities

Going for a walk out side to locate items to use for sensory. Visit new and special places in the community.

9.30am - 11.30am

Lucky for some Bingo

See how lucky you can be playing Bingo. Fill your card and yell out loud...BINGO!

lunch and afternoon program

1.00pm - 2.30pm

Mix Masters Cooking and Creations cont...

Learning about the kitchen, preparation and cooking different type of food. (Cakes, Biscuits, Easy meals, scones, savouries.)

\$5 per week

Fun and Games

Choose between various board games, puzzles or cards.

1.00pm - 2.30pm

Arty Artists

Use a variety of different mediums to create your own masterpiece. Tye Dying, Stamping, Spin Art, Finger Painting, Brush Painting, Collage, Clay.

\$20 for the 13 week block

Sensory Tactile Time

Exploring all the 5 senses using visual, physical and audio items. Making sensory items to use.

1.00pm - 2.30pm

Pamper Parlor

Get Pampered! Paint your Nails, Foot Spa, Hair Salon, Gentle Massage. Make your own Bath Bombs or Hand Cream.

\$24 for the 13 week block

Mind Bender Games and Sensory

Try your hand at some games with others. Choose between various board games, puzzles or cards.

1.00pm - 2.30pm

Pamper Parlor

Get Pampered! Paint your Nails, Foot Spa, Hair Salon, Gentle Massage. Make your own Bath Bombs or Hand Cream.

\$24 for the 13 week block

Storytelling

Read out loud or listen to stories being told. Pretend to be the characters in the books!

1.00pm - 2.30pm

It's the final countdown! Music and Dance

Listen to some favourite songs. Sing along , play the Instruments or have a dance

Pen Pals (during music)

Join a small group to write, Email or videocall some of our Multicap friends in Launceston.

TO BOOK

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