

MONDAY

9.00am - 3.00pm

Body and Soul

An opportunity to enhance mind, body and soul with activities including but not limited to, yoga, gardening, craft, walking, visiting the library and other areas of interest within the community.

Sports and Talks

Enjoy some fresh air and exercise, enhancing health and wellbeing. Activities include, but are not limited to, basketball, cricket, walking groups, ten pin bowling, eight ball and table tennis.

\$ - Own cost if special entry is required

Creative Crafts

A welcoming, quiet and relaxed environment where the use of varied art mediums is taught. Upskill in painting, drawing, Papier Mache, pulp and fiber work construction.

\$25 for the 13 week block

Social Integration

Let's get social! See something new, experience something different and engage with new people as we visit different places and events happening in our local area!

\$ - Own cost if special entry is required

TUESDAY

9.00am - 12.00pm

Cooking

A program designed to build cooking skills in a supportive, friendly environment whilst enjoying the culinary delights that are produced. Upskill in hand hygiene, utensil recognition, chopping, stirring, grating and measuring.

\$5 per session

9.00am - 3.00pm

Ten Pin Bowling

Enjoy a game of Ten Pin Bowling with friends.

\$ - Own cost

Horticulture at Horizon

A friendly, supportive environment to develop plant recognition skills, manage pest and disease control, use pruning skills, use propagation techniques and understand soil characteristics. Enjoy the fruits of your labour by sampling the freshly grown produce.

\$3 per session

12.00pm - 3.00pm

Social Activities

After a morning of cooking, enjoy socialising with your peers with various "in house" activities for ingredients for the cooking group.

\$ - Own cost

WEDNESDAY

9.00am - 12.00pm

Cooking

A program designed to build cooking skills in a supportive, friendly environment whilst enjoying the culinary delights that are produced.

\$5 per session

9.00am - 3.00pm

Sports and Talks

Enjoy some fresh air and exercise, enhancing health and wellbeing.

\$ - Own cost if special entry is required

Leatherwork

An innovative program, skill building in the use of leather. Upskilling in leather dyeing, measuring, hole punching and stitching. Be guided through the possibilities of producing handmade belts, pouches, book covers, wall hangings and bags.

\$5 per session

12.00pm - 3.00pm

Social Activities

A choice of socialising with your peers with various "in house" activities or the opportunity to go shopping for ingredients for the cooking group. Promoting choice and independence.

\$ - Own cost

6.00pm - 9.00pm

Gym Time with PT

Let's get physical! Push yourself as hard as you like with exercise tailored to your needs. It's fun and you will be getting fitter before you know it.

\$ - Own cost if required

THURSDAY

9.00am - 12.00pm

Cooking

Designed to build cooking skills in a supported, friendly environment whilst enjoying the culinary delights that are produced. Upskill in hand hygiene, utensil recognition, chopping, stirring, grating and measuring.

\$5 per session

9.00am - 3.00pm

Ten Pin Bowling

Enjoy a game of Ten Pin Bowling with friends.

\$ - Own cost

9.00am - 3.00pm

Art All Day

A welcoming, quiet and relaxed environment where the use of varied art mediums is taught. Upskill in painting, drawing, Papier Mache, pulp and fiber work construction.

\$25 for the 13 week block

12.00pm - 3.00pm

Social Activities

A choice of socialising with your peers with various "in house" activities or the opportunity to go shopping for ingredients for the cooking group. Promoting choice and independence.

\$ - Own cost

FRIDAY

9.00am - 3.00pm

Art All Day

A welcoming, quiet and relaxed environment where the use of varied art mediums is taught.

Upskill in painting, drawing, Papier Mache, pulp and fiber work construction.

\$25 for the 13 week block

Leatherwork

An innovative program, skill building in the use of leather. Upskilling in leather dyeing, measuring, hole punching and stitching. Be guided through the possibilities of producing handmade belts, pouches, book covers, wall hangings and bags.

\$5 per session

The Working Crew

A hands on experience in odd jobs that include recycling, vehicle maintenance and any jobs that require completion. Enjoy a coffee or buy lunch and go for a walk whilst out and about in the community.

Chat n Choose

A craft program where projects of choice are encouraged and skill building is enhanced. Complete projects for yourself or to be gifted to family and friends.

\$25 for the 13 week block

SATURDAY

9.00am - 3.00pm

Saturday Social Club

Gather for some fun and adventure with all your friends! Where we will go next?

\$ - Own cost

TO BOOK

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