

Term 1 Jan - March

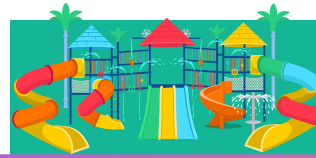


Cooking Around The World



Free

- Exploring new locations
- New experiences
- Learning about the world around us and cultural differences.



Swimming & Water Park



Free

- Release stress and anxiety
- Learn new life skills
- Build confidence



Zumba



Free

- Releasing stress and anxiety
- Meeting sensory needs



Community Access



Free

- Social and community participation by promoting social interaction and fostering a sense of belonging



Flip Out/ Shine Shed



Free

- Social and community participation
- Assessing the wider community



Gentlemen's Day



Free

- Build self confidence
- Increase hygiene skills
- Release stress and anxiety
- Build friendships



Ladies Day



Free

- Build self confidence
- Increase hygiene skills
- Release stress and anxiety
- Build friendships



Bowling



Free

- Build confidence
- Release stress and anxiety
- Help express feelings and emotions



Travel Training



Free

- Money handling skills
 - Independence
 - Communication
- *PLEASE BRING OPAL CARD



Arts, Crafts/ In House Sensory



Free

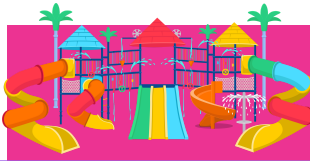
- Hand-eye coordination
- Gross and fine motor skills
- Stimulates creativity

MONDAY

TUESDAY

WE CARE!

Term 1 Jan - March



Swimming & Water Parks

WEDNESDAY



Free

- Release stress and anxiety
- Learn new life skills
- build confidence



Bike Riding Olympic Park



Free

- Release stress and anxiety
- Learn new life skills
- build confidence



Disco & Karaoke



Free

- Build confidence
- Release stress and anxiety
- Help express feelings and emotions



Arts, Crafts & In House Sensory



Free

- Hand-eye coordination
- Gross and fine motor skills
- Stimulates creativity



NRL Workshop



Free

- Releasing stress and anxiety
- Meeting sensory needs
- Learn new skills by NRL players



Club Lunch

THURSDAY



Cost \$20

- Release stress and anxiety
- Promote discussion with peers over common interest



CrossFit



Free

- Hand-eye coordination
- Gross and fine motor skills
- Build Confidence



Heroes With Abilities



Cost \$10

- Hand-eye coordination
- Gross and fine motor skills
- Build Confidence



Arts, Crafts & In House Sensory



Free

- Hand-eye coordination
- Gross and fine motor skills
- Stimulates creativity



Eloma Explorer



Free

- Social and community participation
- Discover new places
- Build confidence

WE CARE!

Term 1 Jan - March



Community Access

FRIDAY



Free

- Social and community participation by promoting social interaction and fostering a sense of belonging



Music Program



Free

- Build confidence
- Release stress and anxiety
- Help express feelings and emotions



BBQ & Basketball



Free

- Social and community participation by promoting social interaction and fostering a sense of belonging



Fishing & BBQ



Free

- Food handling skills
- Preparing meals
- Hand-eye coordination
- Gross and fine motor skills



Bowling



Free

- Gross and fine motor skills
- Problem solving
- Promote better coordination and flexibility

WE CARE!

Program Ideas For Next term

If there is an activity you would like to try next term please let us know

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Please feel free to provide feedback

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