

NDIS PARTICIPANT DAY PROGRAM

51 STANDISH AVENUE, OAKHURST NSW 2761

MONDAY PART 1

MORNING:
 \$10 - IN CENTRE
 lunch included

Cooking:
 10:00-12:00pm
 The cooking group is designed to be person centred. Each week they would participate in cooking a simple meal. It is a fun group activity that teaches self-reliance, provides a sense of accomplishment & is inclusive.

Lunch:
 12:00-1:00pm

MONDAY PART 2

AFTERNOON:

Art Workshop:
 1:00-3:00pm
 The art group will engage in various art forms which will encourage positive social interactions, a strong sense of community & artistic experiences for everyone. Art work will be displayed throughout the centre.

Free time:
 3:00pm-4:00pm
 Participants will have the opportunity to play in the playground, play with toys, video game consoles, and engage with others.

Drop off/pick up:
 4:00pm

TUESDAY PART 1

MORNING:
 \$10 - IN CENTRE
 lunch included

Therapeutic Drumming:
 10:00-12:00pm
 Drumming can be used as an expression of art intervention. It is a holistic form of therapy where our clients and therapist work collaboratively to utilise the learning, growing and healing process.

Lunch:
 12:00-1:00pm

TUESDAY PART 2

AFTERNOON:

Music & Dancing:
 1:00-3:00pm
 Through the playing of music participants can enjoy by dancing. It provides sensory stimulation and can help to improve an individual's physical, mental, social and emotional wellbeing.

Free time:
 3:00pm-4:00pm
 Participants will have the opportunity to play in the playground, play with toys, video game consoles, and engage with others.

Drop off/pick up:
 4:00pm

WEDNESDAY PART 1

MORNING:
 \$10 - IN CENTRE
 lunch included

BBQ:
 10:00-12:00pm
 BBQ to eat for lunch. Enhance independent skills and teamwork.

Lunch:
 12:00-1:00pm

WEDNESDAY PART 2

AFTERNOON:

Gardening:
 1:00-3:00pm
 Plant their own veggies and flowers which they will take home.

Free time:
 3:00pm-4:00pm
 Participants will have the opportunity to play in the playground, play with toys, video game consoles, and engage with others.

Drop off/pick up:
 4:00pm

THURSDAY PART 1

MORNING:
 Community Engagement

Community:
 10:00-12:00pm
 Take a train to Blacktown Art Centre

Lunch:
 12:00-1:00pm

THURSDAY PART 2

AFTERNOON:

Trip back home:
 1:00pm-3:00pm

Free time:
 3:00-4:00pm
 Participants will have the opportunity to play in the playground, play with toys, video game consoles, and engage with others.

Drop off/pick up:
 4:00pm

FRIDAY PART 1

MORNING:
 \$10 - IN CENTRE
 lunch included

Drop In/Free Time:
 10:00-12:00pm
 Play board games, video games, musical instruments, toys, and time to enjoy with others.

Lunch:
 12:00pm-1:00pm

FRIDAY PART 2

AFTERNOON:

Disco:
 1:00-3:00pm
 Get down and boogie while making friends and building confidence. Dance is a powerful form of therapy; it helps to improve strength, balance, muscle coordination, sense of touch and more.

Drop off/pick up:
 4:00pm

SATURDAY

MORNING:
 Community Engagement

Community:
 10:00-12:00pm
 Bowling. Nature Walks. Take a train to the museum. Trip to the Aquarium.

Lunch:
 12:00pm-1:00pm

AFTERNOON:
 Trip back home/or free time.

SUNDAY

MORNING:
 Community Engagement

Community:
 10:00-12:00pm
 Movies. Trip to the North Sydney on a ferry. Bush walks.

Lunch:
 12:00pm-1:00pm

AFTERNOON:
 Trip back home/or free time.