








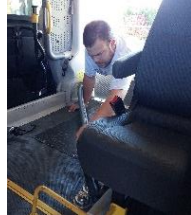










Community Access & Inclusion Choice-Based Program - October 2023





Program Objectives – Life Skills, Money Management, Work Skills, Road Safety Awareness, Community Inclusion, Socialisation /Friendship Building, Food Preparation, Creativity, Numeracy and literacy, Health/Wellness **All Creative Craft Projects are a one-off monthly cost unless stated otherwise**





Monday am-Morning Choices	Tuesday am -Morning Choices	Wednesday am -Morning Choices	Thursday am -Morning Choices	Friday am - Morning Choices
<p>OCTOBER IS NATIONAL BULLYING PREVENTION MONTH</p>	<p>Monday to Thursday – 9 am-11.30 am Sewing Program - Retreat Bag \$20.00</p>  			<p>6th & 13th October - Volunteer @ Family Day Care – 10am-11am 20th October – Volunteer @ Kepnock Grove Aged Care 20th October - RANDOM ACT of KINDNESS – Base Hospital 27th Oct- Field trip – Flying High \$20.00- Bring Companion card</p>
<p>2nd October – Public Holiday</p> <p>Inflatable World \$3.00</p> 	<p>Creative Hands \$15.00</p> 	<p>Community Gardening @ Rotary Lodge</p> 	<p>Meals On Wheels Deliveries</p> 	<p>Meals On Wheels Preparation</p> 
<p>Woodwork – revamp furniture</p> 	<p>Health & Fitness 10th & 24th Oct - LA Dance Studio \$5 17th & 31st Oct Art @ Yalga-binbi Institute @ 10.30am -11.30am followed by lunch @ Gidji Café -\$15</p> 	<p>Choir @ Southern Cross</p> 	<p>5th October – Volunteer @ St Patricks Library 10am 12th October – Morning Tea outing - \$15.00</p> 	<p>Fishing \$3.00 p/week</p> 
<p>Interaction Workshop @ Library TBA - 10am</p> 	<p>Group Meal choice, Shopping & Preparation Lunch</p> 	<p>Money Management Life Skills</p> 	<p>19th October- Days For Girls 26th October Sailability \$15</p> 	<p>Group meal choice, Shopping & Preparation Lunch</p> 
Lunch Time – 11.45 am -12.30 pm				
BYO Lunch	Around the World - Lunch \$5.00	BYO Lunch	BYO Lunch	27 th Oct – BYO Picnic Lunch Around the World -Lunch \$5.00

Monday pm – Afternoon Choices	Tuesday pm – Afternoon Choices	Wednesday pm – Afternoon Choices	Thursday pm - Afternoon Choices	Friday pm – Afternoon Choices
	 <p>Monday to Friday Craft Program – Halloween Activities \$5.00 😊 👥 🏠 🕒</p>			<p>October – LIFT the LID on Mental Illness – Keyring or badge - \$5.00</p> 
<p>Auslan Signing Time 😊 👥 🏠 🕒</p> 	<p>10th Oct – Hat Day – Lift the Lid on Mental Illness - \$15.00</p>  <p>Ipad Skills 😊 👥 📱</p> 	<p>Health & Wellbeing – Raw Awakening Gym – 1 pm - \$4.00 😊 ❤️ 👥</p> 	<p>19th October - First Aid Skills St Johns -1pm 🚑 👥 🕒</p>  <p>Awareness Discussions – Bullying. NO WAY!</p>	<p>Vehicle Maintenance 😊 ❤️ 🕒 ⚙️</p> 
<p>Bowling Leisure Centre \$7.40 👥 😊</p> 	<p>17th October - 12.30-1 pm Zoo Enrichment Program @ Alexander Zoo - 😊 🏠</p> <p>31st October – Halloween Themed Party \$5.00</p>	<p>Community Connect - Visit BRAG/ Library 👥 📖 😊</p> 	<p>Numeracy/ Literacy Skills 📖 🕒 👥 😊</p> 	<p>Music Mash Up 👥 😊</p> 

Objectives
Key

-  Life Skills
-  Road Safety Awareness
-  Food Preparation
-  First Aid Skills

-  Money Management
-  Community Inclusion
-  Socialisation /Friendship Building
-  Technology

-  Work Skills
-  Creativity
-  Numeracy & Literacy
-  Health/Wellness

Reminder: Always bring your labelled hat and water bottle