
































Community Access & Inclusion Choice-Based Program - November 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>Monday to Thursday – 9 am-11.30 am Sewing Program - Christmas Market products</p> 				<p>3rd Nov– Volunteer @ Kepnock Grove Aged Care</p> <p>10th Nov -Remembrance Day (11th) laying of wreath</p> <p>24th Nov - RANDOM ACT of KINDNESS – Ambulance</p>
<p>Swimming ❤️ 😊 👥</p> <p>@ Norville Pool \$4.00 OR Carinbundi Pool</p> 	<p>Creative Hands \$15.00</p>  	<p>Community Gardening @ Rotary Lodge 🏠 😊 👥 🕒</p> 	<p>Meals On Wheels Deliveries ❤️</p>  	<p>Meals on Wheels Prep</p>  
<p>Woodwork – 😊 👥 🏠 🕒</p> 	<p>Health & Fitness ❤️ 😊 👥</p> <p>7th & 21st Nov - LA Dance Studio \$5</p>  <p>14th & 28th Nov -Art @ Yalga-binbi Institute @ 10.30am -11.30am followed by lunch @ Gidji Café -\$15 OR BYO lunch if not attending</p>	<p>Choir @ Southern Cross 9.30am - 📖 👥 😊</p> 	<p>16th Nov – Volunteer @ St Patricks Library 10am</p>  	<p>Fishing \$3.00 p/week 😊 👥 🏠</p> 
<p>Interaction Workshop @ Library 👥 😊 🏠</p> <p>TBA - 10am</p> 	<p>Group Meal choice, Shopping & Preparation Lunch</p>   <p>7th Nov – Melbourne Cup Theme Lunch- \$10.00</p>	<p>Life Skills 🕒 🕒 👥</p> 	<p>16th Nov - Days For Girls</p>   <p>30th Nov -Sailability -\$15</p>	<p>Group meal choice, Shopping & Preparation of Lunch 🕒 🕒 👥 😊</p>  <p>3rd Nov- Silly Hat Day, wear a silly hat</p> <p>17th Nov – Hawaiian Day</p>
Lunch Time – 11.45 am -12.30 pm				
BYO Lunch	Themed - Lunch \$5.00	BYO Lunch	BYO Lunch	BBQ Lunch \$5.00

Monday pm – Afternoon Choices	Tuesday pm – Afternoon Choices	Wednesday pm – Afternoon Choices	Thursday pm - Afternoon Choices	Friday pm – Afternoon Choices
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 <p>Monday to Friday Craft Program – Upcycling Denim Projects \$15.00</p>     				
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Numeracy/ Literacy Bingo















Ipad Skills

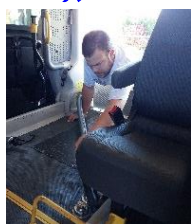




Health & Wellbeing – Raw Awakening Gym – 1 pm - \$4.00






Bowling Leisure Centre -\$7.40





Vehicle Maintenance




Mary's Magical Music session

Community Connect - Visit BRAG/ Library

28th Nov - 12.30-1 pm
Zoo Enrichment Program @ Alexander Zoo -

Centre Donation shopping






Natural Disasters – Growing Together Discussion & Activities



















Music Mash Up

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, water bottle, towel and swimmers .