





NDIS Day Support program Ph:0411 464 987

You decide what you want to do Cost \$5.00 per day + activity cost extra

MEDOWIE

Our Hive: 6 Waropara Road, Medowie

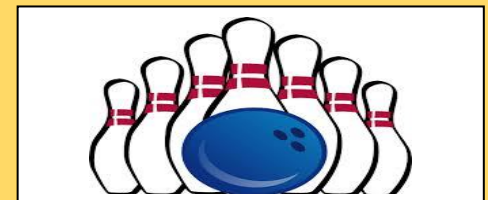
Megan Ph: 0411 464987




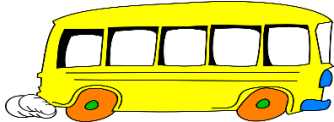

Day of the week	Activity 9am to 3pm	Objectives	Appox.Cost	Bring
<p><u>Mondays:</u> Lets Move It move it Exercise made fun</p> 	<p>Meet at Our Hive 9am -The morning Huddle (planning) 😊 -Load up (transport) to the pool -Swimming through summer -Swimming (exercises) -12:30 Group Lunch at Hive (BYO) -1:15/ 2pm Gymnastics' class - Pack-up & wipe-down -3pm Our Hive pick up time</p>	<ul style="list-style-type: none"> • Gentle exercise • Community interaction • Learn to follow instructions. • Improve muscle strength and hand eye coordination. • Fun interaction with peers 	<p>\$5..00 \$5.00 pool? Summer \$10.00 Gymnastics Or Gym Class?</p>	<p>Closed in shoes, Hat, sunscreen, Water bottle, money for activity, Swimmers, towel, Sun-shirt, thongs snack & lunch</p>
<p><u>Tuesdays:</u> Creative Hands Art Attack Various craft activities</p> 	<p>- 9am Meet at Our Hive -The morning Huddle (planning) 😊 -10:30 morning Tea -Creative participation continues -12:30 Group Lunch - Finish project & Put away -Wind Down - Pack-up & wipe-down -3pm Our Hive pick up time</p>	<ul style="list-style-type: none"> • Encourage self-expression. • Develop fine motor skills. • Develop interpersonal skills. • Develop and create an artwork. • Increase fine motor skill capacity. • Opportunity to engage senses. • Provide opportunity to increase independence and decision-making skills. 	<p>\$15.00</p>	<p>Water bottle, closed in shoes, Snack, lunch, money for the resources</p>

TUESDAY night's 5:45 6pm start

Ten Pin bowling League

Come join in the fun & friendship at Raymond Terrace



<p><u>Wednesdays:</u> Gardening Local community gardens Or Woodwork Come make project with wood.</p> <p>IT empowering</p> 	<p>-9am Meet at Our Hive - Morning huddle (planning) 😊 -Gardening Or woodwork -10:30 Morning Tea - Finish Gardening & Put away tools</p>	<ul style="list-style-type: none"> • Sense of achievement • Gardening skills • Interaction with peers • Crop rotation V Seasons • Understanding Biodynamics • Sense of purpose, growing veg for the local soup kitchen. 	<p>\$15.00</p>	<p>Hat, sunscreen, Water bottle, Closed in shoes, morning tea, lunch,</p> 
<p><u>Thursdays:</u> Cooking Make your lunch Creative cooking together</p> 	<p>- 9am Meet at Our Hive -The morning Huddle (planning) 😊 - Go shopping to Coles -10:30 morning Tea -Cook lunch -12:30 Share our created meal - Clean-up kitchen - Meal plan for the following week - Pack-up & wipe-down - 3pm Our Hive pick up time</p>	<ul style="list-style-type: none"> • Learn to following instructions. • Interaction with peers • Identify Hazard and risks • Menu Planning • Learn cleanliness and hgiene • Improve Kitchen Safety • Opportunities to build new friendships. 	<p>\$15.00</p>	<p>Water bottle, closed in shoes, morning tea, money for the resources, Apron,</p> <p>Hair needs to be tied back for cooking</p>
<p><u>Friday</u> Out & About to various location in Newcastle & Port Stephens</p>	<p>-9am Meet at Our Hive -The morning Huddle (planning) 😊 -Load up (transport) -Stops for morning Tea / lunch if required - 3pm Return to Our Hive for pick up</p>	<ul style="list-style-type: none"> • Travel training • Social behaviour • Money management • Interaction with peers • Capacity building • Community interaction 	<p>\$15.00</p> 	<p>Hat, sunscreen, Water bottle, closed in shoes, opal card, money for activity if required. Snack & lunch</p>
<p>Or Beat it up with Drums</p> 	<p>-9am start at Our Hive - The morning Huddle (planning) 😊 - get into it Drum it up -Lets make music fun -</p>	<ul style="list-style-type: none"> • Builds Confidence • Interaction with fellow musicians • Build Muscle and strengthens bones. • Improves fine motor skills. • Stimulates happy minds & body 	<p>\$15.00</p>	<p>Yourself, Bottle of Water, closed in shoes, snack/ lunch</p>

Come & join in the fun @ “Mates Meeting place” for over 18s on a Friday night 6pm