

ABERDOON ACTIVITY SELECTIONS MONDAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all day

KEY: Considerations to assist in program selections
Individual choice is encouraged & NWDS will not refuse a selection if considerations are not taken into account

COOKING



Objectives:

- Develop independent living skills and shopping skills
- Kitchen skills
- Nutrition
- Recreation
- Process skills
- Learn to cook foods from a range of cultures

Considerations:

Act cost: \$8.00

ART By NATURE



Objectives:

- Do you enjoy drawing, sketching and painting?
- Experience drawing using picture reference in the studio
- Create in a studio environment/Visit within the local area to paint from real life.
- Explore art through different mediums, pencil drawing, pastels, paint and watercolour
- Enjoy the therapy of the creative process

Considerations



Act cost: \$7.00

Daily exercise

- Daily exercise opportunities at Aberdoon, with Fabulous local walking tracks, where we can tailor walks from 10 minutes – 1/2hour within the daily program weather permitting



PHOTOGRAPHY AND NATURE WALK AT ABERDOON



Objectives:

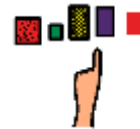
- Learn a new hobby or develop skills in photography
- Focus on art development through photography
- Skills development in using a digital camera
- Preserving special memories
- Build a portfolio of images
- Enjoy walking in the natural environment to take photo's

Considerations:



Act cost: \$6.00

YOUR SUGGESTION!



Is there an activity/program that you would like to do that is not listed? You come up with the idea and we will run it.

Subject to numbers

Considerations:

Act cost: TBC

LIFESTYLE PLANNING



Objectives:

- Learn how to make a mind map
- Create your own lifestyle plan
- Plan & direct your day
- Create a unique and individualised focus on what you wish to achieve out of life
- Become an active community member
- Take charge of your life
- Build relationships and connect with people
- Create positive change in your life
- Be empowered to make informed choices and try new things
- Managing your personal budget
- Choose your own staff

Considerations: Nil

Cost: upon enquiry

ABERDOON ACTIVITY SELECTIONS TUESDAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all day

ABERDOON: ART WORKSHOP DAY



Objectives:

- To provide opportunities to extend the skills of those who have been identified with art ability
- To provide opportunities for use of artist quality media in the development of art works
- To provide opportunities to experience a variety of techniques and stimulus in the development of art works
- To provide opportunities to experience exhibitions and increase participation through exposure to the work of others within the broader community

Considerations



Cost: \$8.00

ABERDOON SWEET TREAT ENCLAVE



Objectives:

- Improve fine motor skills
- Learn practical techniques to create sweet treats
- Showcase baking & decorating ability
- Learn different preparation and cooking techniques
- Enjoy baking and creating
- Enjoy taste testing
- Opportunity to create treats for functions and the Coffee shop program

Considerations: Nil

Act Cost: \$7.00

Daily exercise

Daily exercise opportunities at Aberdoon, with Fabulous local walking tracks, where we can tailor walks from 10 minutes – 1/2hour within the daily program, weather permitting.



CARD MAKING AT ABERDOON (2 hours)



Objectives:

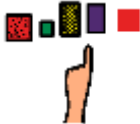
- Craft based activity
- Sensory benefit
- Increase fine motor skills
- Recreation
- Learn new techniques/colour selections
- Undertaken in a social environment with sharing of ideas

Considerations:



Act cost: \$7.00

YOUR SUGGESTION!



Is there an activity/program that you would like to do that is not listed? You come up with the idea and we will run it.

Subject to numbers

Considerations:

Act cost: TBC

KEY: Considerations to assist in program selections

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ABERDOON ACTIVITY SELECTIONS

WEDNESDAY



Literacy skills required



Fine motor skills required



Not wheelchair accessible



Program out all day

KEY: Considerations to assist in program selections

Individual choice is encouraged & NWDS will not refuse a

CAFÉ ABERDOON



Objectives:

- Shopping skills
- Food handling and preparation skills
- Table preparation
- Learning recipes and cooking styles
- Learning to wait on people and serve food
- Increasing communication skills in dealing with clients at North West and developing to opening to the general public.

Considerations: Nil Act cost: 7.00

SEWING AND KNITTING CLUB



Objectives:

- Do you like working with your hands
- Enjoy doing simple sewing, knitting and crocheting projects.
- Learn new skills in a creative and vibrant environment.
- Build on creative skills, co-ordination, fine motor skills and concentration.
- Create simple and fun projects

Considerations: Act Cost \$8.00

ABERDOON ACTIVITY SELECTIONS THURSDAY

KEY: Considerations to assist in program selections
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Literacy skills required
 Fine motor skills required
 Not wheelchair accessible
 Program out all day

ABERDOON: Pottery




Objectives:

- To provide opportunities for participants to learn skills in pottery.
- Use various tools and techniques for real hands on sensory activity for fine motor skill development.
- To use inclusive techniques that assist participants to make choices of colour, media and positioning of elements to create works
- Works will be kiln fired with beautiful colours
- Participants to have end products that they can take and share with pride with their families
- Have fun

Considerations: **COST: \$8.00**

COOKING




Objectives:

- Develop independent living skills
- Kitchen skills
- Nutrition
- Recreation
- Process skills
- Learn to cook foods from a range of cultures

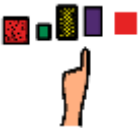
Considerations: **Act cost: \$7**

Daily exercise

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YOUR SUGGESTION!



Is there an activity/program that you would like to do that is not listed? You come up with the idea and we will run it.

Subject to numbers

Considerations: **Act cost: TBC**

ABERDOON ACTIVITY SELECTIONS

FRIDAY

Literacy skills required
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 Not wheelchair accessible
 Program out all day

ABERDOON: PROCESS ART & CRAFT



Objectives:

- Self-expression
- Using personal experiences
- Sensory benefit
- Process skills, using lots of different techniques to produce art and craft
- Opportunity to create in an environment where new expressions and materials are utilised
- Develop social skills with fun group projects
- Opportunity to develop individual skills in art/craft

Considerations: Nil **Act cost: \$7.00**

JEWELLERY & BEAD MAKING – SMALL



Objectives:

- Self-expression
- Opportunity to be in a creative environment making bracelets, earrings and necklaces with different bead materials
- Fine motor skills of threading, beading and finishing items
- Opportunity to develop individual skills, designing, colour

Considerations: **Act cost: \$8.00**

Friday at Aberdoon

- Develop social skills with fun group projects as discussed in process Art and Craft



YOUR SUGGESTION!



Is there an activity/program that you would like to do that is not listed? You come up with the idea and we will run it.

Subject to numbers

Considerations: **Act cost: TBC**

Daily exercise

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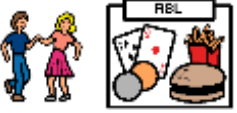




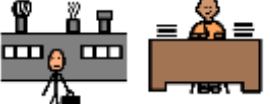




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NWDS also offers a range of other social activities/opportunities. Are you interested in any of the following? Please and we will provide further information. Suggestions welcome!

We can take bookings now for:

 <p>Outback Adventures – many exciting trips planned for 2016, see website for destinations/dates</p>	 <p>Table of 8 Dinner Parties – held monthly, see website for dates</p>	 <p>Friday Night Football – held during NRL season (Winter)</p>	 <p>Tuesday night Men’s Group – held weekly at Conie Avenue</p>
 <p>RSL Disco’s – held once every second month, see website for dates</p>	 <p>Conie Avenue Discos - held once per month, see website for dates</p>	 <p>Concerts/musicals –Flyer of all proposed events coming soon</p>	 <p>Come & Try Days at the Secret Garden - see website for dates, come & explore our wonderful garden!</p>
 <p>Tafe Assessment/TAFE courses</p>	 <p>Work Experience</p>	 <p>Nordolf Robbins Music Therapy</p>	 <p>NWDS Swimming Squad</p>