

	8am – 10.15am	10.30am – 12pm	12.30pm – 2pm	2.30pm – 4pm
Monday	<b>Literacy and Numeracy Skills:</b> Including games, comprehension tasks and bingo 	<b>Arts, Wellbeing and Cooking:</b> A variety of activities conducted on a rotating basis to build on participants fine motor and life skills  	<b>Active Games:</b> Gym, Dance, Yoga and Other group activities <b>and</b> <b>Research Projects:</b> Discover interesting facts across a broad range of topics, Kahoot, Prodigy 	<b>Movies</b> 
Tuesday	<b>Literacy and Numeracy Skills:</b> Including games, comprehension tasks and bingo 	<b>Walking group</b> Getting out and about participants will explore local parks, walking tracks and attractions. 	<b>Scrapbooking:</b> Participants will design their own scrapbooking using a range of themes and idea. Including Calendar making.  <b>Social Games:</b> Card, carpet bowls and board games	<b>Movies</b> 
Wednesday	<b>Literacy and Numeracy Skills:</b> Including games, comprehension tasks and bingo 	<b>Cooking, Arts and Scrapbooking:</b> Conducted on a rotating basis participants will engage in these activities to build their independence, life and fine motor skills. 	<b>Wellbeing:</b> Participants will learn the importance of identity, connecting with others and working as a team. <b>Games and exercise:</b> Outdoor games and gentle exercises including gym circuit, dancing and meditation.	<b>Movies</b> 
Thursday	<b>Literacy and Numeracy Skills:</b> Including games, comprehension tasks and bingo 	<b>Gardening and Community Access:</b> On a rotating basis, learn to maintain garden beds and grow our own produce for programs and explore the local community and nearby attractions. 	<b>Paper crafts, team building games and meditation:</b> With the provision of craft projects, get up and moving games or meditation on a rotating basis there's something for each participant to enjoy. 	<b>Movies</b> 
Friday	<b>COMMUNITY BUS TRIP</b> 	To various locations: <ul style="list-style-type: none"> <li>- Bowling</li> <li>- Local Museums</li> <li>- Exploring nearby towns</li> </ul> And more	  	Pick up and drop off service offered on this day. Please note: Pick up will occur between 8am and 9am and drop off will occur between 1pm and 2pm

**The rotation of activities within the program are designed to bring variety to the sessions for the participants. Within these rotations excursions will also be included. Participants will be provided with a hand out to highlight the dates of these excursions and when lunch is not required in advance. This is to ensure correct food and clothing are worn and packed on the day.**

**Bookings essential, spaces are limited.**

For further information, contact Andrea on **0497 895 005** or **02 6059 0400** or email [aware.manager@awcc.edu.au](mailto:aware.manager@awcc.edu.au)