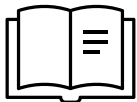



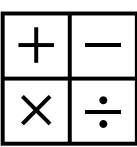
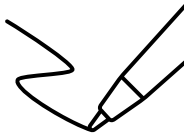

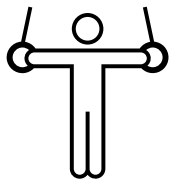

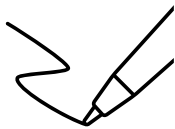

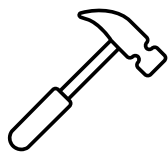


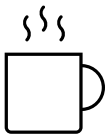


## MONDAY

<b>To start 9am – 10am</b>	
	<p><input type="checkbox"/> <b>Journaling</b></p> <p>Customers will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.</p>
	<p><input type="checkbox"/> <b>Coffee Club (\$2)</b></p> <p>A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.</p>
<b>Morning Program 10am – 12pm</b>	
	<p><input type="checkbox"/> <b>Cooking (\$5)</b></p> <p>Develop skills to learn to cook independently by trying a variety of techniques. Participants will develop a collection of recipes to cook, with a focus on healthy eating and the occasional sweet treat!</p>
	<p><input type="checkbox"/> <b>Art (\$3)</b></p> <p>Participate in a range of art activities and projects using a variety of techniques. This Program involves group art projects as well as individual projects.</p>
	<p><input type="checkbox"/> <b>Maths and Money</b></p> <p>Customers will practice the skills required for independent living whilst improving money skills, practising budgeting, and completing basic maths activities.</p>
<b>Afternoon Programs 12pm – 3pm</b>	
	<p><input type="checkbox"/> <b>Literacy Skills</b></p> <p>Continue to develop and practice basic literacy skills such as reading, writing, typing and comprehension in a group program</p>
	<p><input type="checkbox"/> <b>Woodwork (\$3)</b></p> <p>Participants in woodwork will be involved in the planning, design, and creation of wooden projects. The group will also learn how to use woodworking tools safely and how to keep a safe working environment.</p>
	<p><input type="checkbox"/> <b>Gymnastics (\$10 + travel costs)</b></p> <p>This is an instructor led session held at the Ballarat Aquatic and lifestyle Centre and finishes at 3pm. Participants will then travel back to Golden Point for pick up from 3:20pm, you may choose to collect directly from the Centre on Gillies Street at 3pm.</p>



## TUESDAY

<b>To start 9am – 10am</b>	
	<p><input type="checkbox"/> <b>Journaling</b></p> <p>Customers will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.</p>
	<p><input type="checkbox"/> <b>Coffee Club (\$2)</b></p> <p>A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.</p>
<b>Morning Program 10am – 12pm</b>	
	<p><input type="checkbox"/> <b>Cooking (\$5)</b></p> <p>Develop skills to learn to cook independently by trying a variety of techniques. Participants will develop a collection of recipes to cook, with a focus on healthy eating and the occasional sweet treat!</p>
	<p><input type="checkbox"/> <b>Literacy Skills</b></p> <p>Continue to develop and practice basic literacy skills such as reading, writing, typing and comprehension in a group program.</p>
	<p><input type="checkbox"/> <b>Music</b></p> <p>Develop your musical skills through a range of music-based activities.</p>
	<p><input type="checkbox"/> <b>Woodwork (\$3)</b></p> <p>Participants in woodwork will be involved in the planning, design, and creation of wooden projects. The group will also learn how to use woodworking tools safely and how to keep a safe working environment.</p>
<b>Afternoon Programs 12pm – 3pm</b>	
	<p><input type="checkbox"/> <b>Music</b></p> <p>Develop your musical skills through a range of music-based activities.</p>
	<p><input type="checkbox"/> <b>Woodwork (\$3)</b></p> <p>Participants in woodwork will be involved in the planning, design, and creation of wooden projects. The group will also learn how to use woodworking tools safely and how to keep a safe working environment.</p>
	<p><input type="checkbox"/> <b>Barista (\$2)</b></p> <p>Work towards a goal of gaining employment in a café by learning how to make the perfect coffee, tea, hot chocolate, and milkshake. Learn how to safely operate a coffee machine. Develop a resume to assist you with job applications.</p>



1800 746 272

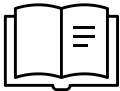


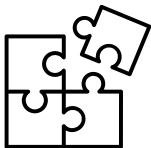


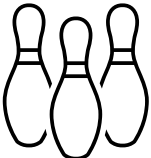



[alocoordinators@pinarc.org.au](mailto:alocoordinators@pinarc.org.au)







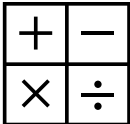
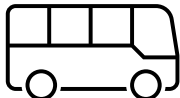



[pinarc.org.au](http://pinarc.org.au)

## WEDNESDAY

<b>To start 9am – 10am</b>	
	<p><input type="checkbox"/> <b>Journaling</b></p> <p>Customers will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.</p>
	<p><input type="checkbox"/> <b>Coffee Club (\$2)</b></p> <p>A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.</p>
<b>Morning Program 10am – 12pm</b>	
	<p><input type="checkbox"/> <b>Cooking (\$5)</b></p> <p>Develop skills to learn to cook independently by trying a variety of techniques. Participants will develop a collection of recipes to cook, with a focus on healthy eating and the occasional sweet treat!</p>
	<p><input type="checkbox"/> <b>Social Skills and Games</b></p> <p>Participate in a range of art activities and projects using a variety of techniques. This Program involves group art projects as well as individual projects.</p>
	<p><input type="checkbox"/> <b>My Voice</b></p> <p>A structured program that supports customers to develop and practice their skills in self-advocacy in a fun and accessible way.</p>
<b>Afternoon Programs 12pm – 3pm</b>	
	<p><input type="checkbox"/> <b>Swimming (\$7 + travel costs)</b></p> <p>A casual swim at the Ballarat Aquatic Centre. Participants and staff will travel by taxi to the Ballarat Aquatic Centre for a casual swim and return to Golden Point prior to 3pm.</p>
	<p><input type="checkbox"/> <b>Ten Pin Bowling (\$9 + travel costs)</b></p> <p>Each week Participants will travel by taxi to Ballarat's brand new Ten Pin Bowling centre for a friendly game against each other! Travel costs will be divided between Participants each week and invoiced.</p>
	<p><input type="checkbox"/> <b>My Voice</b></p> <p>A structured program that supports customers to develop and practice their skills in self-advocacy in a fun and accessible way.</p>
	<p><input type="checkbox"/> <b>Health and Wellbeing</b></p> <p>Participants will learn about other aspects of life that contribute to our health and happiness aside from diet and exercise. This includes friendships, mental health, hobbies and healthy self-esteem.</p>



## THURSDAY

To start 9am – 10am	
	<p><input type="checkbox"/> <b>Journaling</b></p> <p>Customers will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.</p>
	<p><input type="checkbox"/> <b>Coffee Club (\$2)</b></p> <p>A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.</p>
Morning Program 10am – 12pm	
	<p><input type="checkbox"/> <b>Cooking (\$5)</b></p> <p>Develop skills to learn to cook independently by trying a variety of techniques. Participants will develop a collection of recipes to cook, with a focus on healthy eating and the occasional sweet treat!</p>
	<p><input type="checkbox"/> <b>Art (\$3)</b></p> <p>Participate in a range of art activities and projects using a variety of techniques. This Program involves both group and individual art projects.</p>
	<p><input type="checkbox"/> <b>Maths and Money</b></p> <p>Customers will practice the skills required for independent living whilst improving money skills, practising budgeting, and completing basic maths activities.</p>
	<p><input type="checkbox"/> <b>Travel Training (All day activity \$7)</b></p> <p>Each week the group will start by planning how they will get to their destination using public transport and then travel together to the location, sometimes completing an activity such as bowling or morning tea and then using public transport to return to Golden Point</p>
Afternoon Programs 12pm – 3pm	
	<p><input type="checkbox"/> <b>Nutrition and Exercise</b></p> <p>The nutrition and exercise program focuses on healthy eating and being physically active. Each session will involve learning about nutrition and a physical activity.</p>
	<p><input type="checkbox"/> <b>Art (\$3)</b></p> <p>Participate in a range of art activities and projects using a variety of techniques. This Program involves both group and individual art projects.</p>
	<p><input type="checkbox"/> <b>Barista (\$2)</b></p> <p>Work towards a goal of gaining employment in a café by learning how to make the perfect coffee, tea, hot chocolate, and milkshake. Learn how to safely operate a coffee machine. Develop a resume to assist you with job applications.</p>



## FRIDAY

<b>To start 9am – 10am</b>	
	<input type="checkbox"/> <b>Journaling</b> Customers will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.
	<input type="checkbox"/> <b>Coffee Club (\$2)</b> A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.
<b>Morning Program 10am – 12pm</b>	
	<input type="checkbox"/> <b>Cooking (\$5)</b> Develop skills to learn to cook independently by trying a variety of techniques. Participants will develop a collection of recipes to cook, with a focus on healthy eating and the occasional sweet treat!
	<input type="checkbox"/> <b>Ten Pin Bowling (\$9 + travel costs)</b> Each week Participants will travel by taxi to Ballarat's brand new Ten Pin Bowling centre for a friendly game against each other! Travel costs will be divided between Participants each week and invoiced.
	<input type="checkbox"/> <b>Pennyweight Swimming</b> Enjoy a relaxing swim in our heated indoor pool at Pennyweight or use the time to be supported in completing your hydro exercises. Note, if you choose this option, you will be located at Pennyweight for the entire day, drop off and pick up is from 222 Otway Street South.
	<input type="checkbox"/> <b>Creative Writing</b> Our creative writing program is designed to practice grammar, spelling, and vocabulary in a creative way. The group will be supported to use their imagination to express their ideas and thoughts on paper.
<b>Afternoon Programs 12pm – 3pm</b>	
	<input type="checkbox"/> <b>Movie Appreciation</b> A relaxing way to end a busy week, Participants will watch a movie of the group's choice on the big screen projector while chilling on the bean bags!
	<input type="checkbox"/> <b>Online</b> Complete projects, research topics of interest, improve your computer skills whilst learning about online safety and how to navigate the online world.

