

# Day Program Weekly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Cooking Class</b> <b>10am-1:30pm</b></p> <p>Learn essential kitchen skills like chopping, following recipes, creating shopping lists, and enjoying the joy of making homemade meals.</p> <p><b>Art Class</b> <b>1:30pm-4:30pm</b></p> <p>Explore your creativity through painting, drawing, and other artistic techniques in a fun and supportive environment.</p>	<p><b>Barista Class</b> <b>10am-1:30pm</b></p> <p>Learn coffee-making skills, including brewing techniques, machine handling, and creating latte art, in a hands-on barista class.</p> <p><b>Cooking Class</b> <b>1:30pm-4:30pm</b></p> <p>Learn essential kitchen skills like chopping, following recipes, creating shopping lists, and enjoying the joy of making homemade meals.</p>	<p><b>Cooking Class</b> <b>10am-1pm</b></p> <p><b>Creative workshop</b> <b>10am-1pm</b></p> <p>Explore your creativity through hands-on projects like crafts, art, and DIY creations in a fun, supportive space.</p> <p><b>Pathway to Wellness</b> <b>1pm-4pm</b></p> <p>Pathway to Wellness offers yoga, meditation, and self-exploration to nurture balance and inner peace.</p>	<p><b>Psychosocial Skills</b> <b>11am-2pm</b></p> <p>Build confidence, improve communication, and develop life skills in a supportive environment through our Psychosocial Skills Program</p> <p><b>*Yay to Friday</b> <b>2pm-6pm</b></p> <p>Enjoy fun social outings every Friday, with a different activity each week to connect, explore, and have a great time</p>	<p><b>Yay to Saturday</b> <b>12pm-3pm</b></p> <p>Connect with others, make new friends, and explore exciting activities every Saturday, designed to inspire socialising and outdoor adventures</p>

\*Yay to Friday may include out-of-pocket fees. All other programs are billed through the NDIS plan.

**WE HAVE EXPERIENCED, TRAINED, AND QUALIFIED SUPPORT WORKERS READY TO ASSIST YOU. FOR BOOKINGS OR MORE INFORMATION, PLEASE CONTACT US AT:**

