

Keep Moving

Days: Monday or Thursday
12.45pm to 3pm

A new fun and exciting opportunity to take part in a program aimed at positive wellness for ageing and individuals with mobility difficulties.

Incorporating activities to enhance physical movements and positive wellbeing, through exercise, games and dance.

A variety of exercises to help support fine and gross motor skills.

Maintain and improve mobility.

COST \$5 per session

Sensory Focus

Days: Wednesday
12.45pm to 3pm

A program designed to offer participants a calming, relaxing and peaceful space to unwind.

Offering peaceful background music, light effects, light massages and a variety of options to get cozy and comfortable (including princess chairs, bean bags, plinth and tilt table).

Sensory program is a wonderful way to provide relief of stress and anxiety.

COST \$5 per session

Boxing / Exercise

Days: Tuesday or Thursday
9.30am to 10.30am

Completing a wide variety of exercises and boxing to encourage movement, fitness, strengthening and positive wellbeing.

Aimed at maintaining and improving mobility.

Promoting hand and eye coordination and improve balance.

Incorporating physio recommended routines/exercises to ensure that each individual is meeting their personal goals.

To be involved in a fun, uplifting and rewarding exercise program.

COST \$5 per session

Communication and Education

Days: Monday or Wednesday
9.30am to 12pm

A group program focused on building and expanding vocabulary.

Supporting participants to expand and elaborate on communication skills.

Working on language development, speech, pronouncing, sounding and articulating words.

Completing activities which encourage thinking and problem solving.

Learning basic skill such as money, counting, math's, spelling.

Understanding emotions and how to express them.

(In consultation with a speech therapist)

COST \$5 per session

