

Pinarc Disability Support Independent Living Skills Program	
Subjects	Activities to develop the confidence and skills required for independent living.
Barista to Work (Tait St, Bonshaw) \$2.00 / session Wednesday ONLY	<ul style="list-style-type: none"> • To learn to make the perfect coffee, tea and hot chocolate • To learn coffee machine operation • To learn coffee presentation • To learn about cleaning and maintenance of equipment • To work towards goal of employment in a café • To develop resume for job applications
Coffee Club (Tait St, Bonshaw) \$2.00 / session	<ul style="list-style-type: none"> • Make a drink to enjoy while socialising with your peers
Cooking \$4.00 / session	<ul style="list-style-type: none"> • To develop skills to cook independently • To try a variety of cooking styles and techniques • To learn about healthy eating choices • To understand importance of clean meal preparation spaces
Gardening No Fee	<ul style="list-style-type: none"> • To develop independent gardening skills • Understanding of seasonal growing cycles • Participating in the planting, growing, and harvesting of produce
Health and Wellbeing No fee	<ul style="list-style-type: none"> • To participate in a range of relaxation and exercise activities • To learn about hygiene and personal care • To learn about healthy food choices • To improve self-esteem and respect for others
Home Care No fee	<ul style="list-style-type: none"> • To learn the steps involved in completing home care tasks. • To practice these homecare tasks.
ILS Art \$2.00 / session	<ul style="list-style-type: none"> • To participate in a range of art activities using a variety of techniques • To explore a range of craft activities • To be involved in group art projects as well as individual projects
Literacy (English St, Golden Point) No fee	<ul style="list-style-type: none"> • To practice the skills required for independent living • To be able to read community signs, menus, timetables etc. • To practice writing and typing skills • *Bonshaw offers numeracy and literacy as a joint program
Maths & Money (English St, Golden Point) No fee	<ul style="list-style-type: none"> • To practice the skills required for independent living • To improve money handling skills • To practice budgeting skills
Money Skills (Bonshaw) No Fee	<ul style="list-style-type: none"> • To practice the skills required for independent living • To improve money handling skills • To practice budgeting skills
Music and Dance No fee	<ul style="list-style-type: none"> • To try out a range of music activities • To experience movement, dance, and theatre • To use technology to create beats, rhythms, and songs • To experience music through different instruments
On-line No fee	<ul style="list-style-type: none"> • To learn about on-line safety and managing photos • To learn about social media, email and searching for movies • To develop a term newsletter • To prepare a resume, practice for interviews and to improve computer skills

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My Voice	<ul style="list-style-type: none"> • Learn foundational leadership skills and knowledge through practical exercises and activities that are engaging and rewarding. • Work with a small team to organise four events across the year while having opportunities • to practice and develop leadership skills and knowledge • Engage with different leaders from within Pinarc and their community • Develop confidence in your abilities and challenge yourself through new experiences, become a leader & advocate on issues that matter to you
Physical Activity No fee	<ul style="list-style-type: none"> • To improve general fitness • To experience a range of physical activities such as yoga, tai chi, walking, dance etc. • To learn about the health impacts of exercise <p>To act as a pathway to encouraging regular exercise</p>
Science \$3.00 / session	<ul style="list-style-type: none"> • Exploring and engaging in hands on learning experiences with experiments and group projects
Social Interactions No fee	<ul style="list-style-type: none"> • To learn about social communication and interactions through group activities • To explore emotions and responding to others' feelings • To learn about on-line and personal safety • To provide opportunity to form meaningful relationships
Studio Artz (English St, Golden Point) \$5.00 / session (All day) Thursday ONLY	<ul style="list-style-type: none"> • To participate in a range of art activities and projects using a variety of techniques including sculpture, painting, sewing and develop skills in your area of interest • To create art pieces for local exhibitions- 2022 Exhibitions include the Ballarat Apron Festival during Heritage week, The Birds and Bee's Spring Exhibition and the Christmas Spectacular Exhibition. • This program is facilitated by an Arts specialist
Swimming (Pennyweight) \$5.00 / session Friday ONLY	<ul style="list-style-type: none"> • To be supported to swim and exercise in our heated therapy pool at Pennyweight.
Travel Training (English St, Golden Point) No fee	<ul style="list-style-type: none"> • To learn how to plan outings • To practice reading public transport timetables • Taking small groups out into the community using public transport. <ul style="list-style-type: none"> - Myki cards will need to be purchased and topped up by participants (if they are not already owned).
Woodwork (English St, Golden Point) \$3.00 / session	<ul style="list-style-type: none"> • To learn to use woodworking tools safely • To participate in the creation of wooden products • To learn about design and planning • To learn about maintaining a clean and safe work environment
Energiser Activities	<ul style="list-style-type: none"> • Short games and activities aimed at getting your mind and body ready for the day
Team Building/ Socialization/group Games	<ul style="list-style-type: none"> • Games and activities that are aimed at bringing the group together. Including time for socialising with friends.

Fees are charged in week 1 and cover the costs for the whole term
Payment options include invoice or costs claimed from participant NDIS plan.