

Independent Living Skills Timetable

Semester 1 – Golden Point

January – June 2024

Your timetable will stay the same for 6 months. You are welcome to request a change at any time by either seeing a coordinator on site or emailing alocoordinators@pinarc.org.au

Time	Monday	Tuesday	Wednesday	Thursday	Friday (Golden Point Option)	Friday (Pennyweight Option)
9:00am – 10:00am	<input type="checkbox"/> Journaling <input type="checkbox"/> Coffee Club (\$2)	<input type="checkbox"/> Journaling <input type="checkbox"/> Coffee Club (\$2)	<input type="checkbox"/> Journaling <input type="checkbox"/> Coffee Club (\$2)	<input type="checkbox"/> Journaling <input type="checkbox"/> Coffee Club (\$2)	<input type="checkbox"/> Journaling <input type="checkbox"/> Coffee Club (\$2)	<input type="checkbox"/> Attend our Pennyweight site for the day and use our indoor heated swimming pool for a casual swim or to complete your hydrotherapy exercises. Swim times vary and the cost is \$5 per swim. Alongside a swim you will have access to <ul style="list-style-type: none"> - Sensory room - Games - Puzzles - Walks to the local park. - Cooking - Books - Podcasts
10:00am – 10:30am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
10:30am – 12:00pm	<input type="checkbox"/> Cooking (\$4) <input type="checkbox"/> Art (\$3) <input type="checkbox"/> Maths and Money	<input type="checkbox"/> Cooking (\$4) <input type="checkbox"/> Literacy Skills <input type="checkbox"/> Music <input type="checkbox"/> Woodwork (\$3)	<input type="checkbox"/> Cooking (\$4) <input type="checkbox"/> Social Skills <input type="checkbox"/> My Voice - Advocacy Program	<input type="checkbox"/> Cooking (\$4) <input type="checkbox"/> Maths and Money <input type="checkbox"/> Art (\$3) <input type="checkbox"/> Travel Training (\$7)	<input type="checkbox"/> Cooking (\$4) <input type="checkbox"/> Ten Pin Bowling (\$11 + travel) <input type="checkbox"/> Creative Writing	
12:00pm – 12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30pm – 1:00pm	Energiser Activities and Gardening option	Energiser Activities and Gardening option	Energiser Activities and Gardening option	Energiser Activities and Gardening option	Energiser Activities and Gardening option	
1:00pm – 2:30pm	<input type="checkbox"/> Drama (\$3) <input type="checkbox"/> Nutrition and Exercise <input type="checkbox"/> Literacy Skills	<input type="checkbox"/> Woodwork (\$3) <input type="checkbox"/> Barista (\$2) <input type="checkbox"/> Music	<input type="checkbox"/> Science (\$3) <input type="checkbox"/> Health and Wellbeing <input type="checkbox"/> My Voice – Advocacy Program	<input type="checkbox"/> Nutrition and Exercise <input type="checkbox"/> Barista (\$2) <input type="checkbox"/> Art (\$3)	<input type="checkbox"/> Online <input type="checkbox"/> Movie Appreciation	
2:30pm – 3:00pm	Pack up and do goal sheets	Pack up and do goal sheets	Pack up and do goal sheets	Pack up and do goal sheets	Pack up and do goal sheets	

Total program costs for 6 months				
Monday – 20 sessions	Tuesday – 22 sessions	Wednesday – 22 sessions	Thursday – 21 sessions	Friday – 20 sessions
Coffee club: \$2 per session - total \$40 Cooking: \$4 per session - total \$80 Art: \$3 per session - total \$60 Drama Club: \$3 per session - total \$60	Coffee Club: \$2 per session - total \$44 Cooking: \$4 per session - total \$88 Woodwork: \$3 per session - total \$66	Coffee Club: \$2 per session - total \$44 Cooking: \$4 per session - total \$88 Science: \$3 per session - total \$66	Coffee Club: \$2 per session - total \$42 Cooking: \$4 per session - total \$84 Art half day: \$3 per session - total \$63 Art full day: \$5 per session - total \$105 Travel Training: \$7 per session - \$147 Barista: \$2 per session - total \$42	Coffee Club: \$2 per session - total \$40 Cooking: \$4 per session - total \$80 Swimming: \$5 per session - total \$100 Ten Pin Bowling: \$11 per session – total \$88 plus travel.

Program	Description
Art \$3.00 / half day session \$5.00 / full day session	Our art program allows you 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. You will be involved in group art projects as well as individual projects. Customers will have the chance to have their artwork displayed in an internal exhibition at the end of the year. Guest artists will visit to run specialised sessions throughout the year.
Barista to Work \$2.00 per session	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. Participate in activities that assist you to understand all the workings of a café including taking orders, making drinks, communicating with customers and cleaning your workplace. Develop a resume to assist you with job applications.
Coffee Club \$2.00 per session	The Coffee Club is a group who get together to enjoy a drink whilst socialising with their peers. During this time customers will be supported to engage in group discussions and participate in group activities including board games, card games and quizzes.
Cooking \$4.00 per session	Developing skills to learn to cook independently by trying a variety of cooking skills and techniques. Customers will develop a collection of recipes to cook with a focus on healthy eating with the occasional sweet treat. Customers will also learn about kitchen and food safety.
Creative Writing	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 and creativity to express their ideas and thoughts on paper.
Drama Club \$3.00 per session	Drama club is a group that explores different methods of performance. The customers will be supported to develop communication skills, gain confidence, explore creativity and practise teamwork.
Energiser Activities and Gardening option	Some customers may require longer for lunch then others so during this time we will be offering short energiser games and the option to spend some time in the garden before your afternoon program.
Health and Wellbeing	In health and wellbeing customers will learn about the other aspects of life that contribute to our health and happiness aside from diet and exercise. This includes friendships, mental health, fun hobbies, and healthy self-esteem.
Journaling	Customers will be supported to write a daily journal entry. This time allows for them to either reflect on the day before or plan for the day ahead. it also allows for development of Literacy skills and social skills as the group discuss what they will journal about.
Literacy Skills	Continue to develop and practice basic literacy skills such as reading, writing, typing and comprehension in a group program
Maths and Money	Customers will practice the skills required for independent living whilst improving money skills, practising budgeting, and completing basic maths activities.
Movie Appreciation	A relaxing way to end a busy week, Customers will watch a movie of the group's choice on the big screen projector while chilling on the bean bags!
Music	Develop your musical skills through a range of music-based activities. Experience playing different instruments to join in with group performances. Show off your talents with individual solo performances. Use technology to create beats rhythms and songs. Participate in music quizzes and belt out a tune on the karaoke machine.

My Voice - Advocacy Program	<p>We recognise that while we are able to provide information and support, there is a real need for people with disability to learn more about their rights, be able to develop and practice their skills in self-advocacy and create connections in the community that they live in.</p> <p>The My Voice program provides a structure of learning in a fun and accessible way, where participants can:</p> <ul style="list-style-type: none"> • Work in a group to plan an event that matches their interests and strengths • Develop their communication, social, negotiation and working with other people skills • Practice their leadership skills and connect with leaders in our local community • Increase their feeling of empowerment and ability to make and advocate for decisions that impact their lives <p>The My Voice program is an all-day group and will involve sessions in the community.</p>
Nutrition and Exercise	The nutrition and exercise program focuses on healthy eating and being physically active. Each session will involve learning about nutrition and a physical activity.
Online	Complete projects, research topics of interest, improve your computer skills whilst learning about online safety and how to navigate the online world.
Science \$3.00 per session	Participate in group projects and experiments to learn about how the natural and physical world interact. Complete several hands-on learning experiences that engage all of your senses.
Social Skills	The Social skills program is focused on practicing the skills we use to communicate and interact with each other both verbally and non-verbally through group activities.
Swimming \$5.00 per session Friday only	<p>Enjoy a relax in our heated indoor pool at Pennyweight or use the time to be supported in completing your hydro exercises.</p> <p>If you choose Swimming, you will be located at Pennyweight for the entire day – drop off and pick up is from Pennyweight (222 Otway Street South). This is an ILS offered program so you will be supported by ILS staff and in a group with other ILS participants. Places for this program will be limited.</p>
Ten Pin Bowling \$11 plus travel	Each week customers 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 customers each week and invoiced.
Travel Training \$7.00 per session pending planned activities	<p>The travel training customers will start the term by collectively creating a list of local places and attractions they would like to visit during the term. Each week the group will start the session by planning how they will get to their destination using public transport. The group will 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 for the afternoon program.</p> <p>Myki cards will need to be purchased and topped up by participants (if they are not already owned).</p>
Woodwork \$3.00 per session	Customers in woodwork will participate in the planning, design, and creation of wooden products. The group will also learn how to use woodworking tools safely and how to keep a safe working environment.

Program Costs will be invoiced at the start of each semester. These costs allow us to plan the activities ahead and purchase the required materials and resources.

If you change program activities after payment, these costs can be transferred to another activity or reimbursed.

we can claim these from your NDIS plan's core supports budget.

Please select from the below payment options.

Charged from NDIS Plan.

Invoiced to customer.

Any Questions please contact 5329 1300 or email alocoordinators@pinarc.org.au

