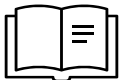
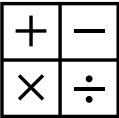
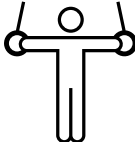


MONDAY

To start 9am – 10am	
	☐ Journaling Participants will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.
	☐ Coffee Club (\$2) A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.
Morning Program 10am – 12pm	
	☐ Cooking (\$5) A cooking program where participants learn to prepare simple, delicious meals in a fun and supportive environment. It promotes independence, creativity, and confidence in the kitchen.
	☐ Art (\$3) 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.
	☐ Literacy, Maths and Money Participants will practice the skills required for independent living whilst improving money skills, practising budgeting, and completing basic maths activities. Participants will also continue to develop and practice basic literacy skills such as reading, writing, typing and comprehension
Afternoon Programs 12pm – 3pm	
	☐ Baking (\$4) A fun, hands-on program where participants learn baking skills in a supportive environment. The class focuses on teaching simple recipes, encouraging creativity, and building confidence, while also promoting social interaction and independence in the kitchen.
	☐ Woodwork (\$3) 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.
	☐ Gymnastics (\$10 + travel costs) 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.
	☐ Gardening A gardening program with a focus on a hands-on, sensory experience where participants learn to plant, care for, and harvest foods from Golden Points vegetable gardens.



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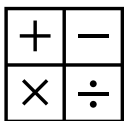


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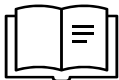
TUESDAY

To start 9am – 10am	
	Journaling Participants will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.
	Coffee Club (\$2) A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.
Morning Program 10am – 12pm	
	Cooking (\$5) A cooking program where participants learn to prepare simple, delicious meals in a fun and supportive environment. It promotes independence, creativity, and confidence in the kitchen.
	Swimming (\$7 + travel costs) 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 lunch.
	Music and Dance An inclusive space to explore rhythm, movement, and expression. Participants will engage in fun activities that enhance coordination, boost confidence, and promote social connections, all while enjoying their favourite music.
	Woodwork (\$3) 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.
Afternoon Programs 12pm – 3pm	
	Mindfulness This program is about offering a calm, supportive space to practice breathing exercises, gentle stretches, and relaxation techniques. Helping participants to reduce stress and build self-awareness.
	Woodwork (\$3) 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.
	Literacy, Maths and Money Participants will practice the skills required for independent living whilst improving money skills, practising budgeting, and completing basic maths activities. Participants will also continue to develop and practice basic literacy skills such as reading, writing, typing and comprehension

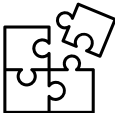


WEDNESDAY

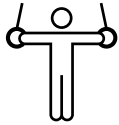
To start 9am – 10am

	☐ Journaling Participants will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.
	☐ Coffee Club (\$2) A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.

Morning Program 10am – 12pm

	☐ Cooking (\$5) A cooking program where participants learn to prepare simple, delicious meals in a fun and supportive environment. It promotes independence, creativity, and confidence in the kitchen.
	☐ Social Skills and Games A tabletop group program with a focus on social skill development. Playing games in a group environment can help build decision making and problem-solving skills as well as enhance our communication and language skills.
	☐ Gardening A gardening program with a focus on a hands-on, sensory experience where participants learn to plant, care for, and harvest foods from Golden Points vegetable gardens.

Afternoon Programs 12pm – 3pm

	☐ Baking (\$4) A fun, hands-on program where participants learn baking skills in a supportive environment. The class focuses on teaching simple recipes, encouraging creativity, and building confidence, while also promoting social interaction and independence in the kitchen.
	☐ Gymnastics (\$10 + travel costs) This is an instructor led session held at the Ballarat Aquatic and lifestyle Centre and runs from 1pm – 2pm. Participants will travel via taxi to and from this program with support staff.
	☐ Ten Pin Bowling (\$9 + travel costs) 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.

All day program Wednesday

	☐ My Voice See separate flyer for more information.
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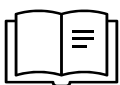
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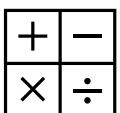
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THURSDAY

To start 9am – 10am

	☐ Journaling Participants will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.
	☐ Coffee Club (\$2) A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.

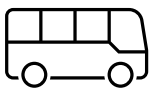
Morning Program 10am – 12pm

	☐ Cooking (\$5) A cooking program where participants learn to prepare simple, delicious meals in a fun and supportive environment. It promotes independence, creativity, and confidence in the kitchen.
	☐ Art (\$3) 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.
	☐ Maths and Money Participants will practice the skills required for independent living whilst improving money skills, practising budgeting, and completing basic maths activities.

Afternoon Programs 12pm – 3pm

	☐ 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.
	☐ Art (\$3) Participate in a range of art activities and projects using a variety of techniques. This Program involves both group and individual art projects.
	☐ Barista (\$2) 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.

All day program Thursday

	☐ Community Adventures (\$7) Community Adventures is an exciting program where participants will explore different locations around Ballarat and occasionally neighbouring towns. Participants enjoy fun outings, build social skills, and experience new places in a supportive group setting.
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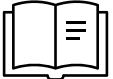
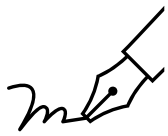
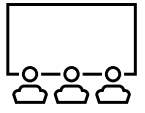
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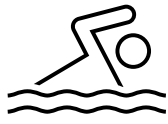
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FRIDAY

To start 9am – 10am

	☐ Journaling Participants will be supported to write a daily journal entry. This time allows for them to reflect and helps develop literacy and social skills.
	☐ Coffee Club (\$2) A social group where everyone enjoys a cuppa and participates in discussions and group activities such as quizzes, board or card games.
Morning Program 10am – 12pm	
	☐ Cooking (\$5) A cooking program where participants learn to prepare simple, delicious meals in a fun and supportive environment. It promotes independence, creativity, and confidence in the kitchen.
	☐ Ten Pin Bowling (\$9 + travel costs) 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.
	☐ 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 to express their ideas and thoughts on paper.
Afternoon Programs 12pm – 3pm	
	☐ Movie Appreciation 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!
	☐ Online Complete projects, research topics of interest, improve your computer skills whilst learning about online safety and how to navigate the online world.

All day program Friday 9am – 3pm

	☐ Pennyweight Swimming Enjoy a relaxing swim in our heated indoor pool at Pennyweight or use the time to be supported in completing your hydro exercises. Swim times may vary and alongside a swim you will have access to the sensory room, games, puzzles, walks to the local park, cooking, books and podcasts. If you choose this option, you will be located at Pennyweight for the entire day – drop off and pick up is from Pennyweight (222 Otway Street Sth).
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