

## **Innisfail L&L Program August to October 2025**

### **Wednesday**

#### Morning Session

Gardening Goodness Woodwork (Employment Skills, Workplace Safety)

Woodwork Guild Shed

(Community Based)

Gardening Goodness

(Centre Based)

Shopping / Money Handling and Budgeting

Local Business, Coles or Woolworths

(Community Based)

#### Middle Session

Cooking Program with Kitchen Hygiene

(Centre Based)

Local Excursions, Post-Lunch Group Planning and Discussions

(Community and Centre Based)

#### Afternoon Session

Garden Work, Creative or Educational Activity & Community Activities in the Innisfail  
Region

(Community and Centre Based)

Backup: Let's VR Away – Virtual Reality Fun/Visual/Media

(Centre Based)

## **Innisfail L&L Program August to October 2025**

### **Thursday**

#### **Morning Session**

Gardening Goodness & Community walk, light garden or puzzles

(Community and Centre Based)

Shopping/Money Handling and Community Awareness

Local Business, Coles or Woolworths

(Community Based)

#### **Middle Session**

Meal preparation/Personal Hygiene Thrive Learning

(Centre Based)

Bike ride/walk to local attractions

(Community Based)

#### **Afternoon Session**

Social Group

Innisfail Library, Etty Bay, Warrina Park, Local Community events

Social Building Skills

(Community Based)

**Once a month a trip to Cairns or Innisfail Surrounds for a community outing,  
alternating Wednesday and Thursday**

## Ideas for activities and community connections

### Garden Projects

- Clean up old garden beds
- Plan and budget for plants
- Shop for seedlings and tools
- Plant new vegetables (seasonal: tomatoes, lettuce, herbs)
- Water and fertilise
- Build scarecrows or signs
- Garden art: painted pots, rock markers
- Harvest days and taste testing

### Art And Crafts

- Garden labels from recycled materials
- Painting rocks or pots
- Make bookmarks for local library
- Create greeting cards for nursing homes
- Halloween decorations (October)
- Christmas planning (late November)
- “My Year” scrapbook pages
- Decorate photo frames

### Music And Movement

- Drum kit sessions: rhythm games
- Music trivia (guess the tune)
- Group jam with maracas, tambourines
- Dancing or chair-based movement

### Driving Simulator

- Practice “L” plate tasks
- Road signs quiz
- Hazard spotting challenges
- Practice ‘safe driving conversations’

## Life Skills & Learning

- Cooking skills quiz
- Safety and hygiene in the kitchen
- Budgeting (shopping for recipes or garden)
- Community navigation: how to ask for directions
- Group “what would you do?” role plays

## Games And Puzzles

- Group puzzle race
- Memory games
- Card games (UNO, Snap)
- Word search and crosswords
- Halloween bingo or sensory box guessing game

## Community Involvement

- Library visit
- Café outing to practise ordering
- Visit local Art Gallery or other community attractions
- Trying independent fruit/veg stalls and butchers to engage with other businesses
- Local op-shop visit to support small local businesses that also give back
- Fishing
- Johnstone River lookout trip
- Warrina Lakes walk
- Sugar Heritage Centre tour
- Get bikes fixed at local bike shop – clients do this activity as independently as possible. Maybe even help the bike mechanic.
- Invite community to open garden day – Planning for fundraising to get garden BBQ area open and to make our outdoor area better