

What's on **Week 1** at Kingaroy L&L

March – June 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Welcome (9am – 9.30am)

9.30am – 12pm



Rocking Our
Abilities
\$20



Growing Our
Green Thumb
\$5



Yum Yum
Cooking Fun!
\$5



Lawn Bowls
\$10



Kingaroy
Kitchens
\$0-\$10

Lunch (12pm – 1pm)

1pm – 15:00 pm



Centre TLC
&
Board games



Centre TLC
&
Arts and Craft.



Centre TLC
&
Pool Comp.



Centre TLC
&
Technology.



Centre TLC
&
Animal Care.
(RSPCA)

What's on **Week 2** at Kingaroy L&L

March – June 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Welcome (9am – 9.30am)

9.30am – 12pm



Rocking Our
Abilities
\$20



Growing Our
Green Thumb
\$5



Yum Yum
Cooking Fun!
\$5



Friendship
Horses
\$25



Kingaroy
Kitchens
\$0-\$10

Lunch (12pm – 1pm)

1pm – 15:00 pm



Centre TLC
&
Board games



Centre TLC
&
Arts and Craft.



Centre TLC
&
Pool Comp.



Centre TLC
&
Technology.



Centre TLC
&
Animal Care.
(RSPCA)

More about our activities



Rocking Our Abilities

- Mondays 10am – 1:30pm
- 55 Gore St, Murgon, QLD
- \$20.00

We start our week with an activity favourite! R.O.A

Rocking our Abilities is a music and drama Program for people with disabilities, in the South Burnett region.

Everyone is always eager to head off for their first program of the week for some fun and social engagement, while coming out of their shells, through the power of music.

They operate on a school term basis and work their efforts into 2 yearly concerts which get filmed for youtube.

The alternative programming during holidays will not exceed the costings of this activities.



Green-Thumbs Gardening

- Tuesdays 10am–12pm
- Center based/local.
- Monthly Bunnings session
- \$5.00

Growing our Green thumbs!

Whether its getting down and dirty or learning where our veggies come from, this activity is intended to be a hands-on, experience that promotes physical, emotional and cognitive well being!

Through planting, watering, and maintaining a garden, the guys will engage in light physical activity that supports motor skills and coordination, while fostering a sense of accomplishment and purpose.

Once a month, we visit our friends at Bunnings for their workshop to enhance the social interaction and for any inspiration.



The Kingaroy Kitchens

- Fridays 10am–12pm
- 17 Kingaroy St, Kingaroy
- \$0.00 - \$10.00

Who doesn't love a Coffee outing with friends!?

The act of going out for a coffee presents itself with a number of opportunities to build everyone's capacities and independence.

Money handling skills (purchasing and better understanding change), communication, Building relations within our community and table etiquette. Generally enjoying being out and about with friends. The Kingaroy Kitchens are a friendly establishment, who know us well!

We will be growing our relationship with them to be able to work on skills they require to assist anyone wanting to find employment.



Yum, Yum Cooking Fun!

- Wednesdays 10am –12pm
- Center Based
- \$5.00

Cooking is a fun, hands-on activity!

Not to mention delicious!

We work on building life skills and promote independence.

The guys will take part in menu planning, grocery shopping, meal preparation; all suited to their abilities.

Through cooking, we will encourage healthy eating, boost confidence, and give a sense of achievement. Our aim being to provide valuable opportunities to grow a skill that has possibly the best reward for the efforts! Eating it!



Friendship Horses

- Thursday 10am-12pm
- Week 2
- 123 George Street, Nanango
- \$25.00

Our Horse Friends is another activity favorite!

The activity provides therapeutic, engaging experience that supports physical, emotional and social developments.

We interact with our favorite horses through grooming, feeding and guided walking.

Developing the unique bond that comes with connecting with animals and promoting the growth in empathetic emotional connections with animals as well as learning the responsibilities in their care.



Lawn Bowls

- Thursday 10am-12pm
- Week 1
- \$10.00

Not Barefoot – but fun all the same.

The mental and physical benefits from this activity is fun and inclusive and is another way we try to get some more physical movement into our weeks.

Its adaptable rules allow for a relaxed, friendly competition, while promoting teamwork, patience and coordination.

This activity often connects to having our lunch out and about, or having a stroll to enjoy the outdoors.

Any alternative programming due to poor weather will not exceed the costing s of this activity.

More about our activities



Board-Games

- Mondays
- Center Based
- \$0.00

UNO, Yahtzee, Jenga, all of it's good!

Board games offer a fun and inclusive way to build cognitive, social, and emotional skills.

Playing games encourages memory, problem-solving, and turn-taking, while promoting communication and teamwork.

The guys will develop patience, focus, and decision-making in a relaxed, engaging environment.

Board games can be adapted to suit various abilities, making them accessible and enjoyable for all. The shared experience also strengthens social bonds and fosters a sense of community among the guys.



Technology

- Thursdays
- Center based
- \$0.00

Keeping up with the day'n'age!

Technology in our program is to offer engaging, interactive experiences that support learning, communication, and skill development.

Using tools like iPads, smartboards, VR machines, and mini robots, participants can explore educational apps, games, and sensory-based programs tailored to their needs.

These activities promote cognitive growth, fine motor skills, and digital literacy, while encouraging curiosity and independence. Technology also provides inclusive ways to communicate and express creativity, making it a dynamic and empowering part of the program.



Animal-Care RSPCA

- Fridays
- 43 Warren Truss Drive, Taabinga.
- \$0.00

The Magic, Power and Responsibilities of Animals!

Animal Care at the local RSPCA is one of the few establishments that allows interactions with the animals they have.

This activity is based off the participants love of animals. (Pet therapy), Continuing to build the partnerships in the community and is intended to lead in to the development of future activities around animals. It also supports sensory regulation, reduces stress, and encourages gentle physical movement. The experience fosters confidence around Animals and makes for a very heartwarming and therapeutic highlight of the program.



Arts & Crafts

- Tuesdays
- Center Based
- \$0.00

Finding the creative ones in the bunch!

The Arts and Crafts at L&L is intended to offer a creative outlet for self expression while supporting fine motor skills, hand-eye coordination, and sensory engagement for the guys.

We will explore different materials and techniques at their own pace, fostering confidence, focus, and independence for their imaginative creations.

We'll often try to theme the creations towards recent events or holidays, like Easter, Anzac day, Mothers/Fathers day, Christmas, etc



Pool Comp

- Wednesdays
- Center Based
- \$0.00

Learning Respectful Competition!

Pool Comp is a fun, social activity built around participants' shared love for playing pool. It encourages friendly competition while supporting turn-taking, coordination, and focus.

Aiming and pocketing in billiards helps build fine motor skills and spatial awareness.

The relaxed setting fosters conversations, laughter, and peer connection, making it a great way to strengthen social skills and confidence. Pool Comp brings participants together in a spirit of fun, teamwork, and respectful competition.



Centre TLC

- Everyday & default alternative.
- \$0.00

We All could use some tender Loving Care (TLC)

As a Learning and Lifestyle Centre, we want to encourage the guys to walk away with life skills that are practical and applicable in their everyday life.

By showing their center some tender loving care (TLC) through activities like sweeping, wiping surfaces, watering plants, and organizing shared spaces, the guys will build independence, responsibility, and daily living skills ready to take home.

The supports will form routine, teamwork, and a sense of ownership, while boosting self-esteem and creating a calm, respectful environment for everyone to enjoy.