


































































































<p>Wk 1 Morning Session 9:30am - 12pm</p>	<p>Centre Grocery & Personal Shopping Spending Money Optional</p> <p> </p> <p>Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills</p>	<p>Op Shopping Spending Money optional</p> <p> </p> <p>Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.</p>	<p>Travel Training Go Card & \$5- \$10</p> <p> </p> <p>Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.</p>	<p>Coffee Critics & Review Writing \$15</p> <p> </p> <p>Social group where we discover local cafes together and share our thoughts on the experience. Participants learn to express their preferences and create simple café reviews.</p>	<p>Crossroads</p> <p></p> <p>A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.</p>
	<p>Bowling \$7.50</p> <p> </p> <p>Practice your aim, have a laugh and spend time with friends in a social and active environment.</p>	<p>Cycling Without Age @ Paradise Point 4 Trishaws 10:45am</p> <p> </p> <p>Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.</p>	<p>Cycling Without Age @The Spit 2 Trishaws 10:45am</p> <p> </p> <p>Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.</p>	<p>Rainforest or Beachfront Walk & Scavenger hunt</p> <p> </p> <p>Join us for a nature outing where we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment</p>	<p>Cycling Without Age @ The Spit 3 Trishaws 10:45am & Picnic Lunch</p>
	<p>Healthy Baking \$3</p> <p> </p> <p>Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.</p>	<p>Easter Art & Craft \$5</p> <p> </p> <p>Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.</p>	<p>Picnic Outing, Swimming, Fishing</p> <p> </p> <p>Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.</p>	<p>Memory & Board Games</p> <p> </p> <p>Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.</p>	<p>Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.</p> <p> </p>
<p>Afternoon Session 1:00pm - 2:00pm</p>	<p>Library / Literacy Skills</p> <p> </p> <p>Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.</p>	<p>Thrive Fitness</p> <p> </p> <p>Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility</p>	<p>Thrive Looking After Myself</p> <p> </p> <p>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</p>	<p>Drama Club</p> <p> </p> <p>Building self-esteem and confidence, literacy, and role playing.</p>	<p>Mindful Colouring</p> <p> </p> <p>Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.</p>
	<p>Car Care and Centre Reset</p> <p> </p> <p>Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.</p>	<p>Car Care and Centre Reset</p> <p> </p> <p>Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.</p>	<p>Lego/Model Building</p> <p> </p> <p>Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.</p>	<p>Karaoke</p> <p> </p> <p>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment</p>	<p>Group Discussion</p> <p> </p> <p>Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.</p>

<p>Wk 2 Morning Session 9:30am - 12pm</p>	<p>Travel Training Go Card & \$5- \$10</p>   <p>Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.</p>	<p>Twin Towns Desperado Eagles \$10</p>   <p>Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax.</p>	<p>Bowling \$7.50</p>   <p>Practice your aim, have a laugh and spend time with friends in a social and active environment.</p>	<p>Cinema Outing \$15</p>   <p>Join us for a relaxed movie session at the local cinema while building confidence with community access skills such as buying tickets, navigating busy spaces and decision making.</p>	<p>Crossroads Easter Celebration</p>  <p>Community-Based</p> <p>An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner</p>	
	<p>Op Shopping Spending Money optional</p>   <p>Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.</p>	<p>Sailability \$15</p>   <p>Take part in guided sailing sessions on adapted boats, developing teamwork, coordination and water safety skills in a safe, supportive environment.</p>	<p>Golf Driving Range OR Mini Golf \$10</p>   <p>Choose between practising long-range shots at the driving range or work on problem-solving with mini golf. Great for motor skills, confidence, social connection.</p>	<p>Scenic Strength & Cardio @ the park</p>   <p>Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.</p>	<p>Lunch Outing \$20-\$25</p>   <p>Community-Based</p> <p>An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner</p>	
	<p>Gardening</p>   <p>Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.</p>	<p>Memory Games & Puzzles</p>   <p>Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.</p>	<p>Lunch Club Cooking \$5</p>   <p>Build practical life skills while preparing and enjoying a shared meal. Develop independence, healthy eating habits, confidence in the kitchen, and promotes sense of achievement.</p>	<p>Photography & Scrapbooking \$3</p>   <p>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</p>	<p>Meditation / Relaxation</p>   <p>Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.</p>	
	<p>Afternoon Session 1:00pm - 2:00pm</p>	<p>Thrive Looking After Myself</p>   <p>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</p>	<p>Sensory Exploration</p>   <p>Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.</p>	<p>Library / Literacy Skills</p>   <p>Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.</p>	<p>Bingo / Trivia</p>   <p>Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.</p>	
		<p>Chair Yoga</p>   <p>Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.</p>	<p>Thrive Stay Ready for Life & Goal Setting</p>   <p>Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.</p>	<p>Language & Culture Studies</p>   <p>Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.</p>	<p>Remembrance Garden</p>   <p>Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.</p>	<p>Group Discussion</p>   <p>Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.</p>
		<p>Thrive Stay Ready for Life & Goal Setting</p>   <p>Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.</p>	<p>Language & Culture Studies</p>   <p>Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.</p>	<p>Remembrance Garden</p>   <p>Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.</p>	<p>Group Discussion</p>   <p>Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.</p>	

		March 2026				
		Mon, 30 March	Tue, 31 March	Wed, 1 April	Thu, 2 April	Fri, 3 April
8:00 - 9:30		Morning Meeting; Morning Tea				
Wk 1 Morning Session 9:30am - 12pm	Centre Grocery & Personal Shopping Spending money optional   <p>Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.</p>	Easter Morning Tea \$5   <p>Celebrate the Easter season with a hotcross bun morning tea and Easter activities.</p>	Travel Training Go Card & \$5- \$10   <p>Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.</p>	Easter Party @ Kingston L&L \$25   <p>Celebrate Easter with our friends @ Kingston L&L. Lunch, DJ, games and Easter Egg hunt included.</p>		
	Bowling \$7.50   <p>Practice your aim, have a laugh and spend time with friends in a social and active environment.</p>	Cycling Without Age @ Paradise Point 4 Trishaws 10:45am   <p>Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.</p>	Cycling Without Age @The Spit 2 Trishaws 10:45am   <p>Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.</p>	Rainforest or Beachfront Walk & Scavenger hunt   <p>Join us for a nature outing where we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment</p>		Public Holiday Good Friday
	Healthy Baking \$3   <p>Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.</p>	Easter Art & Craft \$5   <p>Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.</p>	Jewellery Making \$5   <p>Creative and engaging opportunity to design and craft jewellery pieces. Encourages fine motor skills, creativity, concentration and self expression.</p>	Memory & Board Games   <p>Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.</p>		
Afternoon Session 1:00pm - 2:00pm	Library / Literacy Skills   <p>Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.</p>	Thrive Fitness   <p>Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility</p>	Thrive Looking After Myself   <p>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</p>	Drama Club   <p>Building self-esteem and confidence, literacy, and role playing.</p>	Centre Closed	
	Car Care and Centre Reset   <p>Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.</p>	Car Care and Centre Reset   <p>Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.</p>	Lego/Model Building   <p>Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.</p>	Karaoke   <p>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment</p>		



**Op Shopping
Spending Money
optional**



Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.

**Barrista Training Coffee
Club \$5**



Teaches basic coffee-making skills using coffee machine, preparing drinks, taking orders and following hygiene practices, while building confidence, social skills & independence.

**Scenic Strength & Cardio
@ the Park**



Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.

**No Crossroads Lunch
Outing \$20-\$25**



An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner

Wk 2
Morning
Session
9:30am -
12pm

**Sailability
\$15**



Take part in guided sailing sessions on adapted boats, developing teamwork, coordination and water safety skills in a safe, supportive environment.

**Theme Park & picnic
lunch**



Take part in guided outings to Gold Coast theme parks, enjoying rides, attractions and social interactions focusing on leisure participation.

**Barrista Training Coffee
Club \$5**



Teaches basic coffee-making skills using coffee machine, preparing drinks, taking orders and following hygiene practices, while building confidence, social skills & independence.



Picnic Outing



**Public
Holiday

Easter
Monday**

**Memory Games &
Puzzles**



Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.

**Lunch Club Cooking
\$5**



Build practical life skills while preparing and enjoying a shared meal. Develop independence, healthy eating habits, confidence in the kitchen, and promotes sense of achievement.

**Photography &
Scrapbooking \$3**



Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.

Supports social inclusion, wellbeing, communication and light physical exercise while enjoying a connection in nature and shared meals.

Afternoon
Session
1:00pm -
2:00pm

**Centre
Closed**

Sensory Exploration



Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.

Library / Literacy Skills



Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.

Bingo / Trivia



Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.

Meditation / Relaxation



Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.

**Thrive Stay Ready for
Life & Goal Setting**



Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.

**Language & Culture
Studies**



Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.

Remembrance Garden



Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.

Group Discussion



Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.

8:00 - 9:30

Morning Meeting; Morning Tea

Wk 1 Morning Session 9:30am - 12pm

Centre Grocery & Personal Shopping
Spending money optional



Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.

Morning Melodies @ Currumbin RSL \$5-\$10



Enjoy a lively daytime show featuring a variety of artists every month. Opportunities to socialise, dance and purchase a tea or coffee.

Travel Training
Go Card & \$5- \$10



Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.

Coffee Critics & Review
Writing \$15



Social group where we discover local cafes together and share our thoughts on the experience. Participants learn to express their preferences and create simple café reviews.

No Crossroads
Cycling Without @ The Spit 3 Trishaws
10:45am, 3 trishaws 11:30am & Picnic Lunch

Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.



Bowling
\$7.50



Practice your aim, have a laugh and spend time with friends in a social and active environment.

Morning Melodies @ Currumbin RSL \$5-\$10



Enjoy a lively daytime show featuring a variety of artists every month. Opportunities to socialise, dance and purchase a tea or coffee.

Cycling Without Age @The Spit 3 Trishaws
10:45am



Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.

Rainforest or Beachfront Walk & Scavenger hunt



Join us for a nature outing where we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment

Picnic Outing



Healing Hooves \$10



An equine assisted program that provides opportunities to interact with horses in a safe, therapeutic and supportive environment to foster a connection with animals.

Art & Craft \$5



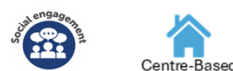
Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.

Picnic Outing, Swimming, Fishing



Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.

Memory & Board Games



Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.

Supports social inclusion, wellbeing, communication and light physical exercise while enjoying a connection in nature and shared meals.

Afternoon Session 1:00pm - 2:00pm

Library / Literacy Skills



Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.

Thrive Fitness



Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility

Thrive Looking After Myself



Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself

Drama Club



Building self-esteem and confidence, literacy, and role playing.

Mindful Colouring



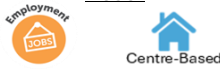
Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.

Car Care and Centre Reset



Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.

Car Care and Centre Reset



Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.

Lego/Model Building



Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.

Karaoke



Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment

Group Discussion



Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.

8:00 - 9:30

Morning Meeting; Morning Tea

Wk 2 Morning Session 9:30am - 12pm

Travel Training
Go Card & \$5- \$10



Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.

Twin Towns Show
Back to the Tivoli - \$15.00



Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax.

Barrista Training Coffee
Club \$5



Teaches basic coffee-making skills using coffee machine, preparing drinks, taking orders and following hygiene practices, while building confidence, social skills & independence.

Water Therapy @ the Pool \$7



Gentle exercises in the pool to improve strength, flexibility and overall wellbeing. A supportive and safe environment for fitness levels.

Crossroads



Community-Based

A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.

Op Shopping
Spending Money optional



Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.

Sailability \$15



Take part in guided sailing sessions on adapted boats, developing teamwork, coordination and water safety skills in a safe, supportive environment.

Hopo Ferry & Picnic
Lunch \$20



Enjoy a sightseeing cruise on the Broadwater departing from Hota & stopping for a picnic at the Parklands.

Scenic Strength & Cardio @ the park



Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.

Lunch Outing \$20-\$25



An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner

Art & Craft \$5



Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.

Memory Games & Puzzles



Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.

Lunch Club Cooking \$5



Build practical life skills while preparing and enjoying a shared meal. Develop independence, healthy eating habits, confidence in the kitchen, and promotes sense of achievement.

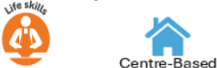
Photography & Scrapbooking \$3



Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.



Thrive Looking After Myself



Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself

Sensory Exploration



Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.

Library / Literacy Skills



Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.

Bingo / Trivia



Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.

Meditation / Relaxation



Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.

Chair Yoga



Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.

Thrive Stay Ready for Life & Goal Setting



Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.

Language & Culture Studies



Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.

Remembrance Garden

















































Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.

Group Discussion



Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.

Afternoon Session 1:00pm - 2:00pm

 April 2026						
Mon, 27 April		Tue, 28 April		Wed, 29 April	Thu, 30 April	Fri, 1 May
8:00 - 9:30 Morning Meeting; Morning Tea						
Wk 1 Morning Session 9:30am - 12pm	Centre Grocery & Personal Shopping Spending money optional   Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.	Barrista Training Coffee Club \$5   Teaches basic coffee-making skills using coffee machine, preparing drinks, taking orders and following hygiene practices, while building confidence, social skills & independence.	Travel Training Go Card & \$5- \$10   Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	Cinema Outing \$15.00   Join us for a relaxed movie session at the local cinema while building confidence with community access skills such as buying tickets, navigating busy spaces and decision making.	Crossroads  A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.	
	Bowling \$7.50   Practice your aim, have a laugh and spend time with friends in a social and active environment.	Cycling Without Age @ Paradise Point 4 Trishaws 10:45am   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Cycling Without Age @The Spit 3 Trishaws 10:45am   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Rainforest or Beachfront Walk & Scavenger hunt   Join us for a nature outing where we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment		
	Healthy Baking \$3   Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.	Art & Craft \$5   Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Jewellery Making \$5   Creative and engaging opportunity to design and craft jewellery pieces. Encourages fine motor skills, creativity, concentration and self expression.	Memory & Board Games   Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.		
	Library / Literacy Skills   Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Thrive Fitness   Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	Thrive Looking After Myself   Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Drama Club   Building self-esteem and confidence, literacy, and role playing.		Mindful Colouring   Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.
	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Lego/Model Building   Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.	Karaoke   Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment		Group Discussion   Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.

8:00 - 9:30



Morning Meeting; Morning Tea





**Twin Towns Show
Greatest Hits in
Harmony - \$10.00**

 
Community-Based
Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax.


**Barrista Training Coffee
Club \$5**

 
Teaches basic coffee-making skills using coffee machine, preparing drinks, taking orders and following hygiene practices, while building confidence, social skills & independence.

**Scenic Strength & Cardio
@ the Park**

 
Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.



Crossroads


Community-Based
A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.

Wk 2
Morning
Session
9:30am -
12pm

**Public
Holiday**



**Sailability
\$15**

 
Take part in guided sailing sessions on adapted boats, developing teamwork, coordination and water safety skills in a safe, supportive environment.

**Theme Parks
Please bring Annual Pass
& picnic lunch**

 
Community-Based
Take part in guided outings to Gold Coast theme parks, enjoying rides, attractions and social interactions focusing on leisure participation.

**Barrista Training Coffee
Club \$5**


 
Teaches basic coffee-making skills using coffee machine, preparing drinks, taking orders and following hygiene practices, while building confidence, social skills & independence.

Lunch Outing \$20-\$25

 
Community-Based

Labour Day


**Memory Games &
Puzzles**

 
Centre-Based
Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.

**Lunch Club Cooking
\$5**

 
Centre-Based
Build practical life skills while preparing and enjoying a shared meal. Develop independence, healthy eating habits, confidence in the kitchen, and promotes sense of achievement.

**Photography &
Scrapbooking \$3**

 
Centre-Based
Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.



An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner

Afternoon
Session
1:00pm -
2:00pm

**Centre
Closed**

Sensory Exploration

 
Centre-Based
Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.



Library / Literacy Skills

 
Centre-Based
Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.

Remembrance Garden

 
Centre-Based
Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature..

Meditation / Relaxation

 
Centre-Based
Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.



**Thrive Stay Ready for
Life & Goal Setting**

 
Centre-Based
Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.

**Language & Culture
Studies**

 
Centre-Based
Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.

Bingo / Thrive

 
Centre-Based
Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.

Group Discussion

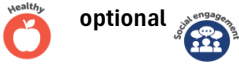
 
Centre-Based
Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.

8:00 - 9:30

Morning Meeting; Morning Tea

Wk 1 Morning Session 9:30am - 12pm

Centre Grocery & Personal Shopping
Spending money optional



Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.

Morning Melodies @ Currumbin RSL \$5-\$10



Enjoy a lively daytime show featuring a variety of artists every month. Opportunities to socialise, dance and purchase a tea or coffee.

Travel Training
Go Card & \$5- \$10



Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.

Coffee Critics & Review
Writing \$15



Social group where we discover local cafes together and share our thoughts on the experience. Participants learn to express their preferences and create simple café reviews.

Crossroads



A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.

Bowling
\$7.50



Practice your aim, have a laugh and spend time with friends in a social and active environment.

Morning Melodies @ Currumbin RSL \$5-\$10



Enjoy a lively daytime show featuring a variety of artists every month. Opportunities to socialise, dance and purchase a tea or coffee.

Cycling Without Age @The Spit 3 Trishaws
10:45am



Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.

Rainforest or Beachfront
Walk & Scavenger hunt



Join us for a nature outing where we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment

Cycling Without Age @ The Spit 3 Trishaws
10:45am & Picnic Lunch



Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront. Paired with a picnic in the park afterwards.

Healing Hooves \$10



An equine assisted program that provides opportunities to interact with horses in a safe, therapeutic and supportive environment to foster a connection with animals.

Art & Craft \$5



Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.

Picnic Outing, Swimming, Fishing



Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.

Memory & Board Games



Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.

Afternoon Session 1:00pm - 2:00pm

Library / Literacy Skills



Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.

Thrive Fitness



Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility

Thrive Looking After Myself



Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself

Drama Club



Building self-esteem and confidence, literacy, and role playing.

Mindful Colouring



Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.

Car Care and Centre Reset



Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.

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Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.

Lego/Model Building



Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.

Karaoke




















































Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment

Group Discussion



Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.

<p>Wk 2 Morning Session 9:30am - 12pm</p>	<p>Travel Training Go Card & \$5- \$10</p>   <p>Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.</p>	<p>Barrista Training Coffee Club \$5</p>   <p>Teaches basic coffee-making skills using coffee machine, preparing drinks, taking orders and following hygiene practices, while building confidence, social skills & independence.</p>	<p>Barrista Training Coffee Club \$5</p>   <p>Teaches basic coffee-making skills using coffee machine, preparing drinks, taking orders and following hygiene practices, while building confidence, social skills & independence.</p>	<p>Water Therapy @ the Pool \$7</p>   <p>Gentle exercises in the pool to improve strength, flexibility and overall wellbeing. A supportive and safe environment for fitness levels.</p>	<p>Crossroads</p>  <p>Community-Based</p> <p>A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.</p>
	<p>Op Shopping Spending Money optional</p>   <p>Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.</p>	<p>Sailability \$15</p>   <p>Take part in guided sailing sessions on adapted boats, developing teamwork, coordination and water safety skills in a safe, supportive environment.</p>	<p>Golf Driving Range OR Mini Golf \$10</p>   <p>Choose between practising long-range shots at the driving range or work on problem-solving with mini golf. Great for motor skills, confidence, and social connection.</p>	<p>Scenic Strength & Cardio @ the park</p>   <p>Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.</p>	<p>Lunch Outing \$20-\$25</p>   <p>Community-Based</p> <p>An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner</p>
	<p>Art & Craft \$5</p>   <p>Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.</p>	<p>Memory Games & Puzzles</p>   <p>Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.</p>	<p>Lunch Club Cooking \$5</p>   <p>Build practical life skills while preparing and enjoying a shared meal. Develop independence, healthy eating habits, confidence in the kitchen, and promotes sense of achievement.</p>	<p>Photography & Scrapbooking \$3</p>   <p>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</p>	<p>Activity fee</p>  <p>Passion & hobbies</p> 
<p>Afternoon Session 1:00pm - 2:00pm</p>	<p>Thrive Looking After Myself</p>   <p>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</p>	<p>Sensory Exploration</p>   <p>Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.</p>	<p>Library / Literacy Skills</p>   <p>Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.</p>	<p>Bingo / Trivia</p>   <p>Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.</p>	<p>Meditation / Relaxation</p>   <p>Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.</p>
	<p>Chair Yoga</p>   <p>Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.</p>	<p>Thrive Stay Ready for Life</p>   <p>Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.</p>	<p>Language & Culture Studies</p>   <p>Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.</p>	<p>Remembrance Garden</p>   <p>Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.</p>	<p>Group Discussion</p>   <p>Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.</p>

