

## Online Group Programs Timetable 2020

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
10.30am - 11.30am	Journaling	Social Hour	Journaling	Social Hour	Journaling
11.00am – 12.00pm		Music			
11.30am – 12.30pm			Bake It		
1.30pm - 2.30pm	Social Hour	Journaling	Social Hour	Journaling	Social Hour
2.00pm – 3.00pm				Art & Craft	
4.30pm – 5.30pm					What's for Dinner?

Please note that normal NDIS rates apply for all sessions.

To book into any of these programs, please contact one of the Active Living Options Coordinators listed below:

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Please see over the page for program descriptions



Registered **NDIS** Provider

## Program Descriptions:

Art & Craft – Each week make a fun craft project with the assistance of a staff member. Activities may include painting a canvas, card making, button mosaics, flower making. Craft activity packs will be provided at a small cost

Bake It – Bake a tasty slice or snack to share with your family. Ingredient list is sent out the week before each activity so you will know what shopping you need to do.

Journaling – Write about a different topic each session and share your writing with your peers.

Music – Get together and make some music with your friends. There will be singing and dancing as well as making homemade instruments

Social Hour – Spend an hour chatting with your friends, doing a quiz or having a dance party. It is all about having some fun.

What's for Dinner? – It is time to make Friday night dinner. Ingredient list is sent out the week before each activity so you will know what shopping you need to do.

Pinarc Disability Support Inc (Victoria)

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The liability of Pinarc Disability Support Inc ARBN 630 354 826 members is limited

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