

# Murray Valley

## Centre

Term 4 -2022 &

1-2023

## Activity Guide

Name:.....



Murray Valley Centre has provided professional day services to the local community for over 60 years. We have grown over this time to provide a wide range of community and center based educational and recreational programs.

**PLEASE NOTE - COVID19 restrictions still apply for social distancing and mask wearing when indoors.**

Please **select two programs for each morning and afternoon** that you would like to participate in. Then mark a **1** for your first choice and **2** for your second choice. Participants will receive their first choice unless there are insufficient participants for the program to run. *If you require assistance please ask your parents, house staff or MVC to talk about what you may like to do.*

Please note the Weekly cost of programs is payable by the participant **at the beginning of each week** unless stated otherwise in the booklet.



The transport cost will be invoiced separately at the end of each term.

**Cost for the program and transport per week**

**Can't find something you like. Individual activities can be arranged with 1:1 funding. Call us to talk.**

Please return to MVC as soon as possible and **no later than Friday 2<sup>nd</sup> September 2022.**

### Example

1		<b>Digital Photography</b> – Participants will take photos of subjects of their choice in different styles while learning to use digital cameras and electronic equipment responsibly and effectively. Participants will create personal portfolio's that they can take home. This program caters to a participant's artistic side.	\$1.00 / Week	\$6.00 / Week
2		<b>Out and About</b> – The group will investigate a range of attractions and activities in the Albury/Wodonga area. The places visited will be decided by the group and will include local clubs, lunch outings monthly, visiting Museums, Art Exhibitions and other attractions that are happening within the local area. <b><u>THIS IS AN ALL-DAY PROGRAM</u></b>	\$6.00 / Week	\$13.50 / Week

**If ALL DAY programs are selected in AM it will automatically count as selected 1<sup>st</sup> or 2<sup>nd</sup> choice in PM**










Under NDIS legislation Participants **MUST** have choice and control when choosing programs. If you think the participant is unable to make these choices, please feel free to contact Nigel or Vikki for program clarification and feedback on what programs the participant has previously enjoyed.


If you would like any further information, please contact the Client Services Manager – Nigel Byron, Ph.: 02 6024 1647, Email: [nigel@mvc.org.au](mailto:nigel@mvc.org.au)






I..... (Parent/careers name) assisted with choosing the activities



# MONDAY

MONDAY 9-3 (ALL DAY)			
1 or 2	Description	Activity cost	Transport cost
	 <p><b>Community Cooking</b> – This program gives participants the opportunity to cook for community organisations such as Food share, Ronald McDonald house and Crises food supplies using donated produce. Participants are involved in brainstorming meal ideas with the available produce, preparing the meals and packaging them ready for the relevant community organisations. Participant’s lunch is provided by the program</p>		\$5.50 / WEEK



MONDAY 9-12 - Centre Based			
	 <p><b>Swimming</b> – This program will be conducted in the heated pool at MVC and is equipped with a hoist for higher need participants. The program is designed to teach or build on swimming skills or just generally enjoying the water using different water games and individualised activities to suit the participants needs. Once enrolled in the swimming program the <b>\$6.00 cost is payable regardless of attendance</b> as the swimming instructor is contracted for the number of people in the swimming group. For clarification, please speak to Nigel.</p>	\$6.00 / week (regardless of attendance)	
	 <p><b>Card Making</b> – Participants to hand made cards of their liking. They are to select a pictures from the box and match the colours in the picture to the color of the cards. They are then to cut out the design and place double sided tape to the back of the picture then put the picture in the Centre of the card. Other decals may be added at this time e.g.: ribbons and sparkles.</p>	\$2.00 / week	
	 <p><b>Simple Dining</b>-The participants will actively select and make a simple lunch. They will learn how to prepare and measure ingredients, set the table, touch up on their etiquette skills whilst enjoying lunch and having a chat. Participants will then clean up, wipe tables, do the dishes and then clean the floors.</p>	\$5.00 / week (\$6.00 special diet)	
	 <p><b>Explore the iPad</b> - This program is designed for participants to learn and discover their way around an iPad or tablet. Participants can learn how to use the Internet, Google Maps, Google Earth, YouTube and find local current events. More advanced users can use the iPad for individualised choice. Those participants with individual communication applications on personal iPads will be assisted to use them throughout the session.</p>	BYO headphones if possible	
	 <p><b>Walking / Exercise</b> – Participants will go for a walk for general health and wellbeing, during very hot or cold weather conditions, the group will do movement and indoor exercise games. The participants require an ability to walk on uneven surfaces, stay with the group and follow verbal directions.</p>		
	 <p><b>Relaxation – Sensory</b> This program is designed for participants with higher needs and gives them the opportunity to relax and listen to music in a calm and quiet environment. The program will use calming music, tactile items along with hand massage to provide individuals with a peaceful, relaxed environment to assist with increased calmness, reducing levels of pain, anxiety and stress.</p>		




MONDAY 9-12 - Community Based			
	 <p><b>Parklands</b> – This program is conducted in various locations around Albury /Wodonga. We work with a ranger from Parklands Albury/Wodonga to improve the local natural areas. The tasks include planting and watering trees, weed removal, path clearing, maintenance of park furniture and mulching. Participants MUST be able to walk on uneven ground</p>		\$2.70/ Week



MONDAY 12-3 Centre Based				
1 or 2	Description	Activity cost	Transport cost	
	 <p><b>Texture Craft</b> - This program we will use different materials to paint on canvas. We will also be creative in making some Xmas craft. Also, we will be making different craft out of different materials.</p>	\$2.00 / Week		
	 <p><b>From Then Until Now 1959 – 2022</b> - Participants to collect photo albums from the filing cabinet. They are to go through these to add any new photos in the right year and to put names on each photo's. Heading is also added, and double-sided tape is use for sticking photos in and also adding the names and headings. They are also asked to pick a program and we will go through this program to find photos of participants doing their allocated work and to create a discussion regarding this.</p>			
	 <p><b>Pampering Girls</b> – This program is conducted at MVC and was started by female participants to have a program with affordable pampering and social interactions with female friends in a supportive environment. During the sessions the ladies can relax with a drink of their choice, whilst having their nails manicured including a hand massage and facial on request.</p>	\$2.00 / Week		
	 <p><b>Movie Afternoon</b> - Come along and watch some new movie or even the good old classic movies with your friends while enjoying popcorn and a drink. Participant will take turns in selecting a movie each week from MVC video library. This program is about having fun and relaxing at the same time.</p>	\$0.50/ week		
	 <p><b>Board Games and Puzzles</b> - Participates can join the group to play different board games using a dice and increase the skills of counting along with improving their hand-eye coordination and alertness. Alternatively choose to relax and do some puzzles, of visualising images, selecting different colours and shapes to complete the picture puzzles.</p>			

MONDAY 12-3 - Community Based				
	 <p><b>Community Park adventures</b> – Participants will visit local parks and recreation areas cared for by Parklands Albury/ Wodonga. This is a volunteer work program. While in this group, participants will assist with keeping areas clean, tidy and maintained for both the wildlife and the public to enjoy. Parks include the Waterworks, The Pines, Mungabareena and various other parks located in Albury/Wodonga.</p>		\$6.80/ Week	
	 <p><b>Sing-along</b> – Participants will attend the Wodonga Senior Citizens club and have the chance to join the old fashion singing, selecting songs from yesteryear whilst playing musical instruments.</p>	\$2.00 / Week	\$3.00/ Week	



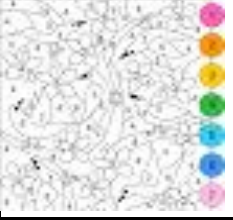


## TUESDAY

TUESDAY 9-3 - ALL DAY			
1 or 2	Description	Activity cost	Transport cost
	 <p><b>Explore the Community (Walking involved)</b> – The group will investigate a range of attractions and activities in the Albury/Wodonga area. The group will select places to visit for the day. These could consist of outdoor attractions, retail therapy, music and live performances or other local attractions. We will go out for lunch each month and watch live performances. Wet days may consist of staying indoors at MVC, movie day, indoor sports, exploring google earth and virtual touring. We have a wide range of games for entertainment, listening to music, participants can choose which activities they would like to do on these days at MVC.</p>	\$7.00 / Week	\$13.50 / Week
	 <p><b>Flower Power</b> – This program provides community inclusion through social interaction with the local businesses of Wodonga. The delivery of these vases on a weekly basis provides the participants with the opportunity to converse, handle money, maintain road skills and gain valued status within the community. The ability to walk unassisted for 15mins is desirable for this program.</p>		


TUESDAY 9-12 Centre Based			
	 <p><b>Swimming</b> – This program will be conducted in the heated pool at MVC and is equipped with a hoist for higher need participants. The program is designed to teach or build on swimming skills or just generally enjoying the water using different water games and individualised activities to suit the participants needs. Once enrolled in the swimming program the <b>\$6.00 cost is payable regardless of attendance</b> as the swimming instructor is contracted for the number of people in the swimming group. For clarification, please speak to Nigel.</p>	\$6.00 /week (regardless of attendance)	
	 <p><b>Massage, Music and Relaxation</b> – Participants relax to the soothing music and oils defusing in the background. Participants can either have a massage with the hand-held massager or hand massages with non-scented hand cream.</p>		
	 <p><b>Arty / Crafty</b> -This program is designed for participants that enjoy creating craft pieces from selected box set. Participants will be assisted to follow the instructions and make the item which may take some week to complete. Each item will be taken home when completed.</p>	3.00/ Week	
	 <p><b>Dance, Music, Fun</b> - participants can learn basic dance steps at beginner level. Participants will be walked through the dance steps to music and videos and have the opportunity to dress up in costume. Participants can also choose to play with musical instruments throughout the morning. Come along and have fun.</p>		

TUESDAY 9-12 Community Based			
	 <p><b>Cinema Center</b> - In this program we will go to the pictures and see a movie. We will decide on the day and depends what is on at the time slot we can do. This will cost \$15.00 with the extra dollar going towards buying some chips to share. Bring your own drink. If there is not a movie on in the morning, we will go and do an alternative activity decided by the group</p>	\$16.00/ Week	\$13.50 / week
	 <p><b>Let's Be Active</b> - one week we will go for a walk out in the community, the other week we will play ball games at an oval, throwing hoops, kicking a ball around. We could do some weeding or sweeping pathways around the centre or go to the park and use the exercise equipment. Every five weeks we will go and have a game of ten pin bowling. We will keep busy and have lots of fun.</p>	\$2.00/ Week	\$6.80/ Week



**TUESDAY 12-3 Centre Based**






1 or 2	Description	Activity cost	Transport cost
	<b>Gentle Exercise– (High Need)</b> Participants undertake a range of gentle exercises to music and are encouraged to sing along. Exercises can be completed in the sitting position and are designed to maintain upper body strength and maintain joint flexibility		
	<b>Karaoke</b> - Participants will be supported to sing along with recorded music or music videos using a microphone. The music will be typically an instrumental version of a well-known popular song. Lyrics will be displayed on the bottom of the screen, along with a moving symbol, changing colours, or music video images to guide the singer.		
	<b>Adult Colouring In</b> - This program will be for participants who love to colour in pictures. To meet individual preference, we will do free hand and numbered colouring with a wide range of pictures to choose from each week. We will practice staying within the lines to create piece of art. Participants will have their own pencils, equipment, and folder to store items in.	\$1.00/ Week	
	<b>Garden Creations</b> – Participants will discuss with staff what they would like to make as their project for the garden. Items will include creating plant holders and making cement hands to hold plants. Using the individual ideas of each participant to create their item	\$33.00 material paid at start of term.	
	<b>iPad/ internet</b> – This program is designed to teach or enhance participants use of electronic equipment and to accommodate the individual needs and abilities of the participant. From startup of the iPad /Tablet, swiping of the screen, selecting applications and the use of popular applications such as YouTube and Google Earth. Those participants with individual communication applications will be assisted to use them throughout the session.	BYO headph ones if possible	


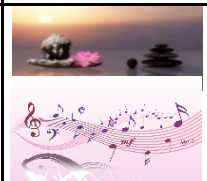
**TUESDAY 12-3 Community Based**

	<b>Combination Bowls</b> – Every second week participants play one game at Wodonga Ten Pin Bowling Centre. The other week we will have lots of fun playing different games at MVC. You will still need to pay even if you are not there as ten pin bowling cost \$11.00 per fortnight.	\$5.50 /Week	\$2.50/ Week
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## WEDNESDAY

WEDNESDAY 9-3 - ALL DAY			
1 or 2	Description	Activity cost	Transport cost
	 <p><b>Out and About</b> –The group will investigate a range of attractions and activities in the Albury/Wodonga area. The places visited will be decided by the group and will include local clubs, lunch outings monthly, Museums, Art Exhibitions and other attractions that are happening within the local area.</p>	\$7.00/Week	\$13.50/Week
	 <p><b>Here Comes Lunch</b> - Participants will have the opportunity to learn &amp; enhance their cooking and housekeeping skills. This program will include food hygiene, chopping, peeling, mashing, stirring &amp; using different cooking methods and a full clean up after cooking. Individual participants will take turns to assist in shopping for ingredients with a staff member. After lunch the group will decide on the recipe for the following week. The group will grow some of their own produce by maintain a garden bed at MVC with chosen vegetables and herbs.</p>	\$7.50/Week	



WEDNESDAY 9-12 Centre Based			
1 or 2	Description	Activity cost	Transport cost
	 <p><b>Reading and Writing</b> – Participants will practice writing letters and words, then when they are more confident, they can make up stories to write in their books. Participants can also practice reading skills through reading books and articles from the paper and discussing them and then write a report on the article</p>	\$4.00 for the Term	
	 <p><b>Bike Riding and Motor Skills</b> – This program is run at MVC in a designated area. This program is designed for the participants to gain gentle exercise and improve motor skills while riding two/ three-wheeler bikes in a safe environment. This group also walks around the local area practicing road crossing skills and identifying road signs. During extreme weather conditions the program will change to indoor activities around bike and road safety skills. Due to the replacement cost for tyers, tubes and bike accessories this program requires a term cost to be paid at the start of each term. <b>Enclosed footwear is required for this program</b></p>	\$5.00 / for the Term	
	  <p><b>Pet Therapy / Companion Dogs</b> - This program will run for the participants whom like animals and learning about them. Throughout the term two small companion dogs will visits both dogs are fully vaccinated, and temperament tested. Participants will have the opportunity to be hands on with the dogs grooming, walking and holding them when the visits occur, for the alternate week we may visit other locations such as pet shops to learning about other animals and investigate other animals and how to care for them .</p>		
	 <p><b>Swimming</b> – This program will be conducted in the heated pool at MVC and is equipped with a hoist for higher need participants. The program is designed to teach or build on swimming skills or just generally enjoying the water using different water games and individualised activities to suit the participants needs. Once enrolled in the swimming program the <b>\$6.00 cost is payable regardless of attendance</b> as the swimming instructor is contracted for the number of people in the swimming group. For clarification, please speak to Nigel.</p>	\$6.00 /week (regardless of attendance)	

		<b>Cakes and Slices @ Church St</b> - Participants will make a cake or slice each week learning cooking skills, food hygiene and kitchen safety. Whilst cakes or slices are cooking participants will look through cookbooks and search the internet for next week's recipe. At the end of the day participants will take home some of the cooking to share for afternoon tea.	\$2.50/ Week	
		<b>Tactile, Music and Massage</b> – This is a program for people who like to relax and enjoy some individualised activities. The program is aimed at people with higher needs and gives them a chance to find out what they like to look at, listen to or touch to stimulate the senses		


### WEDNESDAY 12-3 Centre Based






1 or 2	Description	Activity cost	Transport cost
	 <b>Artistic Creations</b> - Participants will have the opportunity to paint a large canvas with their hands and brushes. The aim is to paint a landscape as the background then brush on some trees. There will also be a variety of other activities available to participants if completed before the end of term. Large canvases may need to be picked up from the Centre.	\$44.00 material cost paid at the start of each term.	
	 <b>Knitting for Animal Rescue</b> - Participants will have the opportunity to do some knitting or crocheting of squares that can then be sewn together to create blankets from donated or purchased wool. Blankets will be donated for animals waiting for their forever home in a local shelter. On the last day of program for each term, we will travel to visit a local shelter, meet the dogs and cats and donate the blankets.	\$1.00/ Week	
	 <b>Expression through music and instruments</b> if you like to express yourself through music come along and try this one. During the afternoon participants will have the opportunity to play all sorts of instruments, sing, mime and gaining self-confidence within this supportive group		
	 <b>Let's grow food</b> - This program is designed for participants who like to Garden. Participants will decide as a group what they wish to plant then be responsible for the weeding, watering and fertilising. Participants will have the opportunity to enjoy the 'fruits of their labour' with harvesting some fresh vegetables and herbs to take home. The program will be conducted at <b>MVC's Pearce ST</b> site in raised garden beds.	\$1.50/ Week	


### WEDNESDAY 12-3 Community Based

	 <b>Hyphen Wodonga Library</b> - Participants will enjoy the surroundings of the New Wodonga Library & Gallery while enjoying the connection and curiosity in an accessible and inspiring environment. Discover and connect with ideas, skills, and knowledge while meeting new people in the community.		\$3.00/ Week
	 <b>Digital Photography</b> – Participants will access the community and take photos of subjects of their choice in different styles while learning to use digital cameras and electronic equipment responsibly and effectively. Participants will create personal portfolio's/albums that they can take home. This program caters to a participant's artistic side or love of photography/photos.	\$1.50/ Week	\$6.80/ Week






## THURSDAY

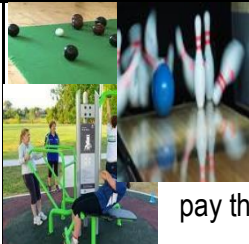
THURSDAY 9-3 - ALL DAY			
1 or 2	Description	Activity cost	Transport cost
	 <p><b>Connecting in the community</b> - Participants will have the opportunity to visit various locations in our local community including information Centre's and visitors' hubs, libraries, museums, landmarks, walking tracks, parks and locations of interest to the group. We will have morning tea at MVC or take it with us. This program will focus on increasing participation and engagement in the community.</p>	\$7.00/Week	\$13.50

THURSDAY 9-12 Centre Based			
1 or 2	Description	Activity cost	Transport cost
	 <p><b>Biscuit Bake Off</b> - The Participants will be presented with a booklet containing the recipes of the biscuits that will be selected for cooking throughout the term program. The recipes will both be written and pictures format to assist with easy follow steps, as a group we will choose from our booklet for the next week. During the semester we will learn all aspects of shopping for ingredients, safe food handling, equipment uses, correct hygiene practice and pantry forward planning.</p>	\$2.50/Week	
	 <p><b>Kindling Packing and Gardening @ Church St</b> - Participants will assist to gardening around the workshop grounds (weather permitting), assist to bag kindling for resale and other general tasks</p>		
	 <p><b>Sensory/ Morning tea</b> - participants with higher needs have an opportunity to stimulate their senses by exploring different foods for morning tea. Participants will maintain motor skills during the preparation of the foods for the mornings cooking, touching, tasting and smelling the foods at each step.</p>	\$3.00/Week	
	 <p><b>iPad Games</b> - Participants will be assisted to become familiar with the use of an iPad and select activities / games they would like to use. Those participants with individual communication applications will be assisted to use them throughout the session.</p>	BYO headph ones if possible	
	 <p><b>MVC Clean Team</b> - Participants can assist to keep the grounds and gardens at MVC. Participants can assist in pressure washing, cleaning the car park &amp; gutters, watering the gardens in the hotter months, tidying up the BBQ area and the rotunda. At the end of each term MVC will put on a BBQ lunch as a thankyou. This is for people who like to stay busy.</p>		


THURSDAY 9-12 Community Based			
	 <p><b>High tea in the park</b> - Participants will enjoy going to the park to have High Tea, we will take a thermos and a cake, biscuits and enjoy being outside and having a chat. If it is too cold or raining, we will stay at MVC and have high tea. We will cut up the cakes and biscuits and set them on a plate. Set the table and have a fancy morning tea.</p>	\$2.00/Week	\$6.00/Week










THURSDAY 12-3 Centre Based			
	<b>Music &amp; Relaxation</b> - This program is designed for participants with higher needs and gives them the opportunity to relax and listen to music in a calm and quiet environment. The program will use calming music to provide the environment to allow participants to relax after a hard morning and to attain a state of increased calmness or otherwise reduce levels of pain, anxiety, stress, or anger.		
	<b>Numbers shapes and colours</b> -This program is for participants to learn different numbers, colours and shapes. They can engage in different activities such as matching different shapes, colours and numbers using a variety of games and worksheets	\$4.00 for term.	
	<b>Aromatherapy</b> - after lunch we will relax in a calming environment using the smells of beautiful 100% natural aroma from the oil diffuser. Participants will enjoy individualised activities with a qualified aromatherapist including massage of hands and feet and slow movements with sensory music playing in the background.	\$2.50/ week	
	<b>Card Making</b> – Participants will learn a variety of techniques in card making and will make a variety of seasonal cards for Christmas, birthdays and other special occasions.	\$2.00 / Week	
	<b>Basic Woodwork Skills</b> - In the afternoon the clients will do woodwork projects to their ability with the help of staff. This could include disassembling things, fixing things or making/ painting their own projects, each day is different. They will also get to learn to complete basic repairs, sanding, safe work practices and the use of different tools to build projects of interest and their choice  <b>PLEASE NOTE THAT PARTICIPANTS WILL BE REQUIRED TO WEAR SUITABLE WORK BOOTS</b>	\$3.00/ Week	






THURSDAY 12-3 Community Based			
	<b>Ten pin Bowling with a twist</b> – Every second week participants play one game at Wodonga Ten Pin Bowling Centre. The other week we will have lots of fun going to different parks and exercise on the equipment, play a game of carpet bowls every now and then and kick some balls or play basketball. Participants will need to pay the weekly cost to pay for tenpin bowling every second week.	\$5.50/ Week	\$2.50/ Week

## FRIDAY

FRIDAY 9-3 - ALL DAY			
1 or 2	Description	Activity cost	Transport cost
	 <p><b>Community Adventures &amp; Activities / BBQ lunch</b> - Participants will have morning tea at MVC whilst choosing the location for the day. Participants will access the community and go shopping for ingredients and supplies for that day's BBQ lunch. The group will explore different parks and BBQ areas within our community and will play games, kick the ball and enjoy a walk whilst exploring community venues such as the library, museum, art gallery and shopping Centre's depending on the choice of the group. This program will include the occasional coffee or ice-cream when funds permit.</p>	\$10.00/ Week	\$13.50/ Week

FRIDAY 9-12 Centre Based			
1 or 2	Description	Activity cost	
	 <p><b>BBQ Food Prep @ Pearce St</b> - Participants will enjoy their morning tea at MVC while discussing the groceries required for BBQ for the day. A short walk (or drive in wet weather) to shop at White Box Rise to purchase items from the list, then returning to MVC to prepare and cook a BBQ lunch with salad or vegetables of their choice.</p>	\$10.00/ Week	
	 <p><b>Bike Riding and Motor Skills</b> – This program is running at MVC in a designated area. This program is designed for the participants to gain gentle exercise and improve motor skills while riding two/ three-wheeler bikes in a safe environment. This group also walks around the local area practicing road crossing skills and identifying road signs. During extreme weather conditions the program will change to indoor activities around bike and road safety skills. Due to the replacement cost for tyers, tubes and bike accessories this program requires a term cost to be paid at the start of each term. <b>Enclosed footwear is required</b></p>	\$5.00 for the term	
	 <p><b>Pamper Packs</b> - Participants can get creative by mixing ingredients together to make lovely smelling soaps, body scrubs, lip gloss and bath bombs using ingredients purchased. These pamper products will be packaged up in a basket to take home at the end of term to pamper themselves or give as a gift.</p>	\$4.00 / Week	
	 <p><b>Puzzles Morning</b> - Participants will be assisted to select a puzzle they would like to try from a variety of puzzles ranging from dominos to monopoly. Some puzzles include counting with colours and numbers, whilst others need a lot of thought and participants will have to think about the clues to complete these puzzles.</p>		
	 <p><b>Music and relaxation</b> - This program is designed for participants with higher needs and gives them the opportunity to relax and listen to music in a calm and quiet environment. The program will use calming music and big screen visual sensory to provide the environment for relaxing.</p>		
	 <p><b>Food prep, BBQ, Clean up &amp; Gardening @ Church St</b> - Participants will learn to compile a grocery list, shop for the ingredients, pay the cashier and prepare and cook a BBQ lunch with salad or vegetable choice, dish up and serve the meal. After lunch they will clean up and do dishes etc. Clients are offered choice of what they wish to cook, stir fry, soup etc. that enable them to cut and peel veggies. Occasionally we will give the clients a choice of various healthy takeaway lunch options, on these days participants will clean up and work in the garden or help in the workshop as required.</p>	\$10.00/ Week	

FRIDAY 9-12 Community Based			
1 or 2	Description	Activity cost	Transport cost
	 <p><b>Retail therapy</b> - This program is designed for participants to do some seasonal window shopping, one week we will go to a shopping centre and select a store to do some browsing through. On the alternate week we will go for morning tea at a local coffee shop. The program is designed to give the participants a greater understanding of locations in the community.</p>	\$3.50/ week	\$4.60/ Week

FRIDAY 12-3 Centre Based			
1 or 2	Description	Activity cost	
	 <p><b>Movement music and relaxation</b> - This program is aimed at participants with higher needs. Participants will do a range of movements to music, dance and singing. All exercise and movement will be tailored to the individual's abilities. Participants will also enjoy some movement-based games</p>		
	 <p><b>Old Time TV shows</b> - In this program we will watch old Television shows like MASH, Hogan's Heroes, Jetsons, Frasier, I Dream of Jeannie and many more.</p>		
	 <p><b>Mosaics Plus Creations</b> – This crafty group will be supported to create all sorts of mosaics items such as wall hangings, decorative pots, steppingstones and picture frames. Crockery, cutlery, stones, tiles and glass items will be used to create masterpieces of their choice. Created items will be sent home as they are finished during the term. Larger items may need to be picked up.</p>	\$44.00 for each term to purchase the materials	
	 <p><b>Pool clean / Afternoon tea</b> – The group can assist with simple tasks of wiping down items that are required and general cleaning of the bathroom areas and maintenance of the pool area. Once the work is done the group will be able to enjoy a drink and afternoon tea at MVC for their efforts</p>		
	 <p><b>Plant Pressing Art</b> - This program is designed for participants that like plants and making items from nature. Selecting plants and flowers from locations within walking distance to MVC, we will press and dry items collected then make a book or wall hanging or small decorative pieces to take home</p>	\$1.00 / Week	