

A photograph of a young man with dark, curly hair, wearing a blue polo shirt with light blue stripes on the sleeves. He is smiling and looking off to the right. The background shows a grassy field with trees and a wooden fence.

Day Support Activity Guide

- *My Health & Wellbeing*
- *My Learning*
- *My Recreation*
- *My Work Experience*



Welcome

We would like to extend a warm welcome to all new and existing participants for Semester 1, 2019. Our activity guide for Semester 1 is filled with an exciting range of activities, both at 773 Warrigal Road and at four new locations in the community.

All activity costs will now be based per session but still invoiced on a monthly basis unless organised otherwise.

Our new community based activities are:

Monash Aquatic and Recreation Centre (MARC)

- 626 Waverley Rd, Glen Waverley VIC 3150

Hughesdale Community Centre (HCC)

- 160 Poath Rd, Hughesdale VIC 3163

Oakleigh Anglican Church (OAC)

- CRN Dandenong & Warrigal Rd, Oakleigh VIC 3166

The Craig Family Centre Inc (CFC) (New Venue)

- 7 Samarinda Ave, Ashburton VIC 3147

Participants involved in activities at these locations must be dropped off and picked up directly from the venue - these groups do not meet at 773 Warrigal Rd, Oakleigh. These activities include:

- Access Melbourne @ Oakleigh Anglican Church (OAC)
- Access Melbourne @ HCC (Hughesdale Community Centre)
- Life Skills @ HCC (Hughesdale Community Centre)
- Shop, Learn, Cook @ Oakleigh Anglican Church (OAC)
- Swimming and Walking @ MARC (Monash Aquatic and Recreation Centre)
- Swimming and Sports @ Craig Family Centre
- Swimming and Gym @ MARC
- Lawn Bowls @ Mount Waverley Bowling Club
- Choir and Dance Performance @ Craig Family Centre



Please note that transport costs are included in the external activities and that several activities will now incorporate a travel training element and require those participating to bring their own myki with sufficient funds for the day's travel. Disability Support Pensioners are entitled to a concession myki.

The following activities require participants to bring their own myki:

- Access Melbourne @ OCA
- Access Melbourne @ HCC
- Library and Bus Travel
- Life Skills @ HCC
- Train Travel
- Quick and Easy Lunch
- Shopping

This guide is intended to give you information regarding the many activities you can enjoy with Day Support.

The activity descriptions provide details and costs for each session - prices are per session. Please use these descriptions, in conjunction with the daily timetables (p26-30), to complete your Activity Preference Form.

To avoid disappointment, please return your completed Activity Preference Form as soon as possible.

OC Connections contact details can be found at the back of the book

Warmest regards,

OC Connections Day Support Team



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It's About You

At OC Connections, we provide important opportunities for people of all abilities to contribute to society and live happy and successful lives on their own terms.

We offer a strong network of support and innovative programs to enable you to choose how you want to live, work and spend your recreation time.

Each of our participants is an individual and as such, we work hard to tailor our support services to meet each person's specific needs and aspirations. Everyone is supported with respect and dignity with a focus on independence and choice.

At OC Connections we aim to unlock each person's potential. We work with you to maximise choice and control over your life.

Our Programs are designed to support you in every aspect of your life whether it be in your home or in your community. In both these areas we focus on:

- Your Health and Wellbeing
- Your Learning
- Your Work Experience
- Your Recreation



My Independence

Depending on your goals and needs, we can develop a program to increase your independence around the home.

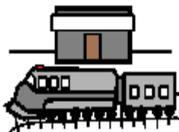
This can include:

- Household management:
 - Household tasks
 - Shopping
 - Menu planning
 - Cooking
 - Laundry
 - Developing and following a budget
 - Gardening
- Preparing to live independently:
 - Literacy and numeracy
 - Money skills and budgeting
 - Cooking and shopping

My Independence cont.

Access Melbourne @ OAC

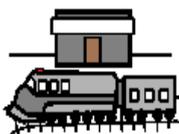
- \$10 per session
- Meet at OCC
- Bring your own myki



Use public transport and your own myki to access attractions and events around Melbourne and increase your independence. This is an all-day activity.

Access Melbourne @ HCC

- \$10 per session
- Meet at HCC
- Bring your own myki



Use public transport and your own myki to access attractions and events around Melbourne and increase your independence. This is an all-day activity.

Healthy Eating

- \$5 per session



Develop independent living skills as you learn to make a healthy and delicious lunch.

Bake and Taste

- \$5 per session



Learn food preparation and independent living skills as you make delicious pastries.

Library and Bus Travel

- \$NA
- Bring your own myki



Develop travel skills and use your own myki to catch public transport to the local Library where you can read and borrow books

Life Skills

- \$1 per session



Based at 775 Warrigal Rd, learn to do different tasks for yourself as you develop independent living skills. E.g. -making a bed, using a washing machine)

Quick and Easy Lunch

- \$5 per session
- Bring your own myki



Use your own myki to catch the bus to the shop, buy ingredients and make a sandwich for lunch.

My Independence cont.

Quick and Easy Lunch & gardening @ Craig Family Centre

- \$5 per session

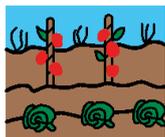


Walk to local shopping centre, buy and prepare your lunch. Grow vegetables for the local community.

This is an all-day activity.

Kitchen Garden

- \$3.50 per session



Learn how to grow fruit and vegetables in the onsite food garden at OC Connections. Take produce home.

Life Skills @ HCC

- \$5 per session
- Meet at HCC
- Bring your own myki.



Learn travel skills and develop independent living skills. Lunch is included and prepared by the group.

This is an all-day activity.

Shop, Learn, Cook @ OAC

- \$5 per session
- Meet at OAC



Learn food preparation and independent living skills as you buy ingredients from nearby shops and make lunch.

This is an all-day activity.

Shopping

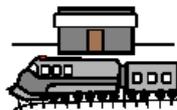
- \$1 per session



Develop independent skills by catching public transport; going to local supermarket; buy items at the supermarket and learn money handling skills and road safety skills.

Train Travel

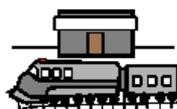
- \$1 per session
- Bring your own myki



Learn travel training skills, how you use your myki and access the community using the train.

Vegetarian Cooking

- \$5 per session



Learn food preparation and life skills as you cook a healthy and delicious vegetarian meal for lunch



My Learning

At OC Connections day support you have the opportunity to learn new skills or develop your current skills through formal or informal learnings.

Learning with iPads

- \$2 per session



Learn to use educational programs on an iPad or touch screen tablet.

Literacy and Numeracy

- \$2 per session

Aa Bb Cc
Dd Ee Ff
1 2 3
4 5 6

Be supported to develop your reading, writing and math skills .

Computer Literacy

- \$2 per session



Develop your reading and writing skills using the computer software Ziptails and ABC Ya, and books.

Computer Research

- \$2 per session



Use the computer and explore the world.

Letters and Numbers

- \$2 per session



Develop your reading, writing and counting skills using the computer and other resources

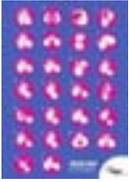
Literacy Group



- \$1 per session

Get together with friends to read and talk about your favourite books.

Auslan Signing



Learn to develop communication skills by using Auslan signing.

OC Advisory Committee

- \$NA



Learn about your rights and responsibilities.
Have your say and make OC Connections better.



OC Connections is now offering an opportunity for participants to be involved in Accredited Training:

Certificate 1 in Transition Education 22301VIC

Certificate 1 in Transition Education is a nationally accredited course which aims to support students to develop the skills that enables them to access options in the community. This may include employment, volunteer work or further study.

The course aims to:

- Build confidence and self esteem
- Explore local community options to enhance community access
- Enhance independence
- Explore and build community connections
- Enhance health and well-being.

Courses will take place off site, within the local community. Please tick on the Preference sheet if interested.



My Work

Work experience aims to:

- Give an idea of what work is like
- Equip people with new training and work skills
- Assess work readiness and skill development

This is supported through:

- Work Placement
- Work Experience
- Transition from School programs
- Support in the Workplace (OCCE) and our community based social enterprises



OC Connections Day support is now offering an opportunity for participants to be involved in Work Readiness

1088 Centre Road Oakleigh South

An opportunity for people to get a taste of work readiness within a formal work setting.

This will take place once a week, supported by OC Connections Day Support Staff, at OCCE and will assist in developing:

- Work readiness skills
- Social development
- Independence
- Building relationships

Please tick on the preference sheet if interested.

Collingwood Children's Farm (Volunteering)

- \$10 per session

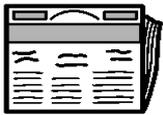


Learn work skills and contribute to the community by volunteering at Collingwood Children's Farm. (Transport Included)

This is an all-day activity.

Paper Delivery Prep

- \$2
- Group shares returns



Work in a team and have work experience by helping to roll and prepare newspapers for delivery.

(Transport Included)

Newspaper Delivery

- \$5 per session
- Group shares returns



Work experience and get exercise as you deliver newspapers in a local paper round.

(Transport Included)

Car Washing

- \$NA
- Group shares returns



Learn work skills and be part of a team as you wash cars, onsite.

Work Crew

- \$ N/A



Work as part of a team and complete tasks around the centre that help run things smoothly.

OC Connections Café

- \$ N/A



Develop money handling and life skills, as you learn to take drink orders and make coffee at our onsite cafe.

Meals on Wheels

- \$ N/A



Make a contribution to the community by volunteering your time, delivering meals to the elderly.

This is an all-day activity on Mondays



My Health & Wellbeing

Your health and wellbeing are our highest priority.

With healthy choices you can enjoy participating in our group activities. You will find some of our most popular activities are also great for your health.

Advanced Bushwalking

- \$5 per session



Get some exercise as you go for a walk and have lunch in Melbourne's wonderful parks. (transport included).

Bike Riding and Ball Games (onsite)

- \$2 per session



Play games of cricket, basketball foot soccer and ride a bike.

Bowling @ Clayton AMF

- \$9 per session
- Meet at the venue
- Return via transport provided



Play a game of ten pin bowling with friends at Clayton AMF.

Fit and Active

- \$2 per session



Get active, doing exercises of your choice.

My Health & Wellbeing cont.

Golf

- \$12 per session



Play mini golf and practise at the driving range as you learn to play. (Transport included)

Gym

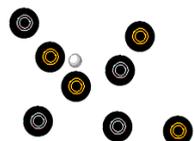


- \$10 per session

Exercise at Monash University gym; improve fitness, strength and wellbeing. (Transport Included)

Lawn Bowls

- \$9.50 per session



Meet at Oakleigh Bowls Club to learn to play Lawn Bowls before returning to the centre. (Transport Included)

Zumba

- \$1 per session



Improve fitness, wellbeing, balance and have fun.

Basketball @ Aqualink

- \$8 per session



Play a competitive game of basket ball with Alkira organisation and work on coordination and fitness. (Transport included)

Basketball @ Waverley Basket Association

- \$5 per session
- Meet at venue



Play a basketball and work on basketball skills and fitness. Return transport included.

Swimming

- \$11 per session



Go for a swim at the Monash Aquatic and Recreation Centre.
Leaving from 773, Warrigal Rd.
Morning activity only (Transport included)

Indoor Sports

- \$7 per session



Play beach volleyball, soccer, cricket and netball at the Oakleigh Indoor Sport Centre.

My Health & Wellbeing cont.

Swimming & Gym @ MARC

- \$19 per session



Go for a swim at the Monash Aquatic and Recreation Centre. Drop off and pick up at venue.

This is an all day activity.

Swimming and Walking @ MARC

- \$7 per session
- Meet and pick up at MARC



Go for a swim at the **Monash Aquatic and Recreation Centre (MARC)**, have lunch out and go for a walk at a local park.

This is an all day activity.

Swimming and Sports @ Craig Family Centre

- \$7 per session
- Meet and pick up at CFC



Go for a swim at the Ashburton pool, have lunch at **Craig Family Centre** and walk to local park for a game of footy or soccer.

This is an all-day activity.

Please note no hoist is available @ Ashburton pool.

Walking @ Scotchmans Creek

- \$1 per session



Walk at local parks, whatever your fitness level.

Indoor Sport

- \$11 per session



Play beach volleyball, soccer, cricket and netball at the Oakleigh Indoor Sport Centre. (Transport Included)

Outdoor Sports @ Caloola Reserve

\$ N/A



Play footy; soccer and cricket at our local Caloola reserve.

Tai Chi

- \$1 per session



Improve strength, flexibility, balance and control.

Yoga

- \$1 per session



Exercise your body and relax your mind.

Shine Dance Therapy

- \$1 per session



Stimulate movement and coordination through dance, movement and play.

Relaxation

- \$2 per session



Learn relaxation techniques and how to use them.

Sensory

- \$3 per session



Relax and enjoy sensory activities.

Music Therapy

- \$15 per session
- Registered music therapist.



A therapeutic session facilitated by a music therapist where you can listen, sing or move to music.

Men's Group

- \$1 per session



Talk about the issues affecting men, with men

Women's Group

- \$1 per session



Talk about the issues affecting women, with women.

Exploring the Senses

- \$3 per session



Use your senses to explore a new theme each week.

My Health & Wellbeing cont.

Aromatherapy

- \$2 per session



Unwind and relax with gentle music and essential oils.

Massage

- \$2 per session



Enjoy a relaxing massage in a quiet space by a qualified Masseuse

Pampering

- \$2 per session



Enjoy a foot spa, put on makeup and have your nails painted and enjoy the company of others.



My Recreation

Important connections are made across all aspects of our lives. We offer a range of supported community-based recreation activities, leisure and Centre based service.

A World of Dance and Music

• \$2 per session



Play instruments and dance as you explore music and songs from around the world.

Afro Beats!

• \$2 per session



Enjoy the sounds of African drums and learn to play them too.

Art and Craft

• \$6 per session



Work on personal craft projects using lots of different methods and materials.

Art for Artists

• \$6 per session



An advanced workshop where you will learn new methods to create art.

Creative Design

• \$5 per session



Create amazing artwork using recycled and collected pieces.

Culture Club

• \$5 per session



Learn food preparation skills and explore the globe via music, stories and food from around the world.

My Recreation cont.

Choir & Dance Performance @ Craig Family Centre

- \$1 per session



Have fun and learn to dance to perform.

Disco

- \$13 per session



Let your hair down and enjoy dancing with your friends at the disco. (attend at an external venue) (Transport Included)

Draw, Colour, Paint

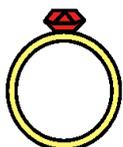
- \$6 per session



Express yourself through art using paint, pencil, crayon and more.

Jewellery Making

- \$5 per session



Produce your own beautiful and unique jewellery to keep or share your creations with friends.

Karaoke

- \$1 per session



Put on a show for your friends as you take turns singing your favourite songs.

Rock and Roll

- \$13 per session



Enjoy music from the 60's, 70's, 80's, 90's and today!
(attend an external venue). Transport included.

Puzzled

- \$1 per session



Challenge your problem solving skills with jigsaws and puzzles.

Parks and Gardens

- \$5 per session



Explore and go for a walk at one of Melbourne's beautiful and relaxing gardens. (Transport Included)

My Recreation cont.

Computers and Music

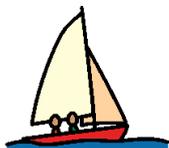
- \$2 per session



Listen to music on the computer.

Sailing

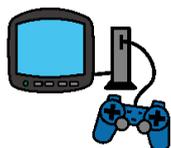
- \$4
- 2019 Sailability fees
- Invoicing by OC Connections



Learn to sail Access Dinghies with Sailability at the Boatshed, Albert Park Lake. (Transport Included)

Wii Active

- \$2 per session



Get active and fit playing fun new games with Wii.

Dandenong Market

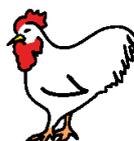
- \$5 per session
- Bring money for purchases.



Visit the market and practise money handling skills as you buy personal items. (Transport Included)

Myuna Farm

- \$8 per session



Explore the farm and learn about all the different animals at the peaceful Myuna Farm. (Transport included)

Queen Victoria Market Leave from @ HCC

- \$10 per session
- Bring money for purchases



Explore the historic Queen Victoria Market and practise money handling skills as you buy personal items. (Transport Included)

Explore Local Gardens

- \$5 per session



Enjoy a relaxed visit as you go for a walk at some of Melbourne's most beautiful parks. Transport included.

My Recreation cont.

Animal Lovers @ OAC

- \$18 per session



Develop community access skills and learn about animals as you visit farms, zoos and sanctuaries. (Transport Included)

This is an all-day activity.

Explore Melbourne

- \$18 per session



Using OC Connections transport, visit the many attractions and events around Melbourne.

(Transport Included)

This is an all-day activity.

Creative Recycled Craft

- \$5 per session



Create an individual art piece using recycled and new objects.

Caribbean Market

- \$5 per session
- Bring money for purchases



Visit the market and practise money handling skills as you buy personal items. (Transport included)

Mosaics

- \$6 per session



Cut, arrange and grout tiles to create a beautiful mosaic project.

Samba Drumming

- \$1 per session



Have fun with friends playing drums and dancing.

Scrapbooking

- \$5 per session



Create a beautiful keepsake as you build a story about your family, friends and memories.

My Recreation cont.

Sing Along

- \$2 per session



Have fun and express yourself as you sing along to your favourite songs.

A Coffee and Chat

- \$9 per session



Enjoy a social afternoon and a hot drink with friends at one of the fantastic nearby cafés. (Transport Included)

Bingo

- \$1 per session



Enjoy a fun and friendly game of bingo.

Afternoon Tea

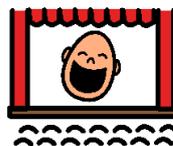
- \$5 per session



Develop food preparation skills as you learn to make a delicious afternoon tea to share.

Movie Club

- \$1 per session



Watch great movies on a big screen.

Shake and Bake

- \$3 per session



Learn food preparation skills as you prepare a delicious treat. Get some exercise and dance while it cooks.

Salesian

- \$4 per session



Play sport with students and then share afternoon tea at Salesian College, an independent secondary college for boys. (Transport Included)

My Recreation cont.

Out and About

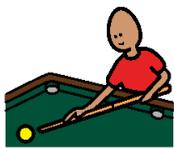
- \$5 per session



Visit local parks and sights and go for a walk.
(Transport Included)

Shooting Pool

- \$3 per session



Have a great afternoon playing pool at Foresters Arms.

Music Jamming

- \$1 per session



Be a rock star as you play guitar, bass, keyboard and drums!

Dog Walking

Walking a dog along Scotchmans Creek Reserve



Learn and gain confidence about taking care of animals, leading a dog, road safety; responsibilities as a dog walker.

Monday

Morning Activities 9am – 1pm	Afternoon Activities 1pm – 3pm	All Day Activities 9am – 3pm
Computer Numeracy 9	Art and Craft 20	Access Melbourne @ HCC 7
Aromatherapy 19	Bowling @ Clayton AMF 15	Explore Melbourne 23
Creative Design 20	Draw, Colour, Paint 21	Life Skills @ HCC 8
Draw, Colour, Paint 21	Indoor Sport 16	Meals on Wheels 14
Fit and Active 15	Kitchen Garden 8	Swimming and Walking @ MARC 17
Library and Bus Travel 7	Literacy and Numeracy 9	Quick Easy Lunch and Gardening @ CFC 8
Life Skills 7	Relaxation 18	Swimming and Sports @ CFC 17
Lawn Bowls (Meet @ venue) 16	Samba Drumming 23	
Out and About 25	Shine Dance Therapy 18	
Rock and Roll 21	Shopping 8	
Vegetarian Cooking 8	Parks and Gardens 21	
Zumba 16	Work Crew 14	
OC Connections Café 14	Yoga 18	
Train Travel 8	Outdoor Sports @ Caloola Reserve 17	

Tuesday

Morning Activities 9am – 1pm	Afternoon Activities 1pm – 3pm	All Day Activities 9am – 3pm
A World of Dance and Music 20	Basketball 16	Access Melbourne @ OAC 7
Advanced Bushwalking 15	Bowling @ Clayton AMF 15	Animal Lovers @ OAC 23
Art for Artists 20	Draw, Colour, Paint 21	Explore Melbourne 23
Bowling @ Clayton AMF (Meet @ venue) 15	Fit and Active 15	Shop, Learn, Cook @ OAC 8
Car Washing 14	Learning with iPads 9	Work Placement OCCE 12 & 13
Choir 22	Library and Bus Travel 7	
Computer Literacy and Numeracy 22	Literacy and Numeracy 9	
Healthy Eating 7	Massage 19	
Learning with iPads 9	Movie Club 24	
Music Therapy 18	Pampering 19	
Swimming 16	Paper Delivery Preparation 14	
Creative Recycled Craft 23	Walking @ Scotchmans Creek 17	
	Women's Group 18	
	Yoga 18	

Wednesday

Morning Activities 9am – 1pm	Afternoon Activities 1pm – 3pm	All Day Activities 9am – 3pm
Literacy Group 9	A Coffee & Chat 24	Access Melbourne @ HCC 7
Caribbean Market 23	Afternoon Tea 24	Explore Melbourne 23
Computers Numeracy 9	Computers and Music 22	Collingwood Children's Farm (Volunteering) @HCC 14
Disco 21	Auslan Signing 10	Life Skills @ HCC 8
Golf 16	Gym 16	Queen Victoria Market @ HCC 22
Healthy Eating 7	Massage 19	
Library and Bus Travel 7	Pampering 19	
Mosaic 23	Parks and Gardens 21	
Music Therapy 18	Scrapbooking 23	
Newspaper Delivery 14	Sensory 18	
Out and About 25	Shine Dance Therapy 18	
Shake and Bake 24	Sing Along 24	
Basketball @ Waverley 16	Out and About 25	
Bowling @ Clayton 15	Wii Active 22	
	Mosaics 23	

Thursday

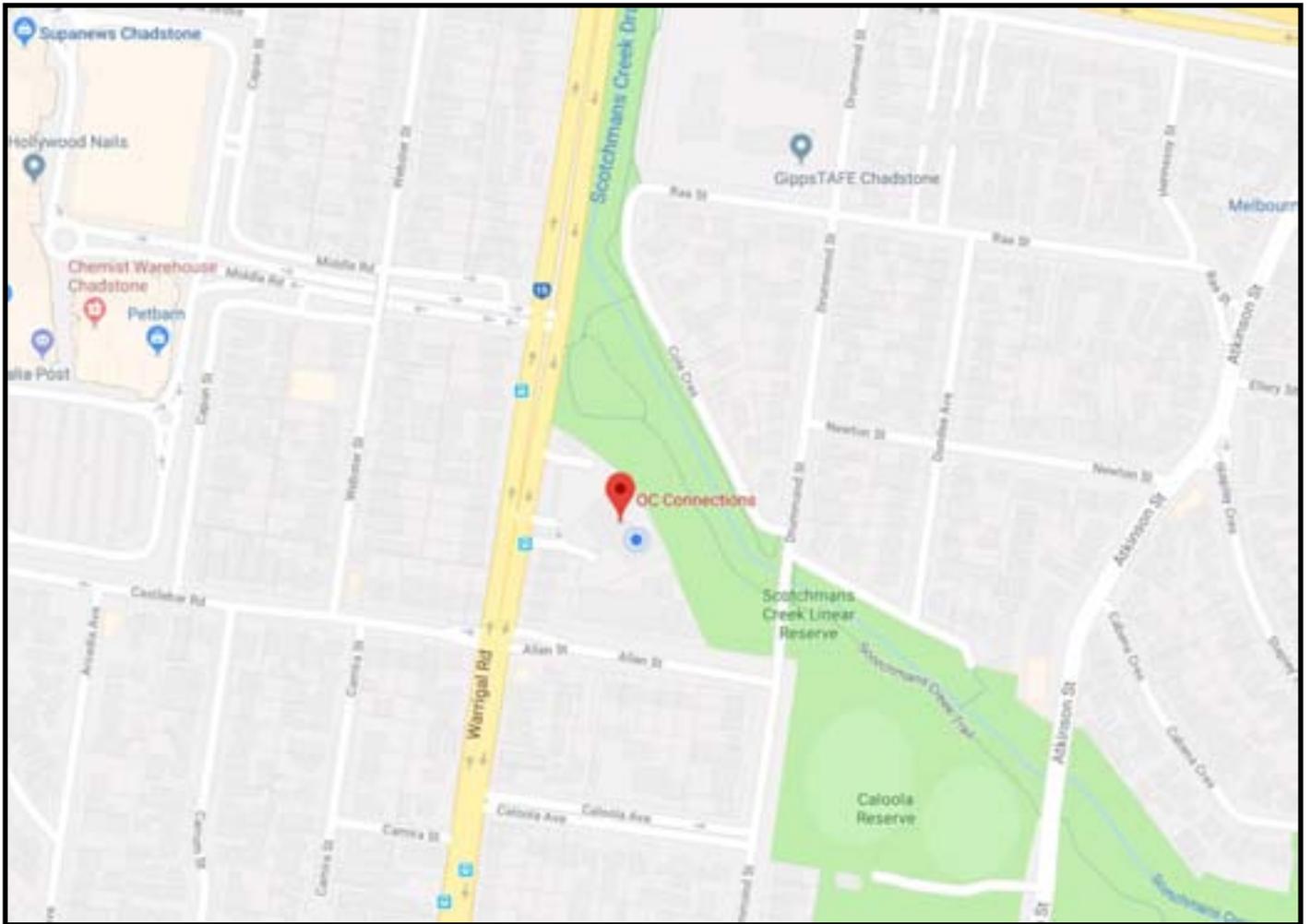
Morning Activities 9am – 1pm	Afternoon Activities 1pm – 3pm	All Day Activities 9am – 3pm
Afro Beats 20	A Coffee and Chat 24	Access Melbourne @ HCC 7
Bike Riding and Ball Games 15	A World of Dance and Music 20	Explore Melbourne 23
Bowling @ Clayton (meet @ venue) 15	Afternoon Tea 24	Collingwood Children's Farm (Volunteering) @ HCC 14
Computer and Music 22	Bike Riding and Ball Games 15	Life Skills @ HCC 8
Exploring the Senses 18	Bowling @ Clayton AMF 15	Queen Victoria Market @ HCC 22
Meals on Wheels 14	Computers & Music 22	
Myuna Farm 22	Fit and Active 15	
Relaxation 18	Jewellery Making 21	
Quick and Easy Lunch @ OCC 8	Library and Bus Travel 7	
Swimming 16	OC Advisory Committee 10	
Tai Chi 17	Pampering 19	
Train Travel 8	Sensory 18	
Out and About 25	Tai Chi 17	
Advanced Bushwalking 15	Parks and Gardens 21	

Friday

Morning Activities 9am – 1pm	Afternoon Activities 1pm – 3pm	All Day Activities 9am – 3pm
Aromatherapy 19	A Coffee and Chat 24	Access Melbourne @ HCC 7
Computer Numeracy 9	Bake and Taste 7	Explore Melbourne 23
Culture Club 20	Bingo 24	Collingwood Children's Farm (Volunteering) @ OAC 14
Dandenong Market 22	Computers & Youtube for Beginners 22	Shop, Learn, Cook @ OAC 8
Fit and Active 15	Explore Local Gardens 22	Swimming and Gym @ MARC 17
Gym 16	Men's Group 18	Choir & Dance Performance @CFC 21
Healthy Eating 7	Movie Club 24	
Karaoke 21	Music Jammin' 25	
OC Connections Café 14	Pampering 19	
Sailing 22	Salesian 24	
Parks and Gardens 21	Sensory 18	
Puzzled 21	Shooting Pool 25	
Library and Bus Travel 7	Out and About 25	
Dog Walking 25	Train Travel 8	

Map

773 Warrigal Rd, OAKLEIGH VIC 3166 - Mel Ref 69 F





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