

A photograph of a young woman with dark hair pulled back, smiling warmly at the camera. She is wearing a light blue and white striped t-shirt. The background is a dense field of bright yellow flowers, possibly marigolds, with green foliage.

Day Support Activity Guide

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

A stylized green leaf icon with a dark green stem, positioned in the bottom left corner of the green section.

2019 Semester 2
1 July – 20 December, 2019



Welcome

We would like to extend a warm welcome to all new and existing participants for Semester 2, 2019. Our activity guide for Semester 2 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

Clayton Aquatics and Health Club

- 9/15 Cooke Street, Clayton VIC 3168

Waverley Basketball Association

- Corner Batesford Rd and Power Ave, Chadstone VIC 3145



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
- Bus and Train 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

What would you like to see in our Day Support Program?

OC Connections values suggestions from families, carers and participants about new activities that are of interest to further develop our programs.

If you wish to provide feedback or suggest new activities, please contact:

Arishma Clayton – aclayton@occonnections.org

Maiten Maldonado - mmaldonado@occonnections.org

Graham Furman – gfurman@occonnections.org

Kai Wang - kwang@occonnections.org



My Independence

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

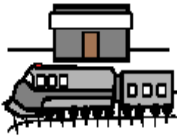
This can include:

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

My Independence cont...

Access Melbourne @ OAC

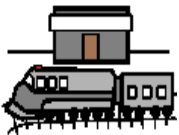
- \$10 per session
- Meet at OCC
- Bring your own Myki



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.

Spoil Yourself

- Please bring money from home for your own shopping



Go to local shops and purchase items you want.

Bake and Taste

- \$5 per session



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

Bus and Train Travel

- No charge
- Bring your own Myki



Develop travel skills and use your own Myki to catch public transport. Learn to use public transport as well as road safety skills.

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 and gardening @ Craig Family Centre

- \$5 per session

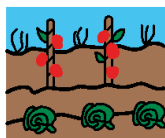


Walk to local shopping centre, buy and prepare your lunch. Grow vegetables for the local community.

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.

Shopping

- \$5 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. (Transport included)

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

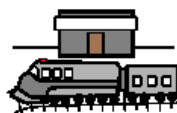
- No Charge



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. Please bring Myki cards.

Train Travel

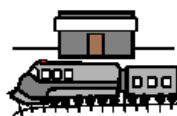
- \$1 per session
- Bring your own Myki



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

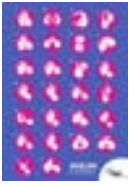


Get together with friends to read and talk about your favourite books.

My Learning cont...

Auslan Signing

- \$1 per session



Learn to develop communication skills by using Auslan signing.

Eco Defenders

- \$2 per session



Head to Scotchmans Creek and surrounding parks to clean up. Learn about recycling whilst getting some exercise with friends.

OC Advisory Committee

- No charge



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

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

- No charge
- Group shares returns



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

Work Crew

- No charge



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

My Work cont...

OC Connections Café

- No charge



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

Meals on Wheels

- \$8



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

This is an all-day activity on Mondays.
(Transport is included)



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)

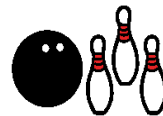
- \$2 per session



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

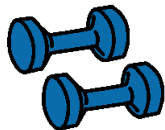
- \$2 per session



Get active, doing exercises of your choice.

My Health & Wellbeing cont...

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 @ Waverley Basketball Association

- \$5 per session
- Meet at venue



Play 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)

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 Walking @ Clayton Swimming Pool

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



Go for a swim at the Clayton pool, have lunch and walk to the local park for a game of footy or soccer.

This is an all-day activity.

Walking @ Scotchmans Creek

- \$1 per session



Walk at local parks, whatever your fitness level.

My Health & Wellbeing cont...

Indoor Sport

- \$11 per session



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

Outdoor Sports @ Caloola Reserve

No charge



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

My Health & Wellbeing cont...

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.

Aromatherapy

- \$2 per session



Unwind and relax with gentle music and essential oils.

Pampering

- \$2 per session



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

Massage

- \$2 per session



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



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

- \$2 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 Waverley Community Centre) (Transport included)

Draw, Colour, Paint

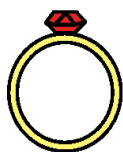
- \$6 per session



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

- \$2 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!
(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

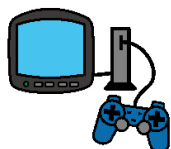
- \$4
- 2019 Sailability fees
- Invoicing by OC Connections



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

Wii Active

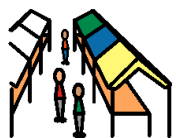
- \$2 per session



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.

Photography

- \$2



Walk to local parks, learn to take photos, put on computer and edit. Bring your own camera or Ipad.

My Recreation cont...

Animal Lovers @ OAC

- \$20 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

- \$20 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.

Sing Along

- \$2 per session



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

My Recreation cont...

A Coffee and Chat

- \$9 per session



Enjoy a social afternoon and a hot drink with friends at fantastic nearby cafés. (Transport included)

Bingo

- \$1 per session



Enjoy a fun and friendly game of bingo.

Afternoon Tea

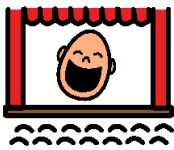
- \$5 per session



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.

Music Jamming

- \$2 per session



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

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)

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.

Day Support Weekly Activities

Monday

Morning Activities 9am – 1pm	Afternoon Activities 1pm – 3pm	All Day Activities 9am – 3pm
Aromatherapy 17	Art and Craft 18	Access Melbourne @ HCC 7
Bus and Train Travel 7	Bowling @ Clayton AMF 14	Explore Melbourne 21
Creative Design 18	Draw, Colour, Paint 19	Life Skills @ HCC 8
Draw, Colour, Paint 19	Indoor Sport 16	Meals on Wheels 13
Fit and Active 14	Kitchen Garden 8	Swimming and Walking @ MARC 15
Lawn Bowls (Meet @ venue) 15	Literacy and Numeracy 9	Quick Easy Lunch and Gardening @ CFC 8
Letters and Numbers 9	Outdoor Sports @ Caloola Reserve 16	Swimming and Walking at Clayton 15
Life Skills 7	Parks and Gardens 19	
OC Connections Café 13	Relaxation 16	
Out and About 22	Samba Drumming 21	
Rock and Roll 19	Shine Dance Therapy 16	
Train Travel 8	Shopping 8	
Vegetarian Cooking 8	Work Crew 12	
Zumba 15	Yoga 16	

Day Support Weekly Activities

Tuesday

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

Day Support Weekly Activities

Wednesday

Morning Activities 9am – 1pm	Afternoon Activities 1pm – 3pm	All Day Activities 9am – 3pm
Bowling @ Clayton 14	Afternoon Tea 22	Access Melbourne @ OAC 7
Bus and Train Travel 8	Auslan Signing 10	Animal Lovers 23
Caribbean Market 21	Coffee & Chat 22	Explore Melbourne 21
Computer Literacy 9	Computers and Music 20	Shop, Learn, Cook @ OAC 8
Disco 19	Gym 15	Swimming and Walking @ MARC 15
Eco Defenders 10	Massage 17	
Healthy Eating 7	Mosaics 21	
Kitchen Garden 16	Out and About 22	
Literacy Group 9	Pampering 17	
Mosaic 21	Parks and Gardens 19	
Music Therapy 16	Scrapbooking 21	
Newspaper Delivery 12	Sensory 16	
Out and About 22	Shine Dance Therapy 16	
Shake and Bake 22	Sing Along 21	
	Wii Active 20	

Day Support Weekly Activities

Thursday

Morning Activities 9am – 1pm	Afternoon Activities 1pm – 3pm	All Day Activities 9am – 3pm
Advanced Bushwalking 14	Afternoon Tea 22	Access Melbourne @ HCC 7
Afro Beats 18	Bike Riding and Ball Games 14	Collingwood Children's Farm (Volunteering) @ HCC 14
Bike Riding and Ball Games 14	Bowling @ Clayton AMF 14	Explore Melbourne 21
Bowling @ Clayton (meet @ venue) 14	Bus and Train Travel 8	Life Skills @ HCC 8
Computer and Music 20	Coffee and Chat 22	Meals on Wheels 13
Exploring the Senses 17	Computers & Music 20	Queen Victoria Market @ HCC 22
Learning with iPads 9	Fit and Active 14	
Myuna Farm 20	Jewellery Making 21	
Out and About 22	OC Advisory Committee 10	
Quick and Easy Lunch 8	Pampering 19	
Relaxation 16	Parks and Gardens 19	
Swimming 15	Sensory 16	
Tai Chi 16	Tai Chi 16	
Train Travel 8	World of Dance and Music 18	

Day Support Weekly Activities

Friday

Morning Activities 9am – 1pm	Afternoon Activities 1pm – 3pm	All Day Activities 9am – 3pm
Aromatherapy 17	Bake and Taste 7	Access Melbourne @ HCC 7
Bus and Train Travel 7	Bingo 22	Choir & Dance Performance @CFC 21
Coffee & Chat 22	Coffee & Chat 22	Collingwood Children's Farm (Volunteering) @ OAC 14
Computer Research 9	Computers and Music 20	Explore Melbourne 23
Culture Club 18	Explore Local Gardens 20	Photography 22
Dandenong Market 20	Men's Group 17	Quick n Easy Lunch 8
Fit and Active 14	Movie Club 22	Shop, Learn, Cook @ OAC 8
Gym 15	Music Jammin' 22	
Healthy Eating 7	Out and About 22	
Karaoke 19	Pampering 17	
OC Connections Café 13	Salesian 22	
Parks and Gardens 19	Sensory 17	
Puzzled 19	Shooting Pool 22	
Sailing 20	Train Travel 8	
Basketball @ Waverley 15		



OC Connections

773 Warrigal Road Oakleigh VIC 3166

Ph. (03) 9569 0603

admin@OCConnections.org

Maiten Maldonado

Manager Independence

Ph. (03) 9564 0916

mmaldonado@OCConnections.org

Arishma Clayton, Graham Furman & Kai Wang

aclayton@OCConnections.org

gfurman@OCConnections.org

kwang@OCConnections.org

