

Our Day Programs

At Coastlink, we provide Day Programs that are suitable for a variety of clients and their needs.

Just some of the benefits of joining us include:

- ☺ Our Day Programs are run all year round, giving clients more access to the community.
- ☺ We're committed to inclusivity, and our clients and Support Workers regularly collaborate on ideas for new activities.
- ☺ By publishing our calendar six weeks in advance, our clients can prepare for the coming weeks.

MONDAY

Men's Group
Girl's Group
Out & About
Cricut
Sports

TUESDAY

Gaming and VR
Curious Coasties
Healthy Cooking
Girl's Group

WEDNESDAY

Out & About: Berkeley Vale and Woy Woy
Cafe Group
Lawn Bowls
Bowling League

THURSDAY

Storytime
Bocce
Curious Coasties

FRIDAY

Freestyle Friday
Cafe Group
Men's Group
Bike Riding
Creative Craft



• DAY PROGRAMS: GROUP INFORMATION •

CURIOUS COASTIES



Our Curious Coasties group meets on Tuesdays and Thursdays.

These groups go and explore what the Central Coast has to offer, and gain new skills along the way.

Just some of our activities include plaster painting, bingo, bowling or whale watching (seasonal).

MEN'S / GIRL'S GROUPS



These groups meet on a Monday, Tuesday or Friday.

They get the chance to participate in a range of activities, including BBQs at the park, going to the movies, going bowling, setting off on a train trip, or having a pamper day (Girl's Group).

HEALTHY COOKING



Our Healthy Cooking group meets in the centre on a Tuesday.

Participants decide what recipe they want to cook and shop for ingredients.

They have the opportunity to try various healthy cuisines, and then enjoy the food they make!

OUT AND ABOUT



We have two Out and About groups that meet on a Wednesday: one based at Berkeley Vale, and the other based at Woy Woy.

Just some of the fun activities can include having picnics, going op-shopping, playing lawn bowls, or orange picking (seasonal).

CAFE GROUPS



Our Cafe groups meet on a Wednesday and Friday, with participants going out to try a different cafe or restaurant each week.

Just some of the venues and cuisines they get to try include Italian, Thai, Chinese, bakeries, and fish and chips.

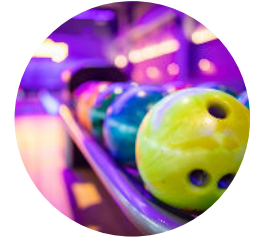
CRICUT GROUPS



Each Monday, our Cricut gets together for the chance to let their creativity shine and bring whatever design they want to life.

They use the computer to create their design, and the Cricut machine to cut it out, making bottles, t-shirts, cards and much more.

BOWLING LEAGUE



Each Wednesday, our clients get the chance to participate in a weekly bowling league held at Bateau Bay Ten Pin Bowling.

This group helps our clients to be part of a team, get active and have lots of fun!

• DAY PROGRAMS: GROUP INFORMATION •

SPORTS GROUP



Each Monday, a group of clients go out and visit a variety of parks to try their hand at a different sport.

Sometimes they may go to an indoor sports facility and spend the day there, too.

FREESTYLE FRIDAY



On Fridays, a group of clients come to the Centre for our much-loved Freestyle Friday.

Anyone can get up and dance, or sing a song of their choice.

There are also lots of games and activities on offer, and everyone is invited to join in.

BIKE RIDING



On Fridays, we take a small group for a ride on their bikes along various bike tracks across the Central Coast.

This group helps our clients to get out and about, be active and have lots of fun.

GAMING + VR GROUP



Our Gaming and VR Group meets in Centre at our Berkeley Vale Hub.

They utilise the computers, play interactive games and enjoy Virtual Reality (VR) experiences.

PLAY BOCCE



On Thursdays, a group of clients head to Dooralong to play Bocce against Options Disability Services.

Everyone always has a great time cheering each other on, and once the game is finished, participants enjoy lunch together.

CREATIVE CRAFT



Based at our Berkeley Vale Hub, Creative Crafts is a fun program where clients complete craft activities of their choosing.

Some of the craft activities on offer may include colouring, drawing or painting.

LAWN BOWLS



Each Wednesday, this group goes to Gosford to play a game of lawn bowls.

The objective of lawn bowls is to roll biased balls so they stop close to a smaller ball called a Jack.

Once the group is finished playing, they eat lunch together in a nearby park.

STORY TIME



Every Thursday, this group heads to Lake Haven Library, where staff run a group for Coastlink.

They read books, sing songs and play games, and borrow books to take home.

Afterwards, they go to the shops or park for lunch.