

# 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

Girls Group  
Mens Group  
Cricut  
Out and About  
Music and Media

## TUESDAY

Curious Coasties  
Everyday Explorers  
Bingo  
Healthy Cooking

## WEDNESDAY

Ten Pin Bowling  
Out and About  
Woy Woy  
Out and About  
Berkeley Vale  
Café's

## THURSDAY

Curious Coasties  
Storytime at Lake  
Haven Library  
Bocce in  
Dooralong

## FRIDAY

Café's  
Men's Group  
Creative Art  
Freestyle Friday  
(karaoke, in-centre)



# • DAY PROGRAMS: GROUP INFORMATION •

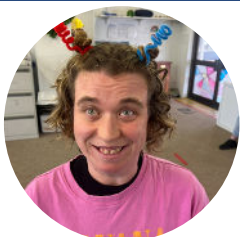
## CURIOUS COASTIES



Our Curious Coasties group goes out to 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).

## MENS / GIRLS GROUPS



In these groups, clients 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



As part of our Healthy Cooking group, 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: 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



In our Cafe groups, participants go 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



Our Cricut group 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



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!

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## MUSIC AND MEDIA



The creation of short videos using mobile phones and iPads to capture the content, directed by the clients.

Learning about how to put together creative content using different mediums, edit it and present to peers and staff alike.

## FREESTYLE FRIDAY



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.

## BINGO



A small group of clients who enjoy the challenge of a competitive game.

This group move at a relaxed pace and get to enjoy the opportunity to have a club lunch after they've put their brains to work!

## EVERYDAY EXPLORERS



For our 1:1's of all types, visiting different accessible outdoor areas on the Coast each week (weather permitting) for morning tea, walks in the sunshine and lunch.

Wet weather options depend on the individual/s interests and support needs.

## PLAY BOCCE



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



This group goes to Gosford to play lawn bowls.

The objective is to roll biased balls to 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



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.