# Activity Guide Term 3 2024



























# About Us

Wavlink is a warm, and welcoming Neighbourhood House that has been an important part of our community for more than 40 years.

Offering a range of creative, social and skills development programs designed to suit adults with a mild to moderate disability or other support needs.

We are a registered charity, NDIS provider and are also funded by both State and Local government to provide community support to eligible people.

Please note, due to limited capacity, we are unable to provide individual, personal or complex care within our group activities.

For information about eligibility, enrolling, volunteering, donating or getting involved in our community activities please contact us.



### REGISTERED PROVIDER









### Acknowledgement of country



Wavlink is based on the traditional lands of the Wurundjeri Woi Wurrung and Bunurong People. We recognise their continuing connection to this land and its waterways and share our respect to their people, past, present and emerging.

# Weekly Programs

#### Craft & Chat :

Socialise and create! An introduction to popular activities including mosaics beading, ceramics, knitting, card making.



**Monday** 9.30am-12.30pm **Saturday** 10.00am-12.30pm

10.30am-12.00pm

Monday

\*Activity Fee **\$75** per Term

\*Activity Fee FREE

#### Online social :

Make and Bake:

An online social group participating in a range of activities including games, trivia music, performing and exercise via zoom.



**Monday** 9.30pm-12.30pm \*Activity Fee \$95 per Term

#### Out & About

goodies.

Visit local places of interest and practice using public transport. Bring your MYKI card..

Enjoy making and decorating

cookies, cupcakes and other



**Monday/ Tuesday** 9.30pm-1.30pm

1.30pm-3.30pm

\*Activity Fee \$150.00 per Term

\*Activity Fee

\*Activity Fee \$65.00

\$105.00

per Term

per Term

#### Mosaics:

Design and create Mosaic art from glass and ceramic tiles.

#### Garden Social:

Nurture and cultivate plants and work on a variety of indoor and outdoor garden and craft activities.

#### Ceramics:

Create ceramic art pieces, using a variety of techniques to shape, glaze and fire your work. Suitable for all skill levels.



**Tuesday** 9.30am-12.30pm

Monday

**Tuesday** 9.30am-12.30pm \*Activity Fee \$120.00 per Term

Wednesday 9.30am-12.30pm

**Thursday** 9.30am - 12.30pm

#### Independent Living Skills:

Develop and practice useful skills including budgeting, money handling, public transport, household management, self care and interpersonal skills.



**Tuesday** 1.30pm 3.30pm \*Activity Fee **\$45** per Term

<b>Print and Paint:</b> Explore different paint and print techniques using a variety of materials and mediums.		<b>Tuesday</b> <b>1</b> .30pm-3.30pm	*Activity Fee <b>\$75 per Term</b>
<b>Literacy:</b> Practice basic everyday literacy and numeracy skills through fun hands on activities and games.		<b>Wednesday</b> 9.30am-12.30pm	*Activity Fee <b>\$35 per Term</b>
<b>IT Skills:</b> Practice basic information technology skills including computers, internet, email, MS Office. Weekly classes or individual tuition by appointment.		<b>Mon/Wed</b> 1.30pm-3.30pm <b>Thursday</b> 9.30am- 12.30pm	*Activity Fee <b>\$35 per Term</b>
<b>Cooking:</b> Enjoy cooking and experiencing foods from around the World. Learn about food safety, prep skills and menu planning		Wed, Thu 9.30am -12.30pm, 4.30pm - 6.30pm, <b>Thursday</b> 4.00pm - 6.00pm, <b>Saturday</b> 10.00am-12.30pm	*Activity Fee <b>\$190 per term</b>
Independent Living - Kitchen Skills: Prepare and cook simple dishes, menu plan and budget, learn about kitchen and food safety, nutrition and equipment.		<b>Tuesday</b> 9.30am-12.30pm	*Activity Fee <b>\$190 per Term</b>
<b>Cardmaking:</b> Working with paper, stamps, pens, stencils exploring different cardmaking styles.	$\bigcirc$	Wednesday 1.30pm-3.30pm	*Activity Fee <b>\$75 per term</b>
<b>Bowling:</b> Travel from Wavlink by mini bus to Zone Bowling Clayton/ Forest Hill.		Thursday 9.30am-12.30pm	*Activity Fee <b>\$170</b> per term
<b>Textiles:</b> Enjoy a variety of fabric crafts from applique to fabric painting.	( DIME	<b>Thursday</b> 1.30pm-3.30pm	*Activity Fee <b>\$75 per tem</b>
<b>Art:</b> Explore different mediums and styles of art such as cubism, abstract, pop art and different cultural arts.		<b>Thursday</b> 1.30pm - 3.30pm	*Activity Fee <b>\$85 per term</b>

Garden Lovers : Enjoy activities based around gardening, growing food and sustainability.

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**Friday** 9.30am-12.30pm \*Activity Fee **\$50** per term

#### Jewellery:

Learn basic jewellery making techniques like beading, threading, knotting and more.



**Friday** 9.30am- 12.30pm \*Activity Fee **\$100 per** term

Employability Skills

Increase your employment skills and confidence using technology to help you find a job.



**Friday** 1.30pm-3.30pm

1.30pm-3.30pm

\*Activity Fee **\$40 per** term

\*Activity Fee **\$195 per** 

term

#### Friday Fun:

Weekly outings and activities including group games, bowling, kareoke, dance, movies and more.

#### Saturday Social:

Participate in group games, trivia, gentle exercises, creative pursuits and other fun social and recreational activities.



**Saturday** 10.00am 12.30pm

Friday

\*Activity Fee **\$75** per term

\*Activity fees are invoiced once per Term and cover the cost of course related materials, ingredients, entry fees etc.

This is an out of pocket cost that is not funded by NDIS or other government subsidies.

**Tuition fees** also apply and vary depending on participant funding eligibility . On enrolment / enquiry we will assess your eligibility and provide a quote.

To learn more please contact us on 03 9561 7104 or info@wavlink.org.au.

### Wavlink 2024 Calendar Dates

Monday 15 July	First Day Term 3
Saturday 21 September	Last Day Term 3
Monday 7 October	First Day Term 4
Tuesday 5 November	Melbourne Cup Day - Public Holiday
14 December	Last Day Term 4

# Wavlink Program Timetable

Monday	Tuesday	Wednesday		
Craft & Chat	Ceramics	Ceramics		
9.30am - 12.30pm	9.30am - 12.30pm	9.30am - 12.30pm		
Make & Bake	ILS Kitchen Skills	Lunch Cooking		
9.30pm - 12.30pm	9.30am-12.30pm	9.30am - 12.30pm		
Online Social	Garden Social	Literacy		
10.30am - 12.00pm	9.30am - 12.30pm	9.30am - 12.30pm		
Out and About 9.30am-1.30pm	Out and About* 9.30am-1.30pm			
Lunch 12.30pm - 1.30pm				
Mosaics	Print & Paint	Cardmaking		
1.30pm - 3.30pm	1.30pm-3.30pm	1.30pm-3.30pm		
IT Skills	Independent Living Skills	IT Skills		
1.30pm - 3.30pm	1.30pm-3.30pm	1.30pm-3.30pm		
	Social dining out group Fortnightly *	Dinner Cooking 4.30pm-6.30pm		

Activity Room

# June 15 - Sep 21 2024

Thursday	Friday	Saturday		
Ceramics 9.30am- 12.30pm	Jewellery 9.30am-12.30pm	Saturday Social 10.00am - 12.30pm		
Bowling* 9.30am-12.30pm	Lunch Cooking* 9.30am-12.30pm	Lunch Cooking 10.00am - 12.30pm		
IT Skills 9.30am- 12.30pm	Garden Lovers 9.30am-12.30pm			
	Advocacy Group <b>Monthly</b> 12.30pm - 1.30pm			
Lunch 12.30pm - 1.30pm				
Art 1.30pm-3.30pm	Friday Fun 1.30pm-3.30pm	Crafty Creation 1.00pm-3.00pm		
Textiles 1.30pm-3.30pm	Employability Skills 1.30pm-3.30pm	Tech Skills 1.00pm-3.00pm		
Dinner Cooking 4.00pm-6.00pm				
Nightlife - Monthly		*New activity - please register your interest.		

Community

### Find us



