

# Activity Guide Term 4 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.

☎ 03) 9561 7104    ✉ info@wavlink.org.au    🌐 www.wavlink.org.au

📍 36 Myrtle St, Glen Waverley, 3150



## 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

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

## Online social :

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



**Monday**  
10.30am-12.00pm

\*Activity Fee **FREE**

## Make and Bake:

Enjoy making and decorating cookies, cupcakes and other goodies.



**Monday**  
9.30pm-12.30pm

\*Activity Fee \$95  
per Term

## Out & About

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



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

\*Activity Fee  
**\$160.00**  
per Term

## Mosaics:

Design and create Mosaic art from glass and ceramic tiles.



**Monday**  
1.30pm-3.30pm

\*Activity Fee  
**\$105.00**  
per Term

## Garden Social:

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



**Tuesday**  
9.30am-12.30pm

\*Activity Fee  
**\$65.00**  
per Term

## 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

**Wednesday**  
9.30am-12.30pm

**Thursday**  
9.30am - 12.30pm

\*Activity Fee  
**\$120.00**  
per Term








## 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**

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

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



**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

**Money Skills**

Develop your financial literacy and money skills with a range of hands on lessons delivered via center and community based activities.



**Thursday**  
9.30am -12.30pm

\*Activity Fee **\$50** per term

**Friday**  
1.30pm-3.30pm

**Friday Fun:**

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



**Friday**  
1.30pm-3.30pm

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

**Saturday Social:**

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



**Saturday**  
10.00am  
-  
12.30pm

\*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 Program Timetable

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

 Activity Room

 Garden Studio

 Computer Room

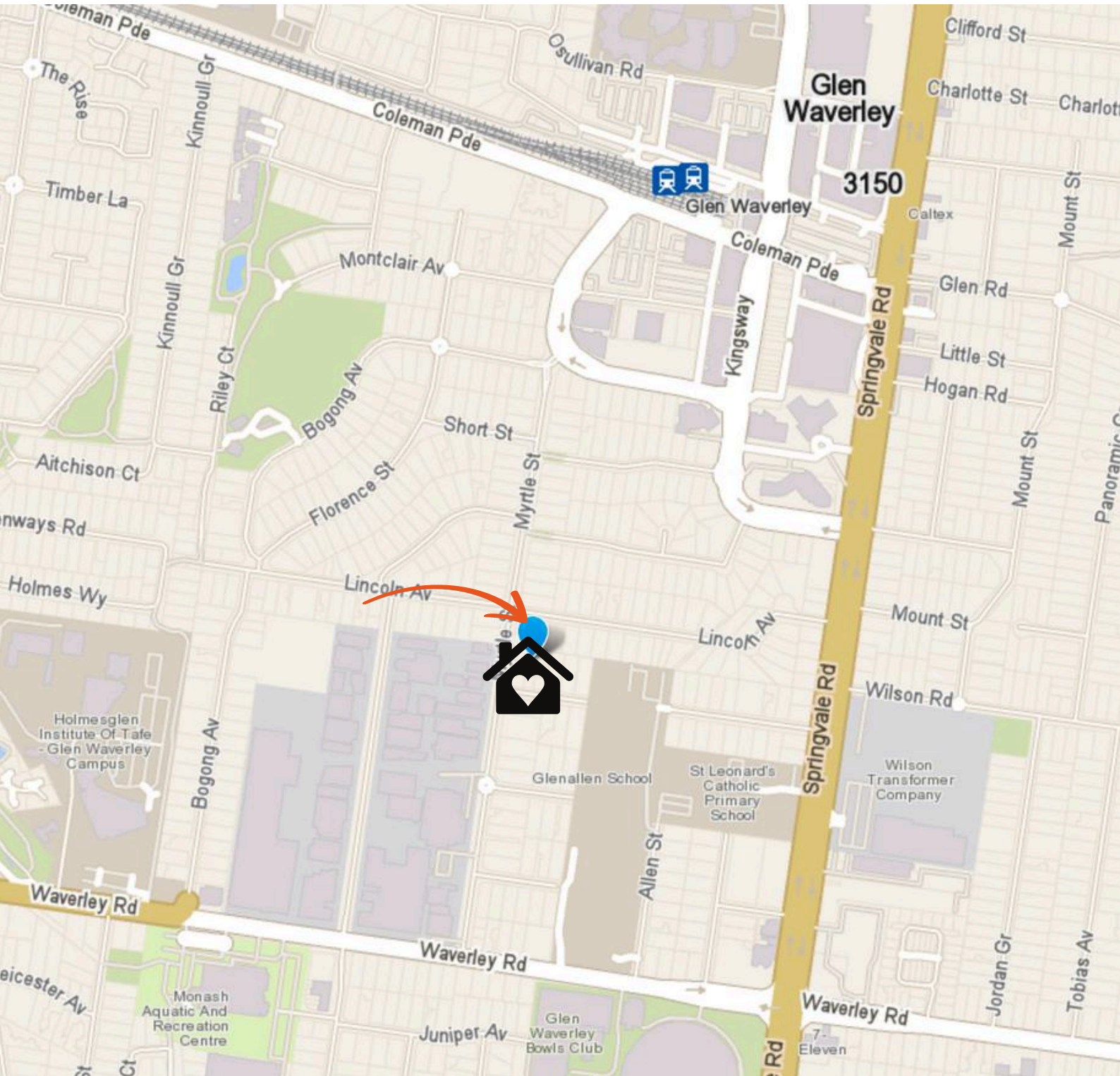


# Oct 7 - Dec 14 2024

Thursday	Friday	Saturday
Ceramics 9.30am- 12.30pm	Jewellery 9.30am-12.30pm	Saturday Social 10.00am - 12.30pm
Bowling* 9.30am-12.30pm	Money Skills 9.30am-12.30pm	Lunch Cooking 10.00am - 12.30pm
IT Skills 9.30am- 12.30pm	Nature Lovers 9.30am-12.30pm	
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		Tech Skills 1.00pm-3.00pm
Dinner Cooking 4.00pm-6.00pm		

\*New - please register your interest to go on the wait list and be notified when activity commences.

# Find us



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