\$10 + opal card required

# MAITLAND SHARED SUPPORT

MON	TUES	WED	THURS	FRI
Masterchef Mon  PUBLIC HOLIDAY  Easter Monday	Art Day Get crafty and creative with paint by numbers. \$10	Enviro-Hub  Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch.  FREE / Hub Bus /	Healthy Choice  It's time for a workout at the local active park. Get our steps in!  \$15 / 20kms / healthy lunch included	Friday Funday Spend your Friday outdoors at Speers Point Park.  FREE / 80kms / pack a picnic lunch
MON	TUES	WED	THURS	FRI
Masterchef Mon  Homemade  Lasagne with  garlic bread and  salad.  \$10 + opal card  required	Art Day Try something new and create some Hama bead art. You will love it!  \$5	Enviro-Hub  Continue to kick goals with our Enviro-Hub program.  FREE / Hub Bus / 10kms	Healthy Choice Rutherford indoor sports centre for some Sports and fitness activities.  \$15 / 20kms / healthy lunch included	Friday Funday Visit the Hunter Valley Gardens for the Mega Creatures exhibition.  \$25 / 50kms
MON	TUES	WED	THURS	FRI
Masterchef Mon A crowd favourite - Chicken Schnitzel with wedges and salad. \$10 + opal card required	Art Day We've got something different in store today - create your DIY clocks	Enviro-Hub Take an outdoor adventure - explore our local parks, walking tracks followed by a picnic lunch.  FREE / Hub Bus / 10kms	Healthy Choice Dive into the pool for our Shared Sharks program.  \$15 / 20kms / healthy lunch included	Friday Funday Lunch by the river followed by a visit to Barnyard Bonanza at the Levee.  FREE / 30kms / 1pm
MON	TUES	WED	THURS	FRI
Masterchef Mon Chicken Carbonara is on the menu today!	Art Day Celebrate Earth Day while we create some	Enviro-Hub  It's time to cash in all our cans and bottles at the local	Healthy Choice	Friday Funday Join your friends for a friendly bowling

return & earn.

FREE / Hub Bus /

10kms

sustainable art.

\$5

**Anzac Day** 

competition held

at Dullboys.

\$10 / 10:30am /

20kms

# **MAITLAND SHARED SUPPORT**

Our programs are flexible and based around our participants needs, interests and goals. Weekly updates are sent via email to ensure you are always aware of any program changes.

We will help you to plan the perfect day!

### **PROGRAM TIMES:**

9am - 3pm (Flexible arrangements are ALWAYS possible!
Contact your Liaison to plan your day)

### COST:

"Support Time" costs will vary depending on booking numbers, with the per hour cost being based on 1:1 and 1:2 ratios. (These prices are reflected in the NDIS Price Guide.)

If a day has an extra cost eg. Friday Fun Day, we ask that this cost is paid in cash on arrival.

Cost of purchasing lunch is not included, except for Monday and Thursday or unless advised otherwise.

### TRANSPORT:

Public transport is used where possible.

If it's not suitable to use public transport eg. due to weather or activity location - private staff/business vehicles will be used, with transport cost (97c in a carer vehicle and \$1.80 if a 4u Van is being used), to be split between all participants booked in for the day.

# PLEASE REMEMBER TO BRING:

Water bottle, packed lunch (or money to buy), enclosed shoes, hat, sunscreen, opal card, companion card and positive vibes.

# **CHANGES TO PROGRAM:**

Changes to program info will be notified via email.

