

MAITLAND SHARED SUPPORT

WEEK 1

3/6 - 7/6

MON	TUES	WED	THURS	FRI
<p>Masterchef Mon</p> <p>Our favourite winter warmer is on the menu - Bangers & mash!</p> <p>\$10 + opal card required</p>	<p>Art Day</p> <p>We're getting creative and messy, making paper mache sculptures.</p> <p>\$5</p>	<p>Enviro-Hub</p> <p>Community Library Project!</p> <p>FREE / 30kms</p>	<p>Healthy Choice</p> <p>hit up the local active park for a workout and get our steps in.</p> <p>\$15 / 20kms / healthy lunch included</p>	<p>Friday Funday</p> <p>Let's catch the train to Newcastle, followed by the light rail, then ferry to Stockton. Pack picnic lunch.</p> <p>FREE / Opal Card</p>

WEEK 2

10/6 - 14/6

MON	TUES	WED	THURS	FRI
<p>Masterchef Mon</p> <p>PUBLIC HOLIDAY</p>	<p>Art Day</p> <p>What animals can you create out of toilet rolls?</p> <p>\$5</p>	<p>Enviro-Hub</p> <p>Check out our local Community Garden!</p> <p>FREE / 30kms</p>	<p>Healthy Choice</p> <p>Rutherford indoor sports centre - Sports and fitness</p> <p>\$15 / 20kms / healthy lunch included</p>	<p>Friday Funday</p> <p>Sandcastle competition followed by fish n chips for lunch.</p> <p>FREE / Opal card needed</p>

WEEK 3

17/6 - 21/6

MON	TUES	WED	THURS	FRI
<p>Masterchef Mon</p> <p>Make your own pizza with all your fave toppings.</p> <p>\$10</p>	<p>Art Day</p> <p>DIY kite making out of paper bags. Then we can test them out for a fly!</p> <p>\$5</p>	<p>Enviro-Hub</p> <p>Plan out the veggie gardens, based on Community Garden visit.</p> <p>FREE / 30kms</p>	<p>Healthy Choice</p> <p>Dive into the pool for our Shared Sharks program.</p> <p>\$15 / 20kms / healthy lunch included</p>	<p>Friday Funday</p> <p>Challenge your upper body strength at Pulse Climbing Adamstown.</p> <p>\$25 / 10:30am</p>

WEEK 4

24/6 - 28/6

MON	TUES	WED	THURS	FRI
<p>Masterchef Mon</p> <p>Chicken burgers with homemade fries = delicious!</p> <p>\$10 + opal card required</p>	<p>Art Day</p> <p>Visit Maitland Art Gallery and enjoy a picnic in the park.</p> <p>FREE / bring money or picnic for lunch</p>	<p>Enviro-Hub</p> <p>It's time to cash in all our cans and bottles at the local return & earn.</p> <p>FREE / 30kms</p>	<p>Healthy Choice</p> <p>Jump around at Gravity X Trampoline Park</p> <p>\$15 / 20kms / healthy lunch included</p>	<p>Friday Funday</p> <p>Join your friends for a friendly bowling competition held at Dullboys.</p> <p>\$10 / 10:30am / 20kms</p>

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.



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