

ABILITY CHOICE CARE

LET'S ACHIEVE YOUR GOALS TOGETHER

FEBRUARY - APRIL 2025

TERM 1 2025



SOCIAL CALENDAR
TERM 1 - 2025
JOIN THE EXCITEMENT AT OUR
ACTIVITY CENTRE. BE A PART OF OUR
ENGAGING SOCIAL CALENDAR.

CALL US ON 8806 4646 OR
0421 131 215 OR EMAIL US
ACTIVITYCENTRE@ABILITYCHOICECARE.
COM.AU

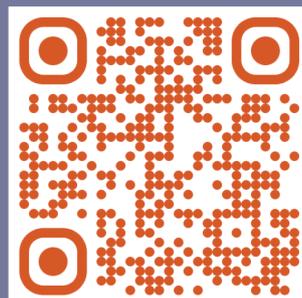


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All that on at the Activity Centre

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Join our ten week Brain Gym Program

06 ——— **SYDNEY SUN FLOWER FARM**
Enjoy the opportunity to pick your own flowers and enjoy lunch at Wisemen;s Fairy.....

07 ——— **CRONULLA TO BUNDEENA**
enjoy the scenic ferry ride to Bundeena, the local RSL has beautiful views and food.

09 ——— **GUESS WHOS BACK**
Nomad Physio and his Boxing Group - 13th March - 8th April 2025

10 ——— **MY KITCHEN RULES BAKE OFF**
Try your luck in our very own cooking competition-

PLEASE NOTE - SERVICE CHARGES INCLUDING TRAVEL WILL APPLY WHERE ABILITY CHOICE CARE HOST, PLAN AND COORDINATE AN EVENT. THE AMOUNT MAY VARY ACCORDING TO THE EVENTS, LOCATION AND MODE OF TRANSPORT. IF YOU HAVE ANY QUESTIONS PLEASE CONTACT US ON 8806 4646

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Summer Program

14 ————— **FEEDBACK EASY READ DASHBOARD**

Summer Program

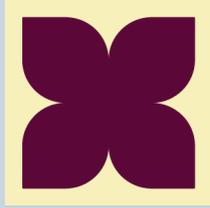
15 ————— **TERM DATES**

Break up of Term 2025



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FROM THE BUSINESS IMPROVEMENT TEAM | ACTIVITY CENTRE -



Welcome Back to Term 1, 2025!

We're excited to kick off the new term with you! Our term dates and activities are listed on our social calendar. Please review the activities with your supports and Support Coordinator to ensure everything aligns with your goals and needs.

If you're unsure about costs or transport options, feel free to call us. We're more than happy to sit down with you and go over the details for any upcoming events.

A friendly reminder: We kindly ask that you complete our SurveyMonkey form for each function. Your feedback is incredibly valuable—it helps us improve and ensure our activities are accessible, safe, engaging, and enjoyable for everyone.

To make things easier, we have Tap-and-Go facilities available for payments associated with activities. Event costs are thoughtfully planned to remain affordable and reasonable.

Important Notes:

- Please stick to the events you RSVP for, as we often need to book venues or pay entry fees in advance.
- For any questions or additional feedback, give us a call on our landline: 8806 4646.

We look forward to a fantastic Term 1 with you!

Connie Chrisafis

We're thrilled to kick off another term filled with exciting activities, both in-house and out in the community.

Thank you for sharing your feedback through SurveyMonkey. We've carefully reviewed your suggestions, and the results of the survey have been compiled into a booklet, which is attached for your reference. These results will guide our social outings and activities moving forward.

We're also excited to introduce our "The Brain Gym: Strengthening Minds Together" Brain Training Modules this term! Running throughout Term 1, this program will consist of four core activities:

- Light Exercise
- Lumosity Training & Multi-Ball Screen Activities
- Morning Tea & Group Discussions
- Arts & Crafts

This 10-week program is designed to be inclusive and beneficial for everyone. The light exercises will encourage gentle movement to improve physical health, and they can be tailored for wheelchair users or those with hemiplegia. These exercises are not only gentle but also fun and engaging!

We'll also focus on boosting blood flow to the brain, which will enhance the effectiveness of the Lumosity Brain Training Program. Over the ten weeks, you'll notice the positive impact this program has on your overall cognitive and physical well-being.

Give it a go—we can't wait to see the results and hear your feedback!

Let's make this term one to remember!

Marina Liaskos

ABILITY CHOICE CARE



THE
BRAIN GYM[®]
Strengthening Minds Together.



EVERY THURSDAY

10.30AM - 1.00PM

6TH FEBRUARY -10TH APRIL (2025)

Join us this Term 1 for a 10-week program designed to boost cognitive and physical well-being!

Activities include:

- Light Exercise (wheelchair-friendly)- The light exercises will encourage gentle movement to improve physical health, and they can be tailored for wheelchair users or those with hemiplegia.
- Lumosity & Multi-Ball Screen Training - Lumosity's cognitive training program is a fun, interactive way to train your brain and learn about how your mind works. Used by over 100 million people worldwide, Lumosity's program consists of games designed to exercise memory, speed, flexibility and problem-solving.
- Morning Tea & Group Discussions - Discussion groups provide a powerful platform for mutual support, practical advice, and community building, empowering participants to lead more fulfilling and connected lives.
- Arts & Crafts - Arts and crafts not only nurture fine motor skills but also provide a holistic approach to improving physical, emotional, and social well-being for people living with disabilities.

Fun, inclusive, and tailored for everyone!

THE COST FOR THIS PROGRAM IS \$5.00 PER SESSION, WHICH HELPS CONTRIBUTE TO PROGRAM EXPENSES. THIS WILL BE COLLECTED ON THE SAME DAY

Visit Us At Our Sydney Sunflower Farm

Sunflower picking at only 1 hour North West of Sydney.

COMMUNITY *access*

BACK ON DUE TO POPULAR DEMAND
TUESDAY 11TH FEBRUARY 2025

SYDNEY SUNFLOWER FARM

Pick your own Sunflowers, the perfect location for Sydney for family, wedding and special occasion photoshoots 🌻
Just 60km from Sydney

Explore Wisemans Ferry & Enjoy Lunch on Your Day Out!
After a morning at the sunflower farm, we'll head to Wisemans Ferry for lunch. This charming riverside town offers a variety of dining options, from cozy cafés and bistros to convenient take-out spots. It's the perfect place to relax, enjoy a meal, and take in the scenic views of the Hawkesbury River.

Important Reminder:
Please bring a minimum of \$50 to cover lunch and entry to the sunflower gardens. This ensures a seamless and enjoyable experience for the day.
Join us for a day filled with natural beauty, delicious food, and great company!

SCHEDULE:

Departure Time:

- 9:00 AM sharp from the Activity Centre to secure a spot at the farm by 10:30 AM.

Entry Costs:

- \$10 for adults at Glenburnie Family Farms.
- Cost of Transport: \$5.00 (payable at the Activity Centre via Tap'n'Go facilities).

What to Bring:

- Essentials: A bucket and secateurs for picking sunflowers, ensuring the flowers stay fresh.

Clothing:

- Closed-in footwear for safety and comfort (paths may include gravel and dirt).
- Other Tips: Water is available on-site for flower hydration, but bringing your own water bottle is recommended.

Food Options:

- Lunch will be at Wisemans Ferry, just a short drive away, offering a variety of dining options including cafés and take-out spots.
- Join us for a delightful day among the sunflowers and great company!

BUNDEENA CSC



THURSDAY 6TH MARCH

EXPERIENCE THE STUNNING VIEWS OF PORT HACKING AT BUNDEENA CSC!

Enjoy breathtaking views across Port Hacking to Cronulla while dining at the renowned Bundeeena CSC. Known for its top-quality meals, friendly atmosphere, and delightful selection of soft drinks, this experience starts with a scenic ferry ride from Cronulla to Bundeeena.

Cost Details:

- Bus Trip: \$5.00 to Cronulla
- Ferry Ride: \$4.55 each way (Note: No Opal cards accepted).
- Please note that support workers will also need to purchase a ticket.
- We will take the 11:30 AM ferry from Cronulla Wharf to Bundeeena CSC.

Once participant numbers are confirmed, a detailed ferry timetable will be provided.

What to Bring:

- Enough money for the ferry ride, lunch, and a drink (we recommend bringing a minimum of \$40.00 for lunch, drinks, and dessert).
- You can view the RSL menu on their website to plan ahead!

MEETING DETAILS:

MEET AT THE ACTIVITY CENTRE BY 9:30 AM SO WE CAN MAKE OUR WAY TO CRONULLA IN TIME TO CATCH THE FERRY.

WE LOOK FORWARD TO SHARING A MEMORABLE DAY WITH YOU AT THIS SCENIC AND RELAXING DESTINATION!



BARKING WITH BIANCA

FRIDAY 21ST MARCH

2.30PM-3.30PM

OUR FOUR-LEGGED FURRY FRIENDS
ARE BACK!

We're thrilled to welcome the amazing therapy dogs from Barking with Bianca to Ability Choice Care!

These incredible dogs offer a unique opportunity to connect with the joy and comfort of animal therapy—something many of us may not experience at home. Now, thanks to our partnership with Barking with Bianca, we're bringing this special experience directly to you.

Don't miss the chance to meet these lovable companions, enjoy their calming presence, and experience the therapeutic benefits they bring. Everyone is welcome, and the more, the merrier!

PET
THERAPY





Get Ready to Box with Nomad Physio at
Ability Choice Care!

We're thrilled to announce that Nomad
Physio and Ability Choice Care are
teaming up once again to bring you an
exciting boxing session!

Mark these dates in your diary and join us:

- Thursday, 13th March
- Tuesday, 8th April

Let's get moving and make this term
unforgettable!

ABILITY CHOICE CARE

Date: THURSDAY 13TH MARCH

& TUESDAY 8TH APRIL

Time: 11am - 1:30pm

Participants: 12 max

Cost for session: FREE

Location: Ability Choice Care Activity Centre

Food: Light refreshments will be available and
prepared by our Cooking Group



JOIN
IN ON
THE FUN

Physical Benefits

Improved Strength & Coordination: Boxing enhances muscle strength, motor skills, and hand-eye coordination.

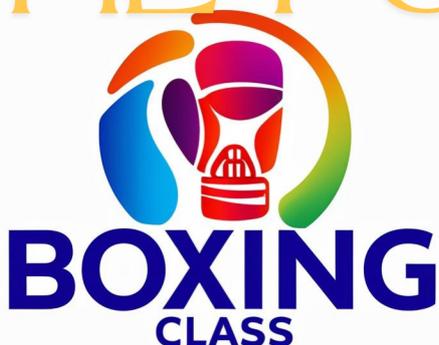
Mental Benefits

Focus & Cognitive Skills: Promotes mental clarity, concentration, and quick decision-making.

Social Benefits

Community Engagement: Encourages teamwork, interaction, and social bonding.

Communication Skills: Improves confidence in expressing oneself through group activities.



"OUR KITCHEN RULES" BAKE OFF CHALLENGE TUESDAY 25TH MARCH 2025"

**DATE: TUESDAY, 25TH MARCH
2025**

TIME: 11:30 AM - 3:30 PM

**LOCATION: ACTIVITY CENTRE
KITCHEN**

**CALLING ALL FOOD LOVERS!
JOIN US FOR AN EXCITING "OUR
KITCHEN RULES" BAKE-OFF
CHALLENGE!**

**WE'LL PROVIDE A SELECTION OF
INGREDIENTS, AND YOUR
MISSION-IF YOU CHOOSE TO
ACCEPT IT-IS TO CREATE YOUR
OWN SPECIAL DISH USING ONLY
WHAT'S AVAILABLE ON THE DAY.
LET YOUR IMAGINATION RUN
WILD AND SHOWCASE YOUR
CULINARY CREATIVITY!**

**◆ LIMITED SPOTS! WE CAN
ACCOMMODATE ONLY 6
PARTICIPANTS FOR THE FIRST
BAKE-OFF.**

**◆ HIGH DEMAND? IF WE
RECEIVE LOTS OF INTEREST,
WE'LL RUN TWO SESSIONS IN
ONE DAY.**

MEET YOUR JUDGES:

★ CONNIE

★ MARINA

★ JANE

**ARE YOU UP FOR THE
CHALLENGE? SIGN UP NOW TO
SECURE YOUR SPOT!**



**BEST THREE DISHES WILL RECEIVE A
SPECIAL SURPRISE ON THE DAY**



1ST PARTICIPANT GET TOGETHER - GUEST SPEAKER - CONSTABLE ALAN FRANKLIN- BLACKTOWN POLICE

Join us at our Activity Centre for our First Participant Get-Together of the year, where we'll reflect on the highlights of Term 1 and plan for Term 2. we will al

We will also be having a guest speaker Senior Constable Alan Franklin.

Constable Franklin is part of the Crime Prevention Team and he will be covering topics such as:-

- personal, home and road safety
- scam awareness.

AGENDA OF MEETING AND AGENDA FOR THE DAY

10.30AM - 3.00PM

- 1 - WELCOME AND RUN THROUGH OF THE DAY
- 2- CONSTABLE ALAN FRANKLIN 11.00AM -11.45
- 3- TERM 1 REVIEW OF ALL ACTIVITY CENTRE 11.45- 12.45PM

ALL CENTRE BASED GROUPS

- COOKING- ARTS AND CRAFTS- BRAIN GYM -GARDENING- KARAOKE INTERACTIVE MULTI BALL - MOVIE NIGHTS - SOCIAL OUTINGS FOR TERM 1

- 4- REVIEW DASH BOARDS AND DATA COLLECTION SURVEY MONKEY
- 5- ACTIVITIES AND SUGGESTIONS FOR TERM 2
- 6- FEEDBACK AND COMPLAINTS

 10.00 for this Activity

EASTER LUNCHEON AT ABILITY CHOICE CARE

Join us for a festive Easter celebration!

Afterwards, we'll enjoy a traditional Fish 'n' Chips luncheon to commemorate the Easter festivities.

Here's what's in store:

- Easter Bingo - Fun, prizes, and laughs!
- Easter-Themed Photo Booth - Capture the memories with festive props!
- Egg Hunt on the Multi-Ball Screen - A high-tech twist on a classic game!
- Guess the Jellybeans - Take a guess and win the jar to bring home!
- Lucky Door Prize - Everyone has a chance to win!

And so much more! Don't miss out on this egg-cellent event!

EASTER GET TOGETHER

11TH APRIL 10.30AM- 3.00PM



Sydney Royal

EASTER SHOW

11 - 22 APRIL 2025

SYDNEY ROYAL EASTER SHOW TUESDAY 15TH APRIL 2025

Looking for Fun During the Term Break?

Why not join us at Australia's largest annual event - The Sydney Royal Easter Show! Whether you're making new memories with friends, indulging in delicious food on a stick, learning about agriculture, or meeting the adorable animals, there's something for everyone to enjoy!

Ticket Information:

Cost Tickets: \$35.00 (Concession) - Companion cards accepted.

More information on how to purchase tickets will be available closer to event.

Being Transported by Ability Choice Care: \$10.00

Parking: If you plan to meet at the venue suggestion is to park at P1, please note that parking at Sydney Olympic Park is in high demand during the Easter Show and car parks are likely to reach capacity. Pre-booking your parking is essential for convenience.

P1 is the closest parking area with easy access to the Showground.

Stay tuned for updates as we get closer to the event!

IMPORTANT DETAILS FOR THE DAY

- **DEPARTURE:** WE WILL BE LEAVING THE ACTIVITY CENTRE NO LATER THAN 9:30 AM.
- **RETURN:** WE'LL BE BACK BY 4:00 PM.

WHAT TO BRING:

- ✓ A BOTTLE OF WATER
- ✓ YOUR ABILITY CHOICE CARE CAP
- ✓ SUNSCREEN
- ✓ MONEY TO PURCHASE YOUR OWN LUNCH, OR BETTER YET, PACK YOUR OWN SANDWICH AND TREATS FOR THE DAY

BUDGETING REMINDER:

THIS EVENT CAN BE EXPENSIVE, SO IT'S A GREAT IDEA TO PLAN A BUDGET TO MAKE THE DAY FUN AND ENJOYABLE WITHOUT ANY STRESS.

WE'RE LOOKING FORWARD TO AN EXCITING DAY TOGETHER!

FEED BACK FROM SUMMER PROGRAM



ABILITY CHOICE CARE - EASY READ DASHBOARD DATA SOCIAL OUTINGS SUMMER PROGRAM- 2025

100%

Participants reported
"Enjoyed social outing to
Madame Tussauds" 16.1.25

100%

Participants reported
"Enjoyed social outing to
Sydney Aquatic centre
"21.1.25

100%

Participants reported
"Enjoyed the Silver beach
Kurnell outing" 09.1.25

SOCIAL OUTING ATTENDED



WAS THE VENUE EASILY ACCESSIBLE?



FEED BACK FROM SUMMER PROGRAM



ABILITY CHOICE CARE - EASY READ DASHBOARD DATA SOCIAL OUTINGS SUMMER PROGRAM- 2025

100%

Participants Agreed

"I enjoyed the company of my fellow peers, for Madame Tussauds outing" 16.1.2025



100%

Participants Agreed

"Groups help reduce my social isolation, for Aquatic centre outing" 21.1.2025



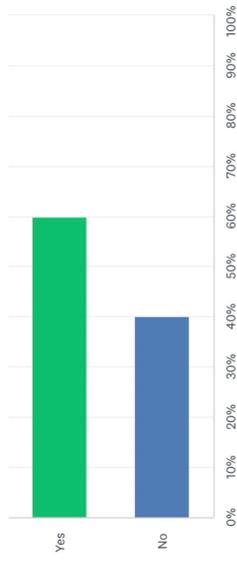
100%

Participants Agree

"That transport was accessible for Karaoke night on the 17.1.2025"



"I WOULD LIKE TO ATTEND THIS VENUE AGAIN, MADAME TUSSAUDS"



ANSWER CHOICES	RESPONSES
Yes	60.00%
No	40.00%

"WHAT DO YOU LIKE THE MOST OR LEAST ABOUT ATTENDING THE SUMMER PROGRAM OF 2025"

- "I enjoyed attending the Madam Tussauds outings, I loved the bus ride, I would enjoyed by lunch at the Helm Bar,
- "it was a lovely day" - Mitchell,
- "Could you fix the internet when attending the Movie Nights".
- "Can we attend the Sydney Aquatic Centre when it is less busy"
- "I really enjoyed the outing at the Museum"
- "We need to follow the planned schedule as laid out by Marina, in order to have a successful outing, and not be late at the venue"
- "Beach outing was great, not organised by people responsible who look after the Vans, and outing was cut short due to delays"



ABILITY CHOICE CARE TERM DATES

2025

1 Term 1 - 2025	Monday 3rd February 2025 - Friday 11th April 2025
2 Term 2 - 2025	Monday 28th April 2025 - Friday 4th July 2025
3 Term 3, 2025	Monday 21st July 2025 - Friday 26th September 2025
20 September, 2024	Monday 13th October 2025 - Friday 19th December 2025



activitycentre
[@abilitychoicecare.com.au](https://www.abilitychoicecare.com.au)



1300 100 011
www.abilitychoicecare.com.au

ABILITY CHOICE CARE IS EXCITED TO ANNOUNCE THE COMMENCEMENT OF TERM 1 2025 AN INTENSIVE SOCIAL CALENDAR. PROVIDED EXTERNAL AND IN HOUSE CENTRE BASED ACTIVITIES.

OUR TERMLY MAGAZINES ALIGN WITH THE NSW SCHOOL TERM MODEL, AND THIS STRUCTURE WILL CONTINUE INTO 2025.

DURING THE UPCOMING TERM BREAKS, OUR SCHEDULE WILL BE AS FOLLOWS:

**MONDAY, WEDNESDAY, FRIDAY: PROGRAMS EXCLUSIVELY FOR ADULTS
TUESDAY, THURSDAY: PROGRAMS DEDICATED TO OUR YOUNGER PARTICIPANTS**