



“ Let’s achieve
your goals
together ”



Ability Choice Care
- Activity Centre -
Level 4, (Above Post Office)
Westpoint Blacktown Shopping
Centre



**Contact Us
to get you
onboarding pack today !**

- 📞 1300 100 011 or 8806 4646
- 🌐 www.abilitychoicecare.com.au
- @ activitycentre@abilitychoicecare.com.au
- 📍 Shop 4019, Level 4 Westpoint Blacktown Shopping Centre. 17 Patrick Street Blacktown NSW 2148

Ability Choice Care is a
Registered NDIS Provider

Benefits of joining our Activity Centre



At Ability Choice Care, we recognise that individuals with disabilities may experience social isolation, loss of social connections, and a need to rebuild confidence. Joining a group promotes independence, increases memory functions, promotes physical health and most critically builds social connections and friendships.

Join us for a diverse experience. Step into our culinary group with our talented chefs, cultivate your green thumb, unleash your vocal prowess in our karaoke sessions, or enjoy the excitement of our virtual gaming room, We assure you a truly enjoyable and fun-filled experience!



What do we offer ?

- **Cooking Groups** - Explore a culinary journey with master classes on recipes, costings, and practical skills for your own kitchen.
- **Yoga and Relaxation Classes** - Balance stress and energy levels effectively.
- **Brain Training Groups** - Boost cognitive function with our brain training program, featuring Lumosity and an interactive multi-screen board.
- **Gaming Rooms**- Calling all gamers! Dive into our Gaming Room for the latest Xbox and PlayStation
- **Arts & Crafts** -Discover hidden talents in our Arts and Crafts room! Explore activities like origami, colors by number, and diamond art
- **Karaoke & Disco** - Get ready to groove to 70s disco or rock out to the 80s! Join our Karaoke & Disco sessions and test your vocal skills.
- **Gardening** - Join us in growing mint, basil, parsley, tomatoes, and capsicum for our cooking groups. Let's cultivate our green thumb and contribute to our gardening group's success!
- **Participant Get Togethers** - Join our quarterly meetings to connect with peers, share feedback on attended groups, and contribute to enhancing our centre-based activities at Ability Choice Care. Your participation is vital for the continuous improvement of our centre-based activities.
- **Sensory Room** - Discover therapeutic benefits in our sensory rooms designed for relaxation. If overwhelmed, find solace in our dedicated rest area.
- **Education Sessions** - Craft your lifelong learning journey with practical skills, computer literacy, and diverse topics.



Our facility boasts state-of-the-art amenities, featuring exceptional cooking facilities., spacious recreational areas, gaming and computer rooms. Our team brings a wealth of expertise in creating personalised group programs, designed to cater to your specific needs. We are dedicated to assisting you in reaching your chosen goals. Please call us for more information. You can contact our Activity Centre Manager on 0421 131 215. Talk to us to see how you can use your NDIS funding to access our Activity Centre.