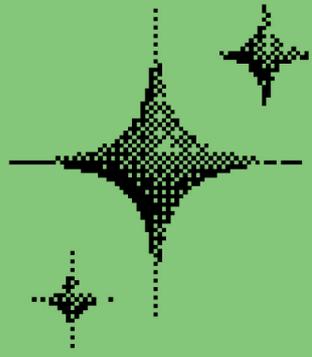




ABILITY CHOICE CARE

SOCIAL CALENDAR



TERM 3 - 2025

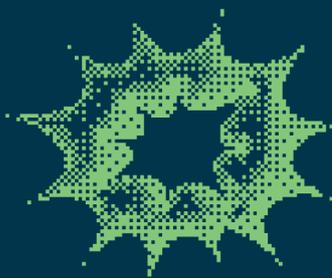
LET'S ACHIEVE YOUR GOALS TOGETHER

Join the excitement at our Activity Centre, be a part of our engaging social calendar for term 3

CALL US ON 8806 4646
0421 131 215



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Information about the Activity Centre

4 Message

All you need to know about Term 4 from our Centre Managers

5 The Brain Gym

Due to popular demand The Brain Gym will be running for another term. Come and try it

6 Sustainable Garden Workshop

Come and learn how to prepare and work with the Sustainable Garden in the Activity Centre

7 Barking with Bianca

Our four legged friends are back, we have secured 2 sessions

8 Boxing Sessions

Join Izzy and the team in our traditional Boxing session

9 Barking with Bianca

Our four legged friends are back, we have secured 2 sessions

10 Boxing Sessions

Join Izzy and the team in our traditional Boxing session

11 Picnic at the Park

Join us in a lovely sausage sizzle at one of our Parklands in Doonside

12 Sailability @ Manly

Guess what's back, back again.....

13 ENRICH ABILITIES

Limited spots available ONLY 4 for the following 2 free haircuts sessions

15 3rd Participant Get Together

Join us for our Third Participant Get-Together—a full day of reflection, ideas,

16 3rd Participant Get Together

Join us for our Third Participant Get-Together—a full day of reflection, ideas,

CONTACT US

SHOP 4019, 17 Patrick Street, Blacktown NSW 2148

www.abilitychoicecare.com.au

@abilitychoicecare.com.au

Activity Centre Managers

Marina Liaskos - Connie Chrisafis

Group Facilitators

Kate Woodhouse

Silvia Vivio

Nicolette Scopelliti

Centre Based Programs

Cooking Groups

Arts & Crafts

Sensory Room

The Brain Gym

The Dough Club

Multi Ball Screen

Sustainable Gardening

Social Calendar (inside this magazine)

Crazy Karaoke Fridays

Boxing Classes



OUR PARTICIPANTS

Our Social Calendar Magazine

Social Magazine – Ability Choice Care

Our Social Magazine highlights the vibrant social life beyond the walls of Ability Choice Care. It captures the spirit of adventure, connection, and inclusion through community outings, cultural events, and shared celebrations. From sailing days and park picnics to local festivals and sports events, the magazine showcases how our participants engage with the wider community, build friendships, and create lasting memories.

These social experiences play a key role in supporting independence, confidence, and personal growth for everyone involved.

ABILITY CHOICE CARE



MESSAGE FROM THE MANAGERS



We're excited to kick off a brand new term at Ability Choice Care, filled with engaging, meaningful, and fun experiences—both at the Centre and out in the community.

Our updated Social Calendar for Term 3 is now live! Please review it with your Support Worker or Support Coordinator to ensure the activities align with your personal goals and support needs.

Your Voice Matters – Thank You!

A big thank you to everyone who completed our SurveyMonkey QR Code feedback and joined us at the 2nd Participant Get-Together! Your feedback has directly helped shape this term's calendar.

Feedback = Better Programs
Please continue using the SurveyMonkey QR code to give feedback after each social event. Your responses help us keep our programs safe, accessible, and enjoyable for all participants.

Important Reminders:

Please only RSVP for events you intend to attend. Many of our outings require pre-bookings or entry fees in advance.

Late cancellations may result in fees.

If you have any questions about costs, transport, or how activities fit in with your goals, don't hesitate to reach out—we're always happy to help.

Call us on (02) 8806 4646 for support, questions, or planning assistance.

Here are just a few of the highly requested activities now featured in Term 3:

- Sailing with Disability
- BBQ Picnics at Local Parks
- Indoor Swimming Sessions
- Barking with Bianca (Therapy Dog Visits x 2)
- Boxing Classes
- Third Bake Off Challenge
- 3rd Participant Get Together

We've taken your suggestions seriously and are proud to offer a calendar that reflects your interests, ideas, and passions.

Tap-and-Go Payments

We now offer Tap-and-Go facilities for all events. Activity costs are kept affordable and thoughtfully planned to ensure value for everyone.



THE BRAIN GYM

EVERY THURSDAY
10.30AM - 1.00PM
24th July - 25th September
(2025)



Join us in Term 3 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 - With an (iPad or Desktop). 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!

LEARN MORE ABOUT SUSTAINABLE GARDENING AT ACC

PRESENTATION BY JASON BOYD



**Thursday Afternoon
JULY 24TH 2025**



OUR GARDEN EXPERT

SOME OF THE TOPICS THAT WILL BE DISCUSSED ARE AS FOLLOWS:

- Support**
- Water, over-watering will cause powdery mildew**
- Nature remedies for your garden**
- Oxygen**

You're Invited – Sustainable-Nutrients

Garden Workshop

Presented by Jason Boyd

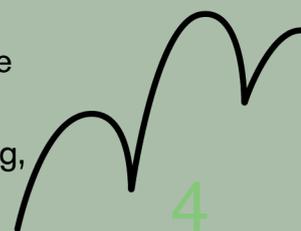
- 2:00 PM – 3:00 PM
- Ability Choice Care Activity Centre
- Cost: FREE

Join us for a hands-on session with gardening expert Jason Boyd, who will guide us through the basics of creating your own sustainable garden—right from home! Learn how to grow herbs, flowers, and edible plants using eco-friendly methods and recycled materials.

- Perfect for beginners and garden lovers alike
- Includes tips on soil, water-saving, and plant selection
- Everyone will leave with a small potted creation!

Spots are limited—book now to secure your place!

Let's dig into something green, calming, and creative—together.



2 sessions during Term 3 - 2025



BARKING

WITH BIANCA

Back by Paw-pular Demand!

Monday 4th August 2025

“Our Four-Legged Friends Have Invited Us to Their Hood!”

We're thrilled to share that Bianca and her beloved dogs are once again welcoming us into their world—and we're bringing the picnic!

Join us at Kings Langley Park for a tail-wagging good time filled with sunshine, sandwiches, and snuggles.

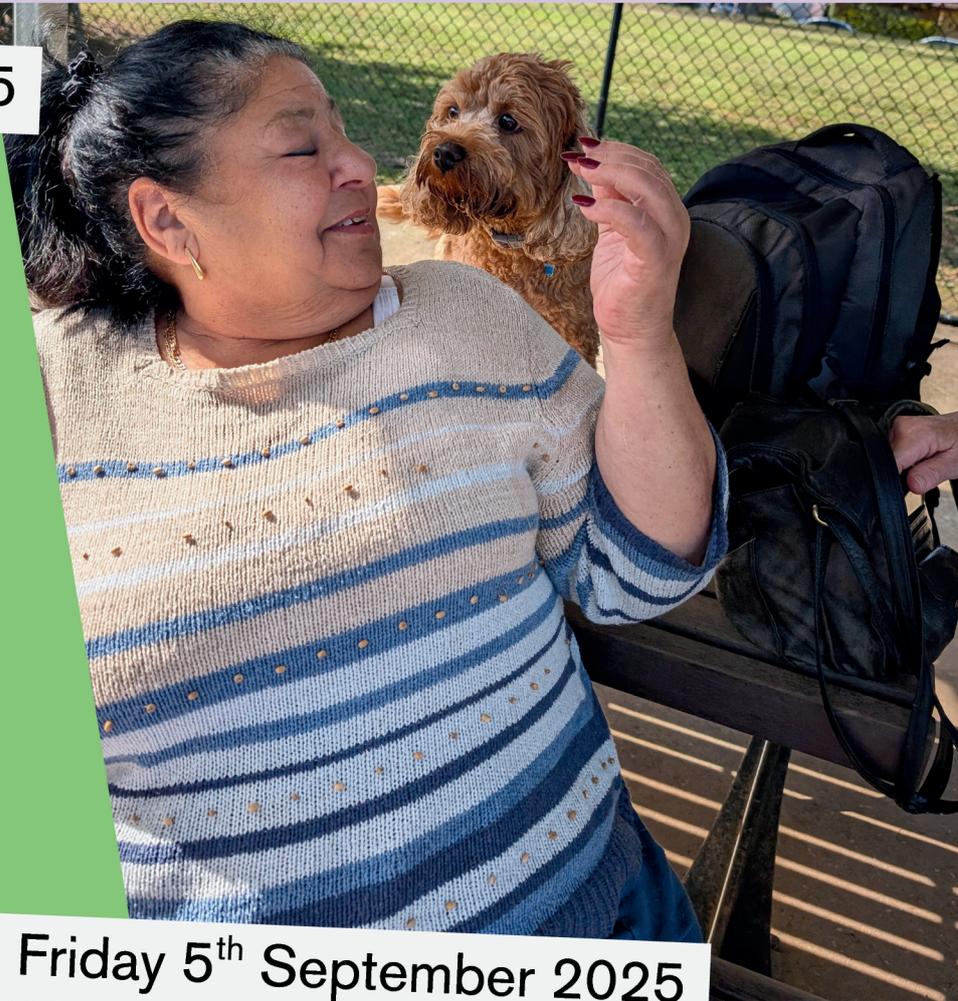
Our amazing Monday Cooking Group will be preparing a fresh picnic spread of sandwiches, fruit, and drinks before we head out on the bus for a relaxing afternoon outdoors. It's a beautiful way to unwind, spend time in nature, and watch the dogs play in their own environment. If the weather isn't in our favour, don't worry—Bianca and her furry team will visit us at the Activity Centre instead, where we'll lay out our picnic indoors and enjoy the same fun-filled experience with cuddles, tricks, and wagging tails.

And that's not all—

Bianca and the dogs will also be coming to the Activity Centre on Friday, 5th September at 2:00 PM for a special indoor visit! So, whether you're joining us at the park or meeting the dogs on-site, you're in for a heartwarming experience. Don't forget to let us know what dog breed you'd love to see come into the Centre! Whether you're a fan of playful pugs, gentle golden retrievers, or speedy staffies—your choice helps make these visits even more meaningful.

So grab your hat, bring your smile, and get ready for a paws-itively joyful day with our four-legged friends.

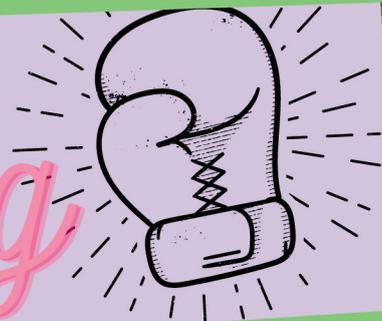
Friday 5th September 2025



DID ANYONE SAY

Nomad Physio ?

Boxing



These sessions are all about building strength, improving coordination, and boosting brain fitness—all in a fun, safe, and supportive environment.

Punch Into Wellness with Nomad Physio at Ability Choice Care!

We're thrilled to welcome back Nomad Physio for two invigorating boxing sessions, seamlessly integrated with our Brain Gym Group. Led by Izzy and the team, these sessions are designed to:

- Enhance cognitive function and mental agility
- Build strength and improve coordination
- Boost cardiovascular health and overall fitness
- Elevate mood and reduce stress levels

Nomad Physio specialises in personalised, movement-based therapies, including boxing, to empower individuals and promote holistic well-being.

Join us at Ability Choice Care for two high-energy boxing sessions during term 3 “The Brain Gym Program”

Dates:

- **Thursday 31st July 2025**
& Thursday 28th August 2025
- **Time: 10:30am – 11:30am**
- **Limited to 6 participants per session**

Cost: NDIS Centre Based Price Guide

Location: Ability Choice Care Activity Centre
Light refreshments will be provided by our Cooking Group

Spots are limited, so book early and get ready to move, think, and feel strong!



BUNGARRIBEE PARK

Date: Tuesday, 29th July 2025

Picnic & Sausage Sizzle
at Bungarrabee Park

Departure: 10:00 AM sharp from the Activity Centre
Location: Bungarrabee Park, Western Sydney Parklands
(Doonside Road, Bungarrabee)

We're heading out for a relaxing outdoor BBQ picnic at the beautiful and fully accessible Bungarrabee Park—a local favourite for nature, connection, and inclusive fun!

Why You'll Love It:

- Wide, flat walking paths for easy access
- Accessible BBQ and toilet facilities
- Large shaded picnic areas
- Inclusive playground with sensory features
- Beautiful open space perfect for all ability levels

Lunch Plans:

We'll be holding a classic sausage sizzle, with drinks included! Come along and enjoy lunch in the sunshine with your peers and support team.

Don't forget the UNO Cards

Cost:

Bus: \$5.00

Lunch (Sausage Sizzle & Drink): \$10.00

Total: \$15.00

Please pay before departure. Tap & Go available at the Centre.

What to Bring:

Hat, sunscreen, and water bottle

Picnic rug or cushion (optional)

Your best outdoor mood!

Spots are limited—RSVP now to secure your place!

Let's make the most of the sunshine, fresh air, and mateship at this fantastic accessible park.



OUR KITCHEN RULES

bake off challenge 3

Back by Popular Demand



The stakes are higher, the mystery bags are tougher... are YOU ready to rise to the challenge?



Date: Tuesday, 12th August 2025

Time: 11:30 AM – 3:30 PM

Location: Activity Centre Kitchen

Calling all food lovers and creative cooks!

Join us for the second round of our thrilling “Our Kitchen Rules” Bake-Off Challenge, where imagination meets mystery and flavour takes the spotlight.

What’s the Challenge?

Each contestant will receive a mystery ingredient bag—and your task is to whip up a delicious dish using only what’s inside. No recipe, no hints... just your skills and creativity!

What’s New?

This time, the challenge will be a little harder—we're turning up the heat and pushing your kitchen instincts to the next level.

Spots are limited to 6 participants.

Due to high demand, if interest is strong, we’ll run two sessions on the same day—so don’t wait to sign up!

Judges: TBA Are you up for Bake-Off Challenge 3?

Sign up now and bring your best game to the kitchen.
Let’s see who takes the (figurative) cake!

SYDNEY OLYMPIC AQUATIC CENTRE

WEDNESDAY 10TH SEPTEMBER

SOCIAL CALENDAR | TERM 3 2025

MAKE A SPLASH



book in early for a spot

Hydrotherapy Day at Homebush!
Recharge, relax, and dive into wellness!
Get ready for a rejuvenating day out at the Sydney Olympic Park Aquatic Centre in Homebush! With accessible facilities, warm hydrotherapy pools, and a welcoming atmosphere, this outing is all about supporting your physical wellbeing—while having a splash of fun with your fellow peers

MEETING POINT - ACTIVITY CENTRE

Event Details

Let's make a splash and soak up the benefits of movement in the water!

Departure Time: 10:00 AM sharp from the Activity Centre

Hydrotherapy Session: 11:00 AM – 12:30 PM

Location: Sydney Olympic Park Aquatic Centre, Homebush

Cost: \$5 per participant (transport to and from venue)

Payment: Tap'n'Go available at the Activity Centre

Entry Fee: \$10.00 for individuals with a disability

Includes free entry for your support person or carer

What to Bring:

- Swimmers and a towel
- Money for lunch
- Your best “Thorpe” energy for a fun-filled day!

After the Swim:

We'll head to The Olive Tree Café (1/5–9 Rochester St, Homebush) for a delicious bite and a warm coffee in a cozy, relaxed setting.



SAILABILITY AT MANLY

Friday, 24th September 2025

We're excited to invite participants to a truly empowering and inclusive day out with Ability Choice Care—sailing on the stunning waters of Manly and Sydney Harbour with the incredible team at Sailability Manly.

Experience the thrill of sailing in one of the world's most beautiful harbours, surrounded by breathtaking views and supportive, professional staff. This event is specially designed to cater to people living with disabilities, proving that no matter your ability, you can enjoy the freedom and joy of being out on the water.

(Hoists and full support are available to ensure safety and comfort for all participants.)

- **Location:** Manly Yacht Club, East Esplanade
- **Meet at the Activity Centre:** 9:00 AM sharp
- **Transport:** Provided by Ability Choice Care
- **Cost:** \$15.00 (includes sailing and transport) \$5.00 payable at venue
- **This amount will be need to be pid via our tap'n'go facilities**
- **Don't miss this unforgettable opportunity to connect with nature, build confidence, and experience something truly special—freedom on the water, regardless of ability.**
- **Please bring money for lunch after Sailing at local Cafes in Manly a minimum of \$25.00**

📞 **RSVP early—spots are limited!**
Let's make waves together and prove that the water is for everyone.

What to Bring:

- **Hat and sunscreen**
- **Bottle of water**
- **Lunch or money to purchase food at the Esplanade a minimum of \$25.00**

Why Join?

- **Inclusive sailing with full support**
- **Breathtaking views of Sydney Harbour**
- **Confidence-building, accessible adventure**
- **A day of fresh sea air, fun, and friendship**

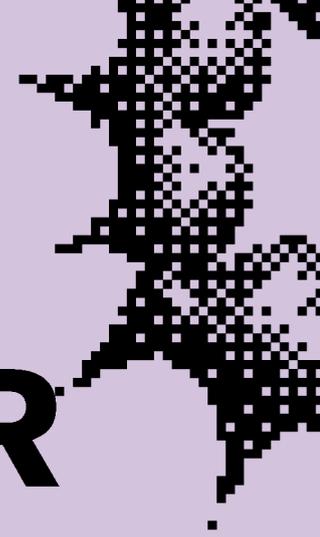
**ENRICH ABILITIES FREE HAIRCUTS
ONLY 4 SPOTS AVAILABLE AT A TIME**



Monday 18th August &
Monday 29th September
AT BELLA VISTA
10.40 am start



THIRD PARTICIPANT GET TOGETHER



Join us for our Third Participant Get-Together—a full day of reflection, ideas, and planning for an even better Term 3. This event is designed to include your voice, celebrate achievements, and make sure our programs and outings match your goals.

Friday 26th September 2025 10.30am -2.00pm -Cost will be \$10.00 for BBQ lunch, drinks and dessert



WHAT'S HAPPENING ON THE DAY:

Welcome & Overview

Review of Term 3 Centre Based Activities

- Cooking, Arts & Crafts, Brain Gym, Gardening, Karaoke, Interactive Multi-Ball, The Dough Club
- Social Outings Recap – What worked well and what you'd like to see again
- SurveyMonkey Dashboard & Participant Feedback Review
- Planning and Suggestions for Term 4 2025
- Feedback and Complaints – Safe space to be heard



SPECIAL GUEST SPEAKER

An invited guest will speak about opportunities and services available to you, with time for questions and ideas from participants.

Easy Read Learning Session – “Understanding the NDIS”

We'll run a short, friendly session using Easy Read materials that explain:

- ✓ What your NDIS plan covers
- ✓ What is reasonable and necessary
- ✓ How to speak up and ask for changes
- ✓ Examples of how others use their plans

This will be interactive, visual, and inclusive—designed so everyone can understand and feel confident about their rights.

Lunch and dessert will be available with a \$10.00 charge to cover expenses.

Spaces are limited – RSVP with your support worker or call the Activity Centre on 8806 4646

Let's work together to create a safe, fun, and supportive Term 4—your input makes all the difference!





SELF ADVOCACY SYDNEY JOINS FORCES WITH ABILITY CHOICE CARE

FREE WORKSHOPS FORTNIGHTLY ON THURSDAYS AT ABILITY CHOICE CARE DURING TERM 3
THURSDAY - 31ST JULY - 9TH OCTOBER
1.30pm - 3.30pm

Are you a person with intellectual Disability who wants support to better understand your home and living options? Then this program will help you map out your living options. We need a minimum of 6 people, lock in your spot to secure placement.



LUKE WHEATLEY SAS PROGRAM OFFICER

Join our peer mentor mentor program where you can:

- Understand your home and living options
- Share your experiences with others
- Make informed decisions about housing
- Connect with others in the community

Dates are as follows:-

- 31st July 2025
- 14th August 2025
- 28th August 2025
- 11th September 2025
- 25th September 2025
- 9th October 2025 (within term break)
- 23rd October 2025 (within term break)

My Home
My Choice.



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 3 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