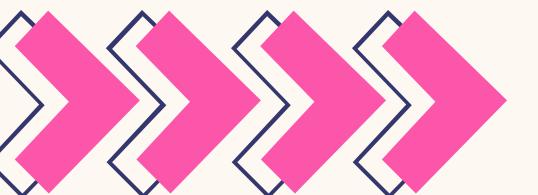




WENTY HUB

2026



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DAY
program



TERM 1 CALENDAR

JAN - MAR 2026

MONDAY

EXERCISE & COMMUNITY
BEAUTY PROGRAM



TUESDAY

DIGITAL DISCOVERY
COMMUNITY ACCESS



WEDNESDAY

COOKING
CONNECTIONS



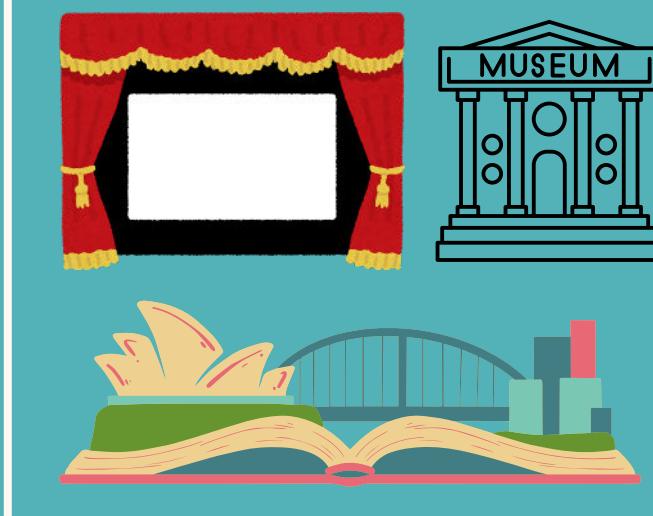
THURSDAY

COMMUNITY
ACCESS



FRIDAY

GROOVE &
JIVE



TERM 1 CALENDAR

JAN - MAR 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	EXERCISE & COMMUNITY BEAUTY PROGRAM	DIGITAL DISCOVERY COMMUNITY ACCESS	COOKING CONNECTIONS	COMMUNITY ACCESS	GROOVE & JIVE
WEEK 2	GROUP EXERCISE AND NATURE WALK INTRODUCTION TO BEAUTY WELLNESS- \$15 (TERM FEE)	INTRODUCTION TO COMPUTER COMMUNITY ACCESS	INTRODUCTION TO COOKING	VISIT TO AUSTRALIAN MUSEUM TRANSPORT: OPAL ACTIVITY: \$20	GROUP MUSIC THERAPY
WEEK 3	BALL SKILLS/BEANBAG BONANZA INTRODUCTION TO MAKE UP- \$\$\$	DESKTOP NAVIGATION COMMUNITY ACCESS	CREATING RECIPES AND GROCERY ACTIVITY - \$10	BOWLING ACTIVITY - \$20	KARAOKE/LEARNING A SONG
WEEK 4	STRENGTH CIRCUIT MANI/PEDI & FAKE NAILS DISPLAY	TYING SKILLS COMMUNITY ACCESS	COOKING DAY/BAKING DAY	TRAIN TO BARANGAROO TRANSPORT: OPAL CARD ACTIVITY: \$20	MUSIC AND MOVEMENT
WEEK 5	MUSIC & MOVEMENT GAMES FOOT SPA/ HAND MASSAGE	USING WORD PROCESSOR COMMUNITY ACCESS	CREATING RECIPES AND GROCERY ACTIVITY - \$10	PICNIC AT BLAXLAND RESERVE	ZUMBA DAY
		CREATING SIMPLE DOCUMENTS COMMUNITY ACCESS	COOKING DAY/BAKING DAY	SYDNEY CBD CHINATOWN TRANSPORT: OPAL CARD ACTIVITY: \$20	KARAOKE/LEARNING A SONG

TERM 1 CALENDAR

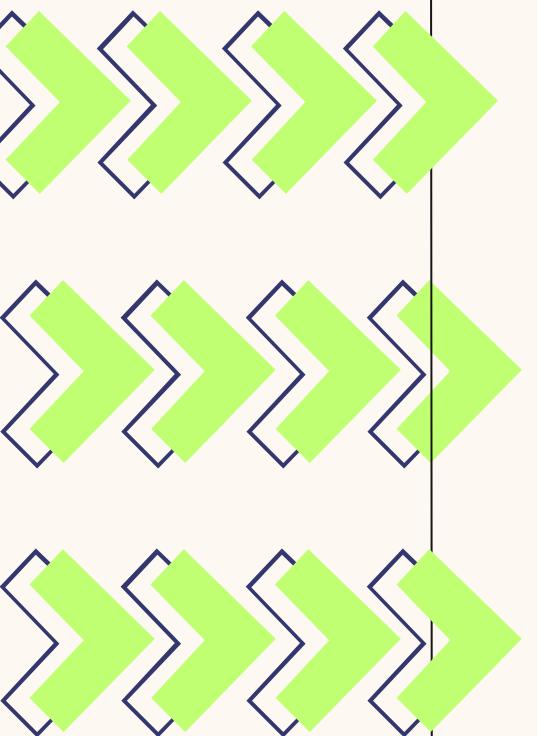
JAN - MAR 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 6	EXERCISE & COMMUNITY BEAUTY PROGRAM	DIGITAL DISCOVERY COMMUNITY ACCESS	COOKING CONNECTIONS	COMMUNITY ACCESS	GROOVE & JIVE
	BALANCE & BODY AWARENESS HAIR CURLING/HAIR STRAIGHT/HEAD MASSAGE	USING PAINT/DRAWING TOOLS COMMUNITY ACCESS	CREATING RECIPES AND GROCERY ACTIVITY - \$10	FERRY TRIP FROM PARRAMATTA TO COKATOOT ISLAND TRANSPORT: OPAL CARD ACTIVITY- \$20	MUSIC BINGO
	PARACHUTE PLAY & RHYTHM FUN MAKE UP SESSION	INTRODUCTION TO THE INTERNET COMMUNITY ACCESS	COOKING DAY/BAKING DAY	NURRAGINGY RESERVE	MUSIC AND MOVEMENT
	STRETCH AND FLOW MANI AND PEDI	USING A BROWSER COMMUNITY ACCESS	CREATING RECIPES AND GROCERY ACTIVITY - \$10	\$20 MOVIE DAY AT THE CINEMAS	KARAOKE/LEARNING A SONG
	BALL SKILLS & BEANBAG BONANZA FOOT SPA/HAND MESSAGE/ LEG HAIR REMOVAL	WATCHING VIDEOS COMMUNITY ACCESS	COOKING DAY/BAKING DAY	BOWLING ACTIVITY - \$20	ZUMBA DAY/ DRESS UP
	STRENGTH CIRCUIT HAIR CURLING/HAIR STRAIGHT/HEAD MASSAGE	EMAIL BASICS COMMUNITY ACCESS	CREATING RECIPES AND GROCERY ACTIVITY - \$10	BRICKPIT RING WALK	MUSIC BINGO

TERM 1 CALENDAR

JAN - MAR 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 11	EXERCISE & COMMUNITY BEAUTY PROGRAM	DIGITAL DISCOVERY COMMUNITY ACCESS	COOKING CONNECTIONS	COMMUNITY ACCESS	GROOVE & JIVE
	PARACHUTE GAME/MUSIC MAKE UP SESSION	RECAP & PRACTICE COMMUNITY ACCESS	PICNIC DAY ACTIVITY - \$10	DARLING HARBOUR TRIP TRANSPORT: OPAL CARD ACTIVITY - \$20	DRESS UP/FAVORITE ARTIST
WEEK 12	EXERCISE & BBQ AT THE PARK CELEBRATION & CERTIFICATE PRESENTATION	CELEBRATION & CERTIFICATE PRESENTATION COMMUNITY ACCESS	PROGRAM REFLECTION/ LITE SNACKS/PRESENTATION	SWING CITY GOLF ACTIVITY : \$20	CELEBRATION & CERTIFICATE PRESENTATION



OVER THE 12-WEEK PROGRAM, CLIENTS WILL BUILD SKILLS ACROSS KEY LEARNING AND WELLBEING AREAS, STARTING WITH DIGITAL LITERACY THROUGH COMPUTER CLASSES WHERE THEY PROGRESS FROM BASIC DEVICE USE TO CREATING SIMPLE PROJECTS INDEPENDENTLY.

COOKING SESSIONS STRENGTHEN DAILY LIVING SKILLS BY MOVING FROM KITCHEN SAFETY AND SIMPLE FOOD PREPARATION TO COMPLETING BASIC RECIPES WITH CONFIDENCE.

THE EXERCISE COMPONENT FOCUSES ON GRADUALLY IMPROVING MOBILITY, STRENGTH, COORDINATION, AND OVERALL FITNESS THROUGH STRUCTURED ACTIVITIES AND PERSONALISED GOALS.

BEAUTY AND WELLNESS SESSIONS SUPPORT SELF-CARE, HYGIENE, SOCIAL CONFIDENCE, AND MINDFULNESS, CULMINATING IN THE DEVELOPMENT OF AN INDIVIDUALISED WELLNESS ROUTINE.

MUSIC AND DANCE ENCOURAGE EMOTIONAL EXPRESSION, RHYTHM, CREATIVITY, AND GROUP PARTICIPATION, WITH THE TERM ENDING IN A SMALL PERFORMANCE TO CELEBRATE PROGRESS.

COMMUNITY ACCESS ACTIVITIES BUILD INDEPENDENCE AND SOCIAL SKILLS THROUGH PRACTISING ROAD SAFETY, MANAGING SIMPLE PURCHASES, INTERACTING RESPECTFULLY IN PUBLIC, AND EVENTUALLY PLANNING AND PARTICIPATING IN OUTINGS WITH REDUCED SUPPORT.

TOGETHER, THESE ACTIVITIES PROVIDE A HOLISTIC APPROACH TO DEVELOPING CONFIDENCE, INDEPENDENCE, AND MEANINGFUL COMMUNITY ENGAGEMENT FOR CLIENTS

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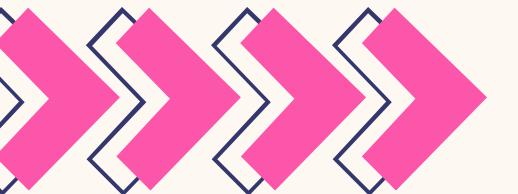
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