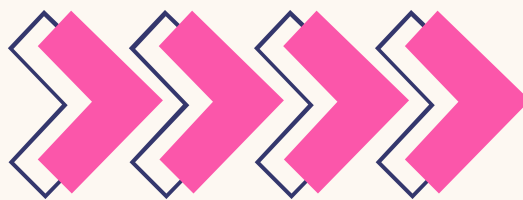




WENTY HUB

2026



DAY
program



TERM 1 CALENDAR

JAN - MAR 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE & COMMUNITY BEAUTY PROGRAM	DIGITAL DISCOVERY COMMUNITY ACCESS	COOKING CONNECTIONS	COMMUNITY ACCESS	GROOVE & JIVE
				
				

TERM 1 CALENDAR

JAN - MAR 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		EXERCISE & COMMUNITY BEAUTY PROGRAM	DIGITAL DISCOVERY COMMUNITY ACCESS	COOKING CONNECTIONS	COMMUNITY ACCESS	GROOVE & JIVE
WEEK 1		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 2	STRETCH AND FLOW HAIR SPA/ HEAD MASSAGE	DESKTOP NAVIGATION COMMUNITY ACCESS	CREATING RECIPES AND GROCERY ACTIVITY - \$10	BOWLING ACTIVITY - \$20	KARAOKE/LEARNING A SONG
WEEK 3		BALL SKILLS/BEANBAG BONANZA INTRODUCTION TO MAKE UP- \$\$\$	TYPING SKILLS COMMUNITY ACCESS	COOKING DAY/BAKING DAY	TRAIN TO BARANGAROO TRANSPORT: OPAL CARD ACTIVITY: \$20	MUSIC AND MOVEMENT
	WEEK 4	STRENGTH CIRCUIT MANI/PEDI & FAKE NAILS DISPLAY	USING WORD PROCESSOR COMMUNITY ACCESS	CREATING RECIPES AND GROCERY ACTIVITY - \$10	PICNIC AT BLAXLAND RESERVE	ZUMBA DAY
WEEK 5		MUSIC & MOVEMENT GAMES FOOT SPA/ HAND MASSAGE	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 COKATOO 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
WEEK 10		STRENGTH CIRCUIT HAIR CURLING/HAIR STRAIGHT/HEAD MASSAGE	EMAIL BASICS COMMUNITY ACCESS	CREATING RECIPES AND GROCERY ACTIVITY - \$10	BRICKPIT RING WALK	MUSIC BINGO

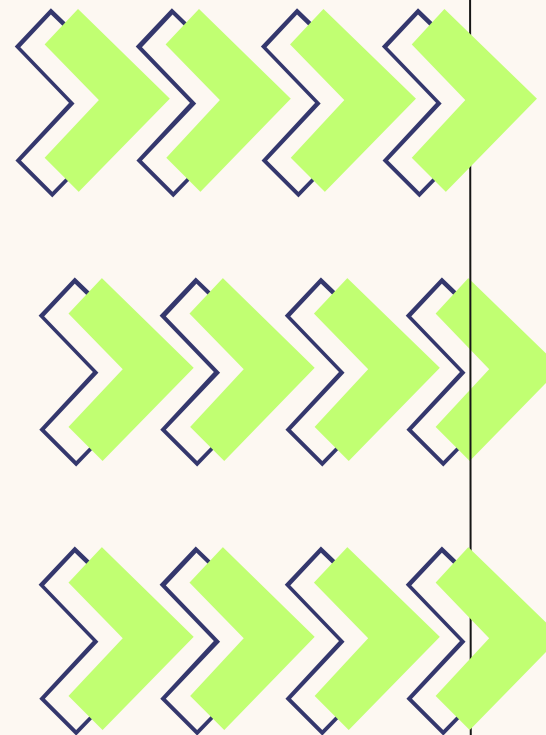
JAN - MAR 2026

WEEK 11
WEEK 12

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



12 weeks goal



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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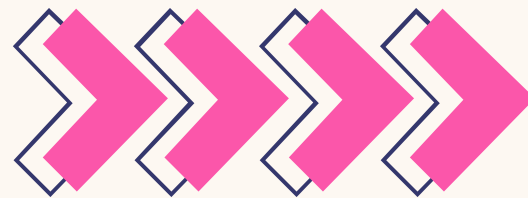




GEN IN TOUCH!

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