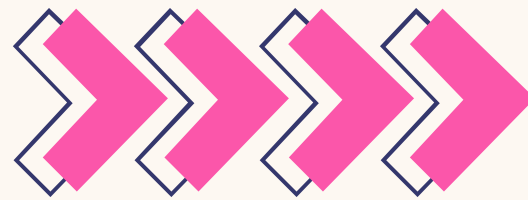




WENTY HUB

2026



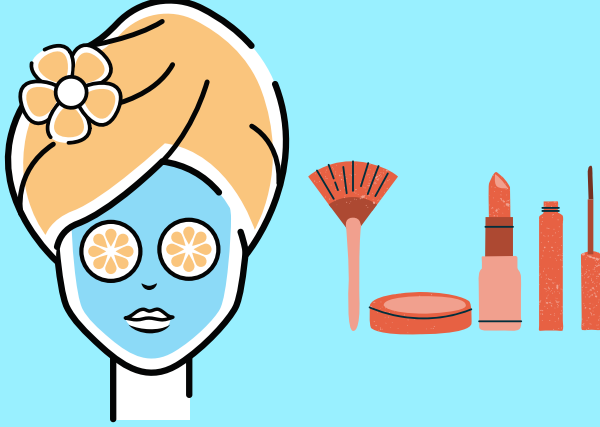
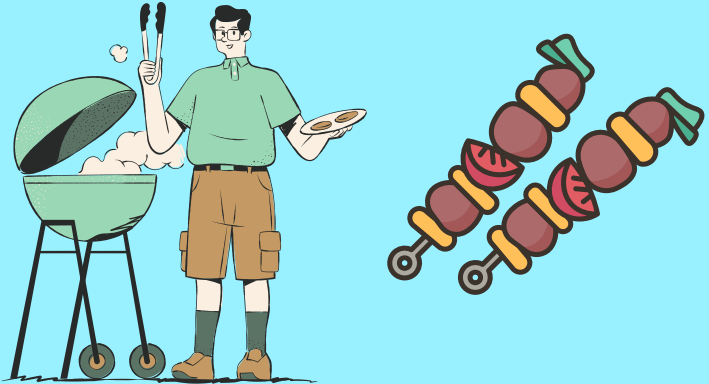
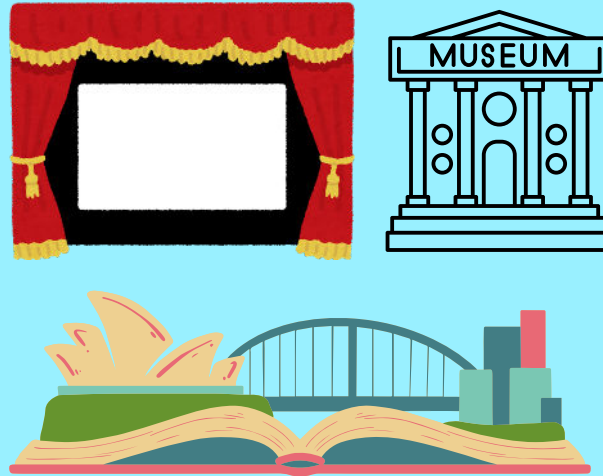
TERM 3
6TH JULY - 2ND OCT

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DAY
program



JULY - SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEAUTY PROGRAM LIFE SKILLS	DANCE AND MUSIC COOKING PREPARATION	COOKING CONNECTIONS	COMMUNITY ACCESS/ SPECIAL OUTING	BBQ /SPORTS DAY
				
				

AUGUST 2026

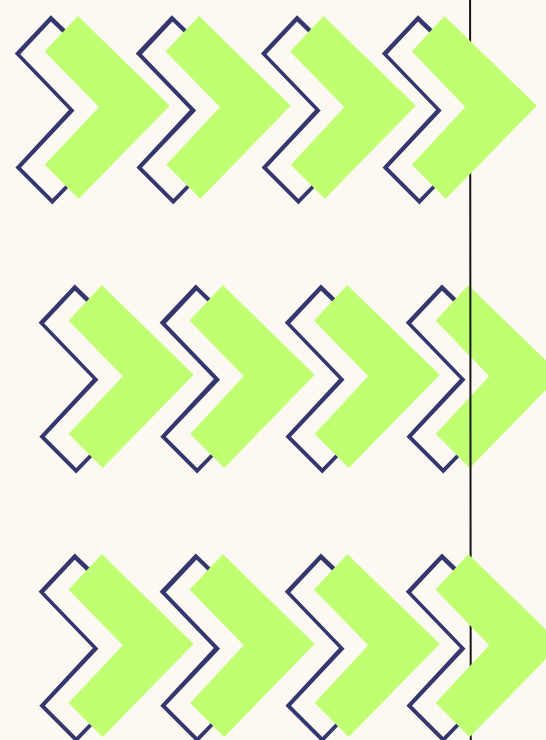
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BEAUTY PROGRAM LIFE SKILLS	DANCE AND MUSIC COOKING PREPARATION	COOKING CONNECTIONS	COMMUNITY ACCESS/ SPECIAL OUTING	BBQ /SPORTS DAY
WEEK 5	BEAUTY DAY BIRTHDAY CELEBRATION	TAI CHI EXERCISE CHOOSING A MENU AND ORGANISING INGREDIENTS	SHOPPING AND COOKING \$10	BASKETBALL AND RELAY	EXPO DAY
WEEK 6	MANI AND PEDI JEANS FOR GENES DAY WEAR YOUR FAVORITE JEANS	TAI CHI EXERCISE CHOOSING A MENU AND ORGANISING INGREDIENTS	SHOPPING AND COOKING \$10	KITE FLYING	FERRY TRIP FROM PARRAMATTA TO COKATOO ISLAND TRANSPORT: OPAL CARD ACTIVITY- \$20
WEEK 7	BEAUTY DAY BOOK WEEK DRESS UP	KARAOKE/LEARNING A SONG CHOOSING A MENU AND ORGANISING INGREDIENTS	SHOPPING AND COOKING \$10	BASKETBALL AND RELAY	AQUA GOLF - PENRITH *BORROW JENNIFER VAN
WEEK 8	FOOT SPA/HAND MESSAGE/ LEG HAIR REMOVAL END OF MONTH PROGRAM EVALUATION WITH PARTICIPANTS	ZUMBA DAY/ DRESS UP CHOOSING A MENU AND ORGANISING INGREDIENTS	SHOPPING AND COOKING \$10	FLIP OUT WETHERILL PARK TO BRING CONCESSION CARD ACTIVITY: \$15	CHERRY BLOSSOM FESTIVAL AUBURN BOTANIC GARDENS

SEPTEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 9	BEAUTY PROGRAM LIFE SKILLS	DANCE AND MUSIC COOKING PREPARATION	COOKING CONNECTIONS	COMMUNITY ACCESS/ SPECIAL OUTING	BBQ /SPORTS DAY
	BEAUTY DAY FLOWER MAKING	DRESS UP/FAVORITE ARTIST OR CHARACTER CHOOSING A MENU AND ORGANISING INGREDIENTS	SHOPPING AND COOKING \$10	BUSH WALK	FATHERS DAY BBQ
WEEK 10	MAKE UP SESSION YELLOW ARTS AND CRAFT FOR R U OKAY DAY	KARAOKE BATTLE CHOOSING A MENU AND ORGANISING INGREDIENTS	SHOPPING AND COOKING \$10	R U OK DAY	ART GALLERY OF NSW DOMAIN
WEEK 11	BEAUTY DAY BUSH WALK	ZUMBA/ YOGA/ TAI CHI CHOOSING A MENU AND ORGANISING INGREDIENTS	SHOPPING AND COOKING \$10	BASKETBALL AND RELAY	AUSTRALIAN MARITIME MUSEUM
WEEK 12	HAND AND FEET MASSAGE END OF MONTH PROGRAM EVALUATION WITH PARTICIPANTS	DISCO / DANCE CHOOSING A MENU AND ORGANISING INGREDIENTS	SHOPPING AND COOKING \$10	BUSH WALK AT MOUNT ANNAN BOTANICAL GARDENS	BBQ AND PICNIC AT BLAXLAND PARK



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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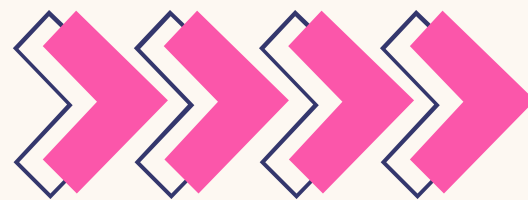




GEN IN TOUCH!

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