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# WENTY HUB

## 2026

TERM 4 program

**OCTOBER TO DECEMBER 2026**

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TERM 4 CALENDAR

# OCTOBER TO DECEMBER 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| BEAUTY PROGRAM<br>LIFE SKILLS | CREATIVE CONNECTIONS | COOKING PROGRAM | MOVE & THRIVE | COMMUNITY EXPLORERS |
|  |  |  |  |  |
|  |  |  |  |  |

TERM 4 CALENDAR

# OCTOBER 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| | BEAUTY PROGRAM<br>LIFE SKILLS | CREATIVE CONNECTIONS | COOKING PROGRAM | MOVE & THRIVE | COMMUNITY EXPLORERS |
| WEEK 1 | MASSAGE & SPA | CRAFT DAY | SHOPPING AND COOKING $10 | BOWLING ACTIVITY - $20 | BBQ AT THE PARK |
| WEEK 2 | BEAUTY SALON DAY | KARAOKE | SHOPPING AND COOKING $10 | TAI CHI AND EXERCISE WALK | BBQ & KARAOKE |
| WEEK 3 | HAIR & GROOMING | HALLOWEEN CRAFT DECORATIONS | SHOPPING AND COOKING $10 | BOWLING ACTIVITY - $20 | BBQ & PARK |
| WEEK 4 | PERSONAL HYGIENE ESSENTIALS | SENSORY BUSH WALK | SHOPPING AND COOKING $10 | BASKETBALL AND RELAY | HALLOWEEN PARTY |

TERM 4 CALENDAR

# NOVEMBER 2026



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| | BEAUTY PROGRAM<br>LIFE SKILLS | CREATIVE CONNECTIONS | COOKING PROGRAM | MOVE & THRIVE | COMMUNITY EXPLORERS |
| WEEK 5 | MASSAGE & SPA |  MELBOURNE CUP PARTY | SHOPPING AND COOKING $10 | BOWLING ACTIVITY - $20  | TRAIN TO THE CITY ART GALLERY OF NSW |
| WEEK 6 | BEAUTY SALON DAY | CANVAS PAINTING $15 | SHOPPING AND COOKING $10<br>REMEMBRANCE DAY  | TAI CHI AND EXERCISE WALK | POWERHOUSE PARRAMATTA |
| WEEK 7 | HAIR & GROOMING | ZUMBA DAY/ DRESS UP | SHOPPING AND COOKING $10 | BOWLING ACTIVITY - $20  | BOTANIC GARDENS OF SYDNEY<br>ALCHEMY OF RAINFOREST |
| WEEK 8 | PERSONAL HYGIENE ESSENTIALS | SENSORY PAINTING | SHOPPING AND COOKING $10 | *BEYOND CARE CHRISTMAS PARTY* | HAWKESBURY RIVER PICNIC |



TERM 4 CALENDAR

# DECEMBER 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| | BEAUTY PROGRAM<br>LIFE SKILLS | CREATIVE CONNECTIONS | COOKING PROGRAM | MOVE & THRIVE | COMMUNITY EXPLORERS |
| WEEK 9 | MASSAGE & SPA | KARAOKE | SHOPPING AND COOKING $10 | BOWLING ACTIVITY - $20 | BBQ PICNIC |
| WEEK 10 | BEAUTY SALON DAY | MAKING CHRISTMAS CARDS AND PRACTICE WRAPPING GIFTS | SHOPPING AND COOKING $10 | ZUMBA DAY/ DRESS UP | HOMEBUSH WATER PARK |
| WEEK 11 | HAIR & GROOMING | SENSORY PAINTING | SHOPPING AND COOKING $10 | BOWLING ACTIVITY - $20 | CHRISTMAS DAY public holiday |
| WEEK 12 | BOXING DAY public holiday | END OF THE YEAR REFLECTION AND MORNING TEA | COMPILING RECIPES FOR TERM 4 | PARK & PLAY PICNIC BBQ | NEW YEAR public holiday 2027 |

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# 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

**Email:** wentyhub@beyondcare.com.au

intake@beyondcare.com.au

M: 0466 630 538

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# GET IN TOUCH!

**Wenty Hub Day Program**
**20 Station St,**
**Wentworthville NSW 2145**

**Email:** wentyhub@beyondcare.com.au

intake@beyondcare.com.au

M: 0466 630 538

www.beyondcare.com.au

# DAY program