



Monday - Friday
9.00am - 3.00pm



3 McAuley Place, Waitara



NDIS funding
+ activity costs
or fee for service model

Want to have fun, increase your independence, join your local community, work and socialise with your friends? CatholicCare's Day Programs are an ideal place for you!

Highly trained and experienced staff support you to develop an individual development plan, linking your goals to your NDIS plan. These programs are flexible and suitable for anyone requiring moderate to high levels of support.

All our activities and programs are designed to enable the achievement of individual goals. We are an NDIS registered provider. All services and supports can be accessed through your NDIS funding.

ADULT DAY PROGRAMS

**IMPROVE YOUR LIFE SKILLS,
CONNECT WITH COMMUNITY
GROUPS, JOIN VOLUNTEER
PROGRAMS & PARTICIPATE IN
SOCIAL & LEISURE ACTIVITIES
WHILST HANGING WITH FRIENDS**

**TURN OVER FOR
PROGRAMS**

Topics & Outcomes:

MENTAL HEALTH

PHYSICAL HEALTH

COMMUNITY PARTICIPATION

MONEY SKILLS

NATURE & SENSORY IMMERSION

SOCIAL PARTICIPATION

DAILY LIVING SKILLS

CONFIDENCE BUILDING

COMMUNICATION

RELATIONSHIP BUILDING

HYGIENE & FOOD PREPARATION

COME JOIN US

Disability Futures

P: (02) 9488 2500

E: disabilityfutures@catholiccareddb.org.au

W: catholiccareddb.org.au



WAITARA DAY PROGRAMS SCHEDULE

Our day program offers a variety of activities Monday to Friday. Tailor your week to your interests!



MONDAY

ALDI SHOPPING AT MT COLAH
BOWLING EXCURSION
SWIMMING FOR FITNESS
IMMERSE YOURSELF IN NATURE OUTING
ART & CRAFT FUN
DAY SPA PAMPERING
GENERAL LIVING SKILLS



TUESDAY

NATURE IMMERSION OUTING
ART & CRAFT FUN
SHOPPING & COOKING
DAY SPA PAMPERING
GENERAL LIVING SKILLS



WEDNESDAY

NATURE IMMERSION OUTING
WALK TO NORMANHURST
BOWLING EXCURSION
SHOPPING & COOKING
DAY SPA PAMPERING
GENERAL LIVING SKILLS



THURSDAY

FLIP OUT TRAMPOLINING EXCURSION
NATURE IMMERSION OUTING
HORNSBY ORGANIC MARKET EXCURSION
GARDENING MAINTENANCE
DAY SPA PAMPERING
MAKING MUSIC
GENERAL LIVING SKILLS



FRIDAY

ADVENTURE BUSH WALK
BOONAH ART STUDIO SESSION
BOWLING EXCURSION
COFFEE CLUB EXCURSION
SHOPPING & COOKING
PROFESSIONAL MASSAGE
SENSORY GARDENING
GENERAL LIVING SKILLS