

NDIS Registered Service Provider

Monday

Flavour Factory

9:00 am – 12:00pm

\$5 per person

Get ready to get your hands dirty, experiment with new recipes, and cook up some seriously tasty dishes

Access Ambassadors

12:30 pm – 4:00pm

Cost: Varies each week

Enjoy exploring the local area and visiting new places.

Outings may include:

- Local Zoo's
- The 100-Beach challenge
- Visit Lighthouses
- Visit National Parks

Remmy Social Centre's

The Social Centre Programs have a strong focus on group one-on-one activities that build our participants community participation, and social engagement whilst building their life skills.

Tuesday

Great Creations

9:00 am – 12:00 pm

No out-of-pocket expense

Roll up your sleeves, dive into some hands-on fun, and make your crafty ideas come to life!

Park Pump Up!

12:30 pm – 2:30 pm

No out-of-pocket expense

Join the fun with going to Shoalhaven Heads outdoor Gvm!

Tasty Treats

2:30pm – 4:00pm

No out-of-pocket expense

Whip up some delicious snacks and treats to enjoy on Wednesday morning tea

Wednesday

Stretch Sesh

9am – 10.30 am

Fun, Fit & Fab

10.30 am – 12:00 pm

\$5.40 per person

Head to Bomaderry indoor sports to play basketball

Great Creations

12:30pm – 2:30 pm

No out-of-pocket expense

Bring your creations to life with Arts & Crafts.

Silly Science

2:30 pm – 4:00 pm

No out-of-pocket expense

Dive into some wild and wacky science experiments – messy, smelly, gross, or just plain fun!

Feast With Friends

5:00 pm – 8:00 pm

Cost: Varies each week

Enjoy dinner at a different club or restaurant each week.

Thursday

Read, Talk & Walk

9:00 am – 12:00 pm

No out-of-pocket expense

Shoalhaven Library, then head outdoors to Talk & Walk.

Lucky Strikes

12.30 pm – 2.30 pm

Cost: \$13.00 - subject to change

Enjoy the fun with x2 games of Ten Pin Bowling.

Obstacle Adventures

2:30 pm – 4:00 pm

No out-of-pocket expense

Get ready to tackle some awesome agility courses – whether you're zooming through the great outdoors or weaving around obstacles inside, it's all about speed, balance, and having a blast!

Friday

Flavour Factory

9:00 am – 12:00 pm

\$5 per person

Get ready to get your hands dirty, experiment with new recipes, and cook up some seriously tasty dishes

The Splash Squad

12:30 pm – 2:30 pm

Cost: \$5.60

Enjoy swimming at the local pool. Bring money, swimmers, towel and a wet bag.

Weekday Wind down

2:30 pm – 4:00 pm

No out-of-pocket expense

Join us for a relaxed afternoon to kick back, unwind, and enjoy some well-deserved chill time to get ready for the weekend. It's all about taking a breather and enjoying the calm of the arvo

Transport is Available