

Murray Valley

Name:

Centre

Term 4-2021

&

Term 1-2022

Activity Guide



Murray Valley Centre has provided professional day services to the local community for over 60 years. We have grown over this time to provide a wide range of community and center based educational and recreational programs.

PLEASE NOTE - COVID19 restrictions still apply for social distancing and mask wearing. Most of our community-based activities will return to the original program description as stated in this booklet.

Please **select two programs for each morning and afternoon** that you would like to participate in. Then mark a **1** for your first choice and **2** for your second choice. Participants will receive their first choice unless there are insufficient participants for the program to run. *If you require assistance please ask your parents, house staff or MVC to talk about what you may like to do.*

Please note the Weekly cost of programs is payable by the participant **at the beginning of each week** unless stated otherwise in the booklet.

The transport cost will be invoiced separately each term.

Cost for the program and transport per week

Can't find something you like. Individual activities can be arranged with 1:1 funding call us to talk.

Please return to MVC as soon as possible and **no later than Friday 27th August 2021.**

Example

1		Digital Photography – Participants will take photos of subjects of their choice in different styles while learning to use digital cameras and electronic equipment responsibly and effectively. Participants will create personal portfolio's that they can take home. This program caters to a participant's artistic side.	\$1.00 / Week	\$6.00 / Week
2		Out and About – The group will investigate a range of attractions and activities in the Albury/Wodonga area. The places visited will be decided by the group and will include local clubs, lunch outings monthly, visiting Museums, Art Exhibitions and other attractions that are happening within the local area. <u>THIS IS AN ALL-DAY PROGRAM</u>	\$6.00 / Week	\$13.50 / Week

If ALL DAY programs are selected in AM it will automatically count as selected 1st or 2nd choice in PM



Under NDIS legislation Participants **MUST** have choice and control when choosing programs. If you think the participant is unable to make these choices, please feel free to contact Nigel or Vikki for program clarification and feedback on what programs the participant has previously enjoyed.

If you would like any further information, please contact the Client Services Manager – Nigel Byron, Ph.: 02 6024 1647, Email: nigel@mvc.org.au

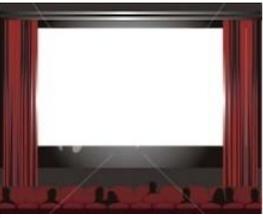
..... (Parent/careers name) assisted with choosing the activities

MONDAY

MONDAY ALL DAY (9-3)			
1 or 2	Description	Activity cost	Transport cost
	 <p>Community Cooking – This program gives participants the opportunity to cook for community organisations such as Food share, Ronald McDonald house and Crises food supplies using donated produce. Participants are involved in brainstorming meal ideas with the available produce, preparing the meals and packaging them ready for the relevant community organisations. Participant’s lunch and morning tea is provided by the program</p>		\$5.50 / WEEK

MONDAY 9-12 - Centre Based			
	 <p>Swimming – This program will be conducted in the heated pool at MVC and is equipped with a hoist for higher need participants. The program is designed to teach or build on swimming skills or just generally enjoying the water utilising different water games and individualised activities to suit the participants needs. Once enrolled in the swimming program the \$6.00 cost is payable regardless of attendance as the swimming instructor is contracted for the number of people in the swimming group. For clarification, please speak to Nigel.</p>	\$6.00 / week (regardless of attendance)	
	 <p>Card Making – Participants will learn a variety of techniques whilst improving hand/eye coordination and building self-esteem through the making of cards including a variety of seasonal cards for Christmas, birthdays and other special occasions.</p>	\$2.00 / week	
	 <p>Simple Dinning-The participants will actively select and make a simple lunch. They will learn how to prepare and measure ingredients, set the table, touch up on their etiquette skills whilst enjoying lunch and having a chat. Participants will then clean up, wipe tables, do the dishes and then clean the floors.</p>	\$5.00 / week (\$6.00 for special dietary needs)	
	 <p>Explore the iPad - This program is designed for participants to discover and learn their way around an iPad or tablet. Participants can learn how to use the Internet, Google Maps, Google Earth, YouTube and Local Current Events. More advanced users can use the iPad for individualised choice of activity. Those participants with individual communication applications on personal iPads will be assisted to use them throughout the session.</p>	\$10.00 Term cost towards headphones or BYO headphones	

MONDAY 9-12 - Community Based			
	 <p>Active Morning -This program will start off at the Workshop for morning tea and then walk in various locations of choice e.g., walk to Sumsion gardens, along the walking tracks and old stock route, use some of the exercise equipment in the park, walk to High Street and places of interest. Participants will need to be able to walk for at least 1 hour. When the weather prevents the group from being outdoors, we will do various indoor activities e.g., use the exercise bike, game of bocce, use a mini trampoline.</p>		
	 <p>Parklands – This program is conducted in various locations around Albury /Wodonga. We work with a ranger from Parklands Albury/Wodonga to improve the local natural areas. The tasks include planting and watering trees, weed removal, path clearing, maintenance of park furniture and mulching.</p>		\$2.70/ Week

MONDAY 12-3 Centre Based			
1 or 2	Description	Activity cost	Transport cost
	 <p>Texture Craft - This program we will use different materials to paint on canvas. We will also be creative in making some Xmas craft. Also, we will be making different craft out of different materials. In term one 2022 we will also be doing some Easter craft.</p>	\$2.00 / Week	
	 <p>From Then Until Now 1959 – 2021 - This program involves putting together a history of the Murray Valley Centre. Participants will help to collate old photos and memorabilia of the Centre to put into volumes so that the MVC has a documented account of its history. Participants will receive a colour booklet at completion.</p>		
	 <p>Pampering Girls – This program is conducted at MVC and was implemented by female participants to have a program with affordable pampering and social interactions with female friends in a supportive environment. During the sessions the ladies can relax with a drink of their choice, whilst having their nails manicured including a hand massage and facial on request.</p>	\$2.00 / Week	
	 <p>Movie Afternoon- Come along and watch some new movie or even the good old day movies with your friends while enjoying popcorn and a drink. Participant will take turns in selecting a movie each week where they can bring one in from home. This program is about having fun and relaxing at the same time.</p>	\$0.50 / Week	

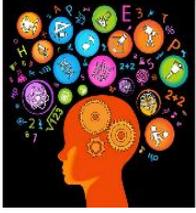
MONDAY 12-3 - Community Based			
	 <p>Fishing - Participants will go to various locations in Albury / Wodonga and learn to bait fishing lines, cast and hopefully bring in a fish or two. While fishing they will enjoy being outdoors in the fantastic natural areas around Albury /Wodonga the form of recreational fishing will be done with a rod, reel, line, hooks and any one of a wide range of baits or lures such as artificial lures and live bait</p>		\$13.00/ Week
	 <p>Community Park adventures – Participants will visit local parks and recreation areas cared for by Parklands Albury/ Wodonga. This is a volunteer work program. While in this group, participants will assist with keeping areas clean, tidy and maintained for both the wildlife and the public to enjoy. Parks include the Waterworks, The Pines, Mungabareena and various other parks located in Albury/Wodonga.</p>		\$6.80/ Week
	 <p>Sing-along – Participants will attend the Wodonga Senior Citizens club and have the chance to join the old fashion singing, selecting songs from yesteryear whilst playing musical instruments. If COVID restrictions increase again, and we are unable to attend the senior citizens club, this activity will be run out of the Beazley room at MVC</p>	\$2.00 / Week	\$3.00/ Week

TUESDAY

TUESDAY 9-3 - ALL DAY			
1 or 2	Description	Activity cost	Transport cost
	 <p>Explore the Community (Walking involved) – The group will investigate a range of attractions and activities in the Albury/Wodonga area. The group will select places to visit for the day. These could consist of outdoor attractions, retail therapy, music and live performances or other local attractions. We will go out for lunch each month and watch live performers. Wet days may consist of staying indoors at MVC, movie day, indoor sports, exploring google earth and virtual touring. We have a wide range of games for entertainment, listening to music, participants can choose which activities they would like to do on these days at MVC.</p>	\$7.00 / Week	\$13.50 / Week
	 <p>Flower Power – This program provides community inclusion through social interaction with the local businesses of Wodonga. The delivery of these vases on a weekly basis provides the participants with the opportunity to converse, handle money, maintain road skills and gain valued status within the community. The ability to walk unassisted for 15mins is desirable for this program.</p>		

TUESDAY 9-12 Centre Based			
	 <p>Cakes & Slices – The participants choose what they would like to make each week and are assisted to read the recipe, weigh/measure or chop ingredients to bake cakes, slice, biscuits or muffins. The creations are then tasted for morning tea and divided between them and taken home to enjoy.</p>	\$2.00 /week	
	 <p>Swimming – This program will be conducted in the heated pool at MVC and is equipped with a hoist for higher need participants. The program is designed to teach or build on swimming skills or just generally enjoying the water utilising different water games and individualised activities to suit the participants needs. Once enrolled in the swimming program the \$6.00 cost is payable regardless of attendance as the swimming instructor is contracted for the number of people in the swimming group. For clarification, please speak to Nigel.</p>	\$6.00 /week (regardless of attendance)	
	 <p>Massage, Music and Relaxation – Participants relax to the soothing music and oils defusing in the background. Participants can either have a massage with the hand-held massager or hand massages with non-scented hand cream.</p>		
	 <p>Craft - This program is designed for participants that enjoy creating craft pieces. Participants will learn to make items individually or as a group. They will learn new techniques and innovative ways of working a variety of materials to create their masterpieces. Items will be taken home when completed.</p>	\$3.00/ week	
	 <p>Golf – Participants will enjoy learning to play golf and learn skills of holding a golf stick with two hands, lining up the ball and hitting along the grass area with a swing back and follow through. This program assists with hand-eye coordination. This group program will be held in MVC grounds</p>		

TUESDAY 9-12 Community Based			
	Ten Pin Bowling - Participants will access the community and attend the Wodonga bowling Alley with peers to try their luck at a game of ten pin bowling each week. Participants will be able to engage with community members while bowling	\$10.00 / Week	\$5.00 / Week

TUESDAY 12-3 Centre Based			
1 or 2	Description	Activity cost	Transport cost
	 Music & Relaxation - This program is designed for participants with higher needs and gives them the opportunity to relax and listen to music in a calm and quiet environment. The program will use aromatherapy and calming music to provide the environment to allow participants to relax after a hard morning and to attain a state of increased calmness; or otherwise reduce levels of pain, anxiety, stress, or anger.		
	 Adult Colouring In - This program will be for participants whom love to color in pictures. To meet individual preference, we will do free hand and numbered colouring with a wide range of pictures to choose from each week. We will practice staying within the lines to create piece of art. Participants will have their own pencils, equipment and folder to store items in.	\$1.00/ Week	
	 Garden Creations – Participants will discuss with staff what they would like to make as their project for the garden. Items will include creating plant holders and making cement hands to hold plants. Using the individual ideas of each participant to create their item	\$33.00 material Cost paid at the start of term.	
	 iPad/ internet – This program is designed to teach or enhance participants use of electronic equipment and to accommodate the individual needs and abilities of the participant. From startup of the iPad –Tablet or device, swiping of the screen, selecting apps, to use of popular apps. Those participants with individual communication applications will be assisted to use them throughout the session.	\$10.00 Term headphone cost or BYO headphones	
	 Young Einstein's - What is Science? This program teaches participants the basics of science. Participants will then have a better understanding of the everyday questions that generally go unanswered like; How does it rain? Why does the moon come out at night? How do Volcanos erupt? If you have questions that you want answered then this is the program for you. This will help you always learn new things, while having fun!	\$2.50/ Week	

TUESDAY 12-3 Community Based			
	Combination Bowls – Every second week participants play one game at Wodonga Ten Pin Bowling Centre. The other week we will have lots of fun playing different games at MVC. You will still need to pay even if you are not there as ten pin bowling cost \$10.00 per fortnight.	\$5.00/ Week	\$2.50/ Week

WEDNESDAY

WEDNESDAY 9-3 - ALL DAY			
1 or 2	Description	Activity cost	Transport cost
	 <p>Out and About –The group will investigate a range of attractions and activities in the Albury/Wodonga area. The places visited will be decided by the group and will include local clubs, lunch outings monthly, visiting Museums, Art Exhibitions and other attractions that are happening within the local area.</p>	\$6.00/Week	\$13.50/Week
	 <p>Home Made Lunch – This program is designed to provide participants with skills required for all aspects of selecting menus and preparing meals. Participants will gain a greater knowledge of selecting recipes, food hygiene requirements, chopping, peeling, mashing and stirring of foods. Also, a range of cooking methods both basic and nutritional. When time permits the group will also make morning tea. One program held at Workshop and one at Pearce St.</p>	\$6.00/Week	

WEDNESDAY 9-12 Centre Based			
1 or 2	Description	Activity cost	Transport cost
	 <p>Reading and Writing – Participants will practice writing letters and words, then when they are more confident, they can make up stories to write in their books. Participants can also practice reading skills through reading books and articles from the paper and discussing them and then write a report on the article</p>	\$4.00 for the Term	
	 <p>Let's grow food - This program is designed for participants who like to Garden. Participants will decide as a group what they wish to plant then be responsible for the weeding, watering and fertilising. Participants will have the opportunity to enjoy the 'fruits of their labour' with harvesting some fresh vegetables and herbs to take home. The program will be conducted at MVC's Pearce ST site in raised garden beds.</p>	\$1.50/Week	
	  <p>Pet Therapy / Companion Dogs - This program will run for the participants whom like animals and learning about them. Throughout the term 2 small companion dogs will visits both dogs are fully vaccinated, and temperament tested. Participants will have the opportunity to be hands on with the dogs - grooming, walking and holding them when the visits accrue, for the other weeks we may visit other locations such as pet shops to learning about other animals, and some resources about what we are learning.</p>		
	 <p>Outdoor sport & games - Participants will enjoy playing a variety of indoor and outdoor games including cricket, football, soccer and pool. An interest in sports and ability to kick a ball is required. The group will decide what to play on the day of program.</p>		

WEDNESDAY 12-3 Centre Based			
1 or 2	Description	Activity cost	Transport cost
	 <p>Artistic Creations - Participants will have the opportunity to paint a large canvas with their hands and brushes. The aim is to paint a landscape as the background then brush on some trees. There will also be a variety of other activities available to participants if completed before the end of term. Large canvases may need to be picked up from the Centre.</p>	\$44.00 material Cost paid at the start of term.	
	 <p>Music and Instruments - This program is for designed for participants who have an interest in playing all different instrument with and without music, a range musical instruments will be offered throughout the program from MVC collection.</p>		

WEDNESDAY 12-3 Community Based			
	 <p>Hyphen Wodonga Library - Participants will enjoy the surroundings of the New Wodonga Library Gallery while enjoying the connection and curiosity in an accessible and inspiring environment. Discover and connect with ideas, skills, and knowledge. While being part of our community.</p>		\$2.50/ Week
	 <p>Digital Photography – Participants will access the community and take photos of subjects of their choice in different styles while learning to use digital cameras and electronic equipment responsibly and effectively. Participants will create personal portfolio's/albums that they can take home. This program caters to a participant's artistic side or love of photography/photos.</p>	\$1.00/ Week	\$6.80/ Week

THURSDAY

THURSDAY 9-3 - ALL DAY			
1 or 2	Description	Activity cost	Transport cost
	 <p>Engaging and connecting in the community –Public transport training Participants will have the opportunity to learn how to travel independently on public transport (bus) between Wodonga and Albury. Participants will travel getting on & off at various locations, have morning tea and lunch at a place of their choice. We will visit other location before catching the bus back to Wodonga and returning to Murray Valley Centre. Participants will focus on using their communication skills with people in public and telling the driver the destination, paying for their ticket and learning to read timetables. This program will focus on increasing participant independence and engaging in the community.</p>	\$20.00/ Week	
	 <p>AM - Basic woodwork skills & PM – Recycling The woodwork program will be conducted in the mornings and Kindling /recycling to be run in the afternoon. If you like to build, create or fix things, Murray Valley Centre has a DIY option to suit you. You can learn: Safe work practices, Basic home repair, Maintenance skills, Woodworking, how to use tools and Building items of interest. Whether it's building a planter box for the garden, discovering how to fix something that's broken, painting household items, or just using tools to make different objects or artworks, we can help you find something you enjoy. PLEASE NOTE THAT PARTICIPANTS WILL BE REQUIRED TO WEAR SUITABLE WORK BOOTS</p>	\$3.00 / Week- regardless of attendance	
	 <p>Blokes Day - This is an all-day program where you can build new relationships or maintain old, explore the community and environment. Enjoy a soft drink or cater lunch at the local pub. Spend the day fishing whiling throwing a sausage on the BBQ, kick the footy in the park or bowl your mates out in a game of cricket. Even watch the latest action movie at the cinema. Even enjoy some local bush walks. This program will help the individual engage in the community in a safe manner and teach them how to act responsible while out in the community. This program will involve walking, so please ensure you like to walk.</p>	\$10.00/ Week	\$13.50/ Week

THURSDAY 9-12 Centre Based			
1 or 2	Description	Activity cost	Transport cost
	 <p>Cakes & Slices – The participants choose what they would like to make each week and are assisted to read the recipe to bake cakes, slice, biscuits or muffins. The creations are then tasted for morning tea and divided between them and taken home to enjoy with others or keep for themselves.</p>	\$2.00/ Week	
	 <p>iPad Games - Participants will be assisted to become familiar with the use of an iPad and select activities / games they would like to use. Those participants with individual communication applications will be assisted to use them throughout the session.</p>	\$10.00 cost for head phones or BYO headphones	

THURSDAY 9-12 Centre Based (continued)			
1 or 2	Description	Activity cost	
	 <p>Aromatherapy & Tactile Sensory - This program is designed for people who like to relax, enjoy a peaceful and calming environment and enjoy individualised activities. Participants have a chance to find out what they like to look at, listen to or touch to stimulate the senses, enjoy moving or listening to music, enjoy the smells of beautiful 100% natural aroma from the diffuser or having a hand massage or foot spa.</p>	\$2.50/Week	

THURSDAY 9-12 Community Based			
	 <p>Morning tea in the park - This program we will go to a different park each week and have a cup of tea, coffee or milo with a biscuit or cake. and sit around the table having a chat, or even go for a walk. When we have some spare money, we will go to Hungry Jacks for an ice cream.</p>	\$2.00/Week	\$6.00/Week
	 <p>Basketball in the park – The program is designed for those who like to play basketball we will take a short walk to the basketball courts at Whitebox rise, where the Participants can participate in a Game of Basketball or just throw some hoops together.</p>		

THURSDAY 12-3 Centre Based			
	 <p>Card Making – Participants will learn a variety of techniques in card making and will make a variety of seasonal cards for Christmas, birthdays and other special occasions.</p>	\$2.00/Week	
	 <p>Numbers shapes and colors -This program is for Participants to learn different numbers, colors and shapes. They can engage in different activities such as match different shapes colors and numbers with ones that are on their worksheets.</p>	\$4.00 for term.	
	 <p>Propagating with a twist - Participants can have the opportunity to learn all aspects of propagating plants & creating a unique personal home for the plants to grow after propagation. Propagating from cutting, germinating seeds and clippings of different plants & succulents, learn the importance of caring for the plant watering fertilising and transplanting, participants can then use their knowledge and skills at home in the own gardens. Create a home for the plants to live in from recycled items and crafts to make their creation. Learn how to create reusable & or recycled products such as bees wax wraps for sandwiches and snacks, bird feeders, Wind chimes, pots and more.</p>	\$1.50/Week	
	 <p>Drumming - In this program participants will replace a drum with an exercise ball and use drum sticks to beat the ball to the music. Participants will not only be seated while beating the 'drum' but will also be able to move around their 'drum' in a safe environment while exercising and strengthening their muscles.</p>	\$2.00/Week	

THURSDAY 12-3 Community Based			
	 <p>Combination Bowls – Every second week participants play one game at Wodonga Ten Pin Bowling Centre. The other week we will have lots of fun playing different games at MVC. You will still need to pay even if you are not there as ten pin bowling cost \$10.00 per fortnight.</p>	\$5.00/Week	\$2.50/Week

FRIDAY

FRIDAY 9-3 - ALL DAY Community Based				
1 or 2	Description		Activity cost	Transport cost
	 <p>Community Adventures & Activities / BBQ lunch - Participants will have morning tea at MVC whilst choosing their location of choice for the day. Participants will access the community and go shopping for ingredients and supplies for that day's BBQ lunch. The group will explore different parks and BBQ areas within our community and will play games, kick the ball and enjoy a walk whilst exploring community venues such as the library, museum, Art gallery and shopping Centre's depending on the choice of the group. This program will include the occasional coffee or ice-cream when time and cost permits.</p>		\$10.00/Week	\$13.50/Week
	 <p>Ingredient prep BBQ /Clean Up and Gardening PM @ Church St - Participants will learn to compile a grocery list, shop for ingredients, prepare and cook a BBQ lunch with salad or vegetables of their choice and serve the meal. The group will clean up afterwards and on the alternate week participants will have a choice of various healthy take away lunch. After the lunch clean-up they will work in the garden.</p>		\$10.00/Week	
	 <p>Life Skills – this program is where you can develop and build capacity while out in the community and at MVC. Our program will help you with learning how to use the microwave, dishwashers, doing a load of washing and money skills. Also, stranger danger, road rules and how to ring and what to say to emergency call centers if you are in trouble. You will get to visit the local police stations, fire station, Ambulance station. Shop and even go for lunch where you will do all the talking and handling the money to order your meal. This program will help you be part of our community, be independent with life skills and staying safe while doing it.</p>		\$10.00/Week	\$13.50/Week

FRIDAY 9-12 Center Based				
1 or 2	Description		Activity cost	
	 <p>Let's get active - This program will comprise of different activities both in the community and in the grounds of MVC, playing ball, sweeping a bit of gardening and general walking, and moving around exercise.</p>			
	 <p>BBQ Food Prep @ Pearce St - Participants will enjoy their morning tea at MVC while discussing the items /groceries required for BBQ for the day. A short walk to shop at White Box Rise to purchase items from the list, then returning to MVC to prepare and cook a BBQ lunch with salad or vegetables of their choice</p>		\$9.00/Week	
	 <p>Bike Riding and Motor Skills – This program is running at MVC in a designated area. This program is designed for the participants to have gentle exercise and motor skills while riding two/ three-wheeler bikes in a safe environment. This group also walks around the local area practicing road crossing skills and identifying road signs. During extreme weather conditions the program will change to indoor activities around bike and road safety skills. Due to the replacement cost for tyers, tubes and bike accessories this program requires a term cost to be paid at the start of each term. Enclosed footwear is required for this program.</p>		\$5.00 for the term	

		<p>Movement music and relaxation - This program is aimed at participants with higher needs. Participants will do a range of movements to music, dance and singing. All exercise and movement will be tailored to the individual's abilities. Participants will also enjoy some movement-based games</p>		
		<p>Plant pressing art – This program is designed for the participants that like plants and making items from nature, selecting plants and flowers from locations with in walking distance to MVC, we will press and dry items collected then make a book or wall hanging or something or small decorative pieces to take home</p>	<p>\$1.00/Week</p>	

FRIDAY 12-3 Center Based				
1 or 2	Description	Activity cost		
		<p>Puzzles Afternoon - Participants will be assisted to select a puzzle they would like to try from a variety of puzzles ranging from dominos to monopoly. Some puzzles include counting with colours and numbers, whilst others need a lot of thought put into them and participants will have to think about the clues to complete some puzzles.</p>		
		<p>Old Time TV shows - In this program we will watch old shows like MASH, Hogan's Heroes, Jetsons, Frasier, I Dream of Jeannie, and many more. Participant will have the option to have a drink and snack while watching TV.</p>	<p>\$0.50/Week</p>	
		<p>Mosaics Plus – This crafty group will be supported to create all sorts of mosaics items such as wall hangings, decorative pots, pictures frames and more items used will be stones, tiles and glass. Created items will be sent home as they are finished during the term.</p>	<p>\$44.00 for the term to purchase the materials</p>	
		<p>Pool clean / Afternoon tea – The group can assist with simple tasks of wiping down items that are required and general cleaning of the bathroom areas and maintenance of the pool area. The group will be able to enjoy a drink and afternoon tea at MVC once the cleaning has finished for their efforts</p>		
		<p>Bingo set up for volunteers - This program will put out the tablets and chairs and do a general clean to help out for the volunteers getting ready for the Saturday bingo session. More hands make light work.</p>		