



*Note: actual timetabled programs and activities begin on return to services in January 2025.*

<b>PROGRAMS &amp; ACTIVITIES LIST</b>	<b>Description</b>	<b>Activity Costs Apply</b>	<b>Transport Fees Apply</b>
<b>DRAMA</b>	The WATCH Drama Program is a safe space for participants to experiment, have fun and explore their theatrical side.	No	No
<b>HYDROTHERAPY</b>	An exercise program in a heated swimming pool all year round that helps maximise comfort and mobility.	Yes	Yes
<b>SWIMMING (Aquatic Activities)</b>	Water enjoyment activity at a private indoor heated pool in Clayton on Monday and Friday afternoon.	Yes	Yes
<b>CLEAN UP CREW</b>	Building independent living skills by participation in cleaning, washing, restocking and associated tasks.	No	No
<b>LITERACY</b>	Building on or maintaining reading, writing, and numeracy skills.	Yes	No
<b>NOBLE PARK COMMUNITY CENTRE ACCESSIBLE GARDENS</b>	An accessible gardening, sustainability, and inclusive community program on Tuesday mornings only.	No	Yes
<b>COOKING LUNCH</b>	Building skills in making a delicious lunch from scratch each week.	Yes	No
<b>EXPLORING PARKS</b>	Exploring our local parks by relaxing walk in the fresh air observing the wonders of nature.	No	Yes
<b>SEWING &amp; KNITTING</b>	This program endeavours to teach participants simple forms of knitting and/or sewing to construct simple creative pieces.	Yes	No
<b>HANDYMAN</b>	A program that builds on skills in maintenance and repairs of easy jobs at WATCH, like cleaning our buses, and fixing loose screws.	No	No
<b>CREATIVE CRAFTS</b>	Activities of interest in art, scrapbooking, cardmaking, jewellery making, painting and other creative crafts.	Yes	No



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<b>ARMCHAIR TRAVEL</b>	Learning about other countries and cultures including how different people live, the food they eat, the clothing they wear, their history, housing, climate and music all from the comfort of an armchair. Travel activities may include cooking local meals, dancing or role playing, dressing up, researching, viewing footage, live cam where available, and sharing experiences, etc.	Yes	No
<b>SHOPPING</b>	Building independent living skills buying food and grocery items for WATCH cooking program.	No	Yes
<b>PARK SPORTS</b>	This program will include basketball, cricket, soccer, and football at a Monash Park.	No	Yes
<b>INSPIRE PROGRAM</b>	This is a small group activity for participants who need low support (e.g. 1:3 staff).  Building independent living skills in domestic duties, budgeting, cooking, road safety, using public transport, social and communication skills, developing friendships, and using devices to research, plan and connect.	Personal spending money required	Yes
<b>I MADE IT</b>	This activity includes making gifts for others or self by making cards, baked goods, jewellery, decorations, etc.	Yes	No
<b>BOWLING</b>	This activity is Ten Pin Bowling at a local Bowling Centre.	Yes	Yes
<b>PHOTOGRAPHY GROUP</b>	This is a small group activity at our local parks with our iPad's, promoting self-expression, and creative design through photography.	No	Yes
<b>GYM CIRCUIT</b>	Promoting health & wellbeing this is an exercise program at our Springvale Centre recreation room.	No	Yes



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<b>MIXED SPORTS</b>	A variety of sports and fun activities at our Springvale Centre recreation room including indoor cricket, basketball, volleyball, bowls, soccer, football and other indoor games, etc.	No	Yes
<b>GAMES &amp; PUZZLES</b>	Playing a variety of board games or puzzles of choice in a friendly atmosphere.	No	No
<b>MOSAIC MAKING</b>	An art program that teaches participants to create different mosaic pieces.	Yes	No
<b>COMMUNICATION GROUP</b>	This program offers a dedicated time and space for participants to work on their communication skills using compics, PECS and/or their own communication device or aids.	No	No
<b>BOOK CLUB</b>	This group activity includes a variety of books and stories played on audio or read to all.	No	No
<b>FARM EXPERIENCES</b>	<p>This activity is for animal lovers.</p> <p>It involves exploring Myuna and/or Chesterfield Farm to immerse in the outdoors and experience farm life.</p> <p>On rainy days, participants will engage in theory learning about farm animals and looking after pets in an interactive environment onsite.</p>	Yes	Yes
<b>WATCH COUNCIL</b>	Meetings are held on Tuesday afternoon only, to build self-advocacy, be involved in having a say, organising fun events for WATCH participants each year, and learning about things like health eating, food and fire safety, the NDIS safeguards commission, human rights, social and civic rules.	No	No
<b>BEAUTY ROOM</b>	This activity is all about pampering and self-expression, via hair styles, applying makeup and nail polish, and head, shoulder, hand or foot massage.	Yes	No



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<b>MUSIC THERAPY</b>	Tom our dedicated Music Therapist spends 2 hours with groups of participants singing songs, playing instruments, and creating lots of opportunities for self-expression like performing in front of others on Tuesday afternoon & Friday morning.	Yes	No
<b>INTERNATIONAL SNACKS</b>	Exploring different cultural tastes and aromas whilst also learning about the culture through research and activities.	Yes	No
<b>BAKERS GROUP</b>	Learning to prepare and cook delicious baked goods that can be eaten onsite or take home.	Yes	No
<b>SENSORY EXPLORATION</b>	This activity is based in the WATCH Sensory Room where personal discovery can occur through exercise and tactile, auditory and visual inspiration.	Yes	No
<b>MUSIC AT THE PARK</b>	Promoting self-expression this activity is based outdoors where music encourages dancing in the park.	No	Yes
<b>WATCH FLICKS (Onsite Movie and Popcorn)</b>	This is an onsite activity where participants in the group select a movie to enjoy together whilst snacking on popcorn and experiencing the interests of others.	No	No
<b>BRAESIDE WALKERS</b>	Promoting health and wellbeing this is a walking activity at Braeside Park.	No	Yes
<b>MONASH LIBRARY</b>	Promoting local connections in the community by visiting the local library and utilising its space to read, use and borrow from.	No	Yes
<b>COMMUNITY ACCESS</b>	A variety of community-based activities, ranging from visiting shopping centres and community centres, to experience and connect with local cafes, garden centres, pet shops, galleries etc.	Personal spending money required	Yes