



Group Program
March
2021

AccessAbility

Make a booking

Phone 6584 1115

Monday to Friday

8am-4pm

Email:

amber.h@omnicare.org.au

To secure your place please book *at least* two (2) days before the activity.

If you need to contact the group during an outing for any urgent matters please phone 0439 762 573 and speak with the activity leader.

If you become unwell please cancel as early as possible. You must cancel a group before 3pm the day before the activity or charges may be payable.

Welcome!

Please remember to dress for the weather, and activity type. Bring a bottle of water to every group, as well as a hat and sunscreen for any community-based activities.

Program start and finish times are "face-to-face" time.

Most activities have a small contribution payable by you on the day.

Let me know if you can be dropped at the Centre, or need to be included in our bus route.

Bus runs commence one hour prior to the activity and resume one hour after the activity time listed in this program.

Please speak with your Support Coordinator to ensure transport and travel are in your Service Agreement.

In some cases you may be able to reduce out-of-pocket costs by joining us at the Centre, rather than being picked up.

Your NDIS plan may be able to help cover the transport cost.

If you have questions about our bus route please contact me **BEFORE** the activity.

Amber

Amber Hunziker

Group Program Coordinator



Please note if you are feeling unwell and/ or have any cold or flu like symptoms please stay home




Let's keep everyone safe and healthy :)



A platform for you!




Omnicare have a closed *Workplace* group "Access Ability", where we share information relevant to disability services, the commission and community events. You can also communicate with us through that page.




The page is only open to current clients, carers and Planning Coordinators, and content is closely monitored. If you would like to join this page please let us know at ability@omnicare.org.au.



We look forward to you joining us on *Workplace*.




<p>Monday 1st March 9:30am - 2:30pm</p>	<p>DIY Plant Pots - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Spend the morning creating and painting a plant pot for a Succulent. Then help prepare a pasta dish for lunch.</p> <p>*Lunch included</p>	
<p>Monday 1st March 4:30pm - 7:30pm</p>	<p>Plates of Flavour Cooking Group- Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Learn how to prepare and cook a new meal each week. Enjoy the food you have prepared for dinner and work on creating a cook book with the meals you have prepared.</p> <p>*Dinner included</p>	
<p>Tuesday 2nd March 9am - 2pm</p>	<p>Baking group - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$10</p> <p>Learn how to bake amazing sweet and savoury treats, use different techniques to decorate and turn your treats into a work of art. Please bring a container to take your baked goods home in.</p> <p>*Please bring a packed lunch, light refreshments will be supplied</p>	




<p>Wednesday 3rd March 9:30am - 2:30pm</p>	<p>Indoor Stadium Ball games, Lunch at Settlers Inn- Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$10</p> <p>Spend the morning having fun at the indoor stadium, then enjoy a nice meal for lunch at Settlers Inn</p> <p>*Please bring money for lunch</p>	
<p>Thursday 4th March 9:30am - 2:30pm</p>	<p>The Men's crew— Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Spend the morning baking up a storm, then head out for lunch and a afternoon walk. Please bring a container to take home your baking.</p> <p>*Please bring extra money for Lunch</p>	



<p>Friday 5th March 9:30m - 2:30pm</p>	<p>The Artist Hub - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Get creative and let your imagination run wild, bring home projects to beautify your environment.</p> <p>*Tea, Coffee, Lunch and Snacks are provided</p>	
<p>Friday 5th March 6pm - 10:00pm</p>	<p>Dinner and Movie at the centre - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Watch new movie at the centre and have homemade Burgers for dinner, then head into town to get some ice cream for dessert and a short walk.</p> <p>*Please bring extra money for ice cream</p>	
<p>Saturday 6th March 9:30am - 2:30pm</p>	<p>Out and About Port Macquarie - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5</p> <p>Head out and explore what Port Macquarie has to offer, visit places you may not have been or visit some old favourites.</p> <p>*Please bring extra money for Lunch</p>	



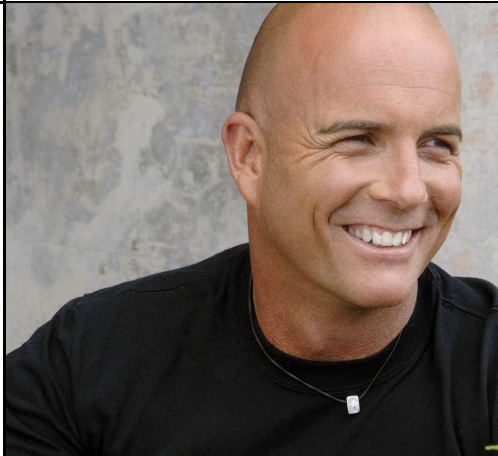
<p>Monday 8th March 9:30am - 2:30pm</p>	<p>Trip to Laurieton for the day - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$20</p> <p>Take a trip to Laurieton for Morning tea then take a short walk along the water before having Lunch in town.</p> <p>*Lunch included</p>	
<p>Monday 8th March 4:30pm - 7:30pm</p>	<p>Plates of Flavour Cooking Group- Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Learn how to prepare and cook a new meal each week. Enjoy the food you have prepared for dinner and work on creating a cook book with the meals you have prepared.</p> <p>*Dinner included</p>	
<p>Tuesday 9th March 9am - 2pm</p>	<p>Baking group - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$10</p> <p>Learn how to bake amazing sweet and savoury treats, use different techniques to decorate and turn your treats into a work of art. Please bring a container to take your baked goods home in.</p> <p>*Please bring a packed lunch, light refreshments will be supplied</p>	




<p>Wednesday 10th March 9:30am - 2:30pm</p>	<p>Fundraising lunch at the centre - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$10</p> <p>Prepare and serve out an easy lunch for our centre staff to buy, the money will go towards a wish list or an end of year party for the group.</p> <p>*Morning tea and lunch included</p>	
<p>Thursday 11th March 9:30am - 2:30pm</p>	<p>The Men's crew- Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5</p> <p>Take a walk along the coastal walk and take some pictures along the way. Have Lunch in town before printing some off the pictures you took.</p> <p>*Please bring extra money for Lunch and drinks during the day</p>	



<p>Friday 12th March 9:30am - 2:30pm</p>	<p>The Artist Hub - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Get creative and let your imagination run wild, bring home projects to beautify your environment.</p> <p>*Tea, Coffee, Lunch and Snacks are provided</p>	
<p>Friday 12th March 6pm - 10:00pm</p>	<p>Maxx Family Fun Centre - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$25</p> <p>Head to Maxx Family Fun centre, they have simulators, slot car racing and more. Then head to Settlers Inn for Dinner.</p> <p>*Please bring money for dinner</p>	
<p>Saturday 13th March 9:30am - 2:30pm</p>	<p>Out and About Port Macquarie - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5</p> <p>Head out and explore what Port Macquarie has to offer, visit places you may not have been or visit some old favourites.</p> <p>*Please bring extra money for Lunch</p>	




<p>Monday 15th March 9:30am - 2:30pm</p>	<p>DIY String Art - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$20</p> <p>Have fun creating a string art piece to hang on your wall or sit on a mantle piece, Then have homemade nachos for lunch.</p> <p>* Morning tea and Lunch included</p>	
<p>Monday 15th March 4:30pm - 7:30pm</p>	<p>Plates of Flavour Cooking Group- Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Learn how to prepare and cook a new meal each week. Enjoy the food you have prepared for dinner and work on creating a cook book with the meals you have prepared.</p> <p>*Dinner included</p>	
<p>Tuesday 16th March 9am - 2pm</p>	<p>Baking group - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$10</p> <p>Learn how to bake amazing sweet and savoury treats, use different techniques to decorate and turn your treats into a work of art. Please bring a container to take your baked goods home in.</p> <p>*Please bring a packed lunch, light refreshments will be supplied</p>	




<p>Wednesday 17th March 9:30am - 2:30pm</p>	<p>Wear green for St Patricks day– BBQ lunch at Settlement point - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15 Enjoy the day out at settlement point, We will take the fishing rods and ball games. Help prepare a BBQ and salads for lunch *Please bring extra money for Lunch</p>	
<p>Thursday 18th March 9:30am - 2:30pm</p>	<p>The Men's crew- Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5 Head to Panthers to have a game of Cash Housie Bingo, then head into town for lunch. *Please bring extra money for Lunch and Bingo</p>	

<p>Friday 19th March 9:30am - 2:30pm</p>	<p>The Artist Hub - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Get creative and let your imagination run wild, bring home projects to beautify your environment.</p> <p>*Tea, Coffee, Lunch and Snacks are provided</p>	
<p>Friday 19th March 6pm - 10:00pm</p>	<p>Majestic cinemas and dinner at Hogs Breath- Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5</p> <p>Head to hogs breath for a nice meal then head to the cinemas to watch a movie</p> <p>*Please bring extra money for Dinner and Movies</p>	
<p>Saturday 20th March 6pm - 10:00pm</p>	<p>James Blundell - Greatest Hits Tour - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$37.50</p> <p>Take a trip to Laurieton United services Club and enjoy a nice meal for dinner followed by live music by James Blundell . Please book in before the 5th of March to ensure your spot</p> <p>*Please bring extra money for Dinner—Activity fee includes ticket to the show.</p>	

<p>Monday 22nd March 9:30am - 2:30pm</p>	<p>Walk and BBQ - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Take a short stroll along the break wall before finding a nice spot for a BBQ lunch.</p> <p>* Lunch Included</p>	
<p>Monday 22nd March 4:30pm - 7:30pm</p>	<p>Plates of Flavour Cooking Group- Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Learn how to prepare and cook a new meal each week. Enjoy the food you have prepared for dinner and work on creating a cook book with the meals you have prepared.</p> <p>*Dinner included</p>	
<p>Tuesday 23rd March 9am - 2pm</p>	<p>Baking group - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$10</p> <p>Learn how to bake amazing sweet and savoury treats, use different techniques to decorate and turn your treats into a work of art. Please bring a container to take your baked goods home in.</p> <p>*Please bring a packed lunch, light refreshments will be supplied</p>	

<p>Wednesday 24th March 9:30am - 2:30pm</p>	<p>Library - The Portal - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5 Spend the morning at the Library in The Portal room where they have the latest generation consoles available, Also spend some time browsing the Library. Have lunch in Town. *Please bring money for lunch</p>	
<p>Thursday 25th March 9:30am - 2:30pm</p>	<p>The Men's crew- Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5 Have morning tea at a local café before playing a game of bowls. Then chose somewhere to have lunch. *Please bring money for morning tea, lunch and Bowling</p>	

<p>Friday 26th March 9:30am - 2:30pm</p>	<p>The Artist Hub - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Get creative and let your imagination run wild, bring home projects to beautify your environment.</p> <p>*Tea, Coffee, Lunch and Snacks are provided</p>	
<p>Friday 26th March 6pm - 10:00pm</p>	<p>Panthers - Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5</p> <p>Enjoy the night out at Panthers having a nice meal with friends and dancing the night away.</p> <p>*Please bring extra money for dinner and drinks</p>	
<p>Saturday 27th March 6pm - 10:00pm</p>	<p>Centre of Gravity- Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5</p> <p>Have dinner at a local restaurant before heading to the centre of gravity for unlimited Climbing and Laser Tag for only \$20.</p> <p>*Please bring extra money for Dinner and Laser Tag/ Climbing</p>	

<p>Monday 29th March 9:30am - 2:30pm</p>	<p>DIY Clay Bowls- Community Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$20</p> <p>Create a beautiful clay bowl for your home or as a gift to someone special, then help make Homemade hamburgers for Lunch</p> <p>* Lunch Included</p>	
<p>Monday 29th March 4:30pm - 7:30pm</p>	<p>Plates of Flavour Cooking Group- Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$15</p> <p>Learn how to prepare and cook a new meal each week. Enjoy the food you have prepared for dinner and work on creating a cook book with the meals you have prepared.</p> <p>*Dinner included</p>	
<p>Tuesday 30th March 9am - 2pm</p>	<p>Baking group - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$10</p> <p>Learn how to bake amazing sweet and savoury treats, use different techniques to decorate and turn your treats into a work of art. Please bring a container to take your baked goods home in.</p> <p>*Please bring a packed lunch, light refreshments will be supplied</p>	
<p>Wednesday 31st March 9:30am - 2:30pm</p>	<p>Art for wellness class with LK - Centre Based Participants will be picked up by the Omnicare bus and dropped home by the Omnicare bus Activity Contribution \$5</p> <p>Express yourself in an art class with an experienced artist. Letitia Kimmorley is a local artist who runs art classes centred around individuals likes, you will also learn new skills and be able to create beautiful art works to be proud of. There will be a cost of around \$25 - I will let you know closer to the date on how this will be paid.</p> <p>*Please bring money for lunch</p>	