

DAY PROGRAMS - PAKENHAM

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	Program	Additional Information
MON	Tablet Tech - iPads	Supports participants to develop their confidence and skills in using an iPad for everyday tasks, learning, communication, and recreation. Participants will expand their understanding of iPad functions, explore a variety of apps, and learn practical digital skills tailored to their individual goals and abilities.
	Activity Connect - Bowling	Hone your skills and support each other to improve.
TUE	Literacy & Numeracy	A friendly classroom environment to help participants learn numeracy and literacy skills for everyday life. Lessons focus on practical skills that support independence and confidence.
	Sensory Adventures	Supports participants to meet their individual sensory needs while engaging in fun, meaningful, and inclusive activities. The program is designed to provide a safe, supportive environment where participants can explore their interests, build confidence, and enjoy community-based experiences at their own pace.
WED	All-In FIT	An inclusive gym program run by an experienced personal trainer to ensure participants can have a great workout while safely learning to use the machines and equipment.
	All-In SWIM	An inclusive swimming program offering small group lessons with a swimming instructor where participants can build confidence in the water and learn new skills.
	Health and Wellbeing - Bake & Take	Hands-on cooking program with a focus on health and wellbeing. The program promotes confidence, independence, healthy eating habits, designed for participants who learn best through practical, experiential activities while developing valuable everyday life skills.
THU	Community Explorers	An inclusive program designed to support participants to travel safely, engage in meaningful activities, and build familiarity with community spaces through weekly outings.
	Activity Connect - Choir	Join our warm, supportive and inclusive all abilities choir program. Come, sing, connect and have fun. No experience needed. If you love to sing, you belong here.
FRI	All-In SPORT	An inclusive sports skills program offering a fun and supportive environment where participants of all abilities can try new sports or improve their skills.
	Fun in the Kitchen	A cooking program designed for people who enjoy hands-on, experiential learning and additional support. The program builds confidence, independence, and daily living skills through the full cooking process: shopping, preparing, cooking, eating, and cleaning up a meal.

Information:

- All day programs run from **9am to 3pm**. Days include the programs listed above as well as community engagement, transport time, meals and breaks, quiet time, etc.
- Groups start/finish the day at Pakenham. However, travel as a group is required for some programs. Some programs carry a small out-of-pocket cost (up to \$10 per session) for materials, entry price, ingredients etc.
- Participants should bring a healthy lunch, snacks, water, myki, sunscreen and hat whenever they attend Outlook programs, unless stated.
- Groups travel by public transport to/from programs unless stated. Travel training and transport support is also available, please enquire.