Outlook Disability Services Victoria

TERM 4 2026 DAY PROGRAMS - PAKENHAM

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Outlook
an inclusive society for all

	Program	Additional Information
MON	Activity Connect - Bowling	Hone your skills and support each other to improve.
TUE	Creative Ability	The creative ability art program is a structured, inclusive group atmosphere designed to support participants to explore creativity, self-expression, and wellbeing through art.
	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.
	Activity Connect - Sailing	This sailing program is tailored to meet the unique needs of each participant, ensuring they can engage in community life, develop skills, and build social connections in a supportive and inclusive environment.
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.
	The Kitchen is Yours	Develop numeracy and literacy skills such as following and communicating step by step instructions, measuring and weighing ingredients, counting and sorting items, using timers and clocks all while making delicious food.
	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	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 Narre Warren. 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.