

ADORABLE HOME CARE COMMUNITY CENTRE

LIFE SKILLS & DAY OPTIONS



8 CHIVELL RD, ELIZABETH SOUTH 5112

FOR MORE INFORMATION & BOOKINGS

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**YOU CAN CHOOSE AN ACTIVITY ON YOUR ARRIVAL, HOWEVER EACH
ACTIVITY NEEDS TO BE AT LEAST TWO HOURS. *Saturday & Sunday may
be open based on number of bookings***

Activity Program

Monday	Tuesday	Wednesday	Thursday	Friday
<p>COOKING</p> <ul style="list-style-type: none"> – Wash vegetables – Pour + stir – Learn to cook a dish e.g. noodles – Store – Dishwashing 	<p>GARDENING</p> <ul style="list-style-type: none"> – Watering – Planting – Weeding + mulching – Harvesting 	<p>COOKING</p> <ul style="list-style-type: none"> – Wash vegetables – Pour + stir – Learn to cook a dish e.g. noodles – Store – Dishwashing 	<p>GARDENING</p> <ul style="list-style-type: none"> – Watering – Planting – Weeding + mulching – Harvesting – Cooking 	<p>LEARNING TO PLAY INSTALMENTS</p> <ul style="list-style-type: none"> – Piano – Guitar – Drum
<p>BOARDING GAME</p> <ul style="list-style-type: none"> – Tennis table – Soccer table – Hockey table – Outdoor Games – Drafts – Cards – Bowling – Jenga game 	<p>BOARDING GAME</p> <ul style="list-style-type: none"> – Tennis table – Soccer table – Hockey table – Outdoor Games – Drafts – Cards – Bowling – Jenga game 	<p>BOARDING GAME</p> <ul style="list-style-type: none"> – Tennis table – Soccer table – Hockey table – Outdoor Games – Drafts – Cards – Bowling – Jenga game 	<p>BOARDING GAME</p> <ul style="list-style-type: none"> – Tennis table – Soccer table – Hockey table – Outdoor Games – Drafts – Cards – Bowling – Jenga game 	<p>BOARDING GAME</p> <ul style="list-style-type: none"> – Tennis table – Soccer table – Hockey table – Outdoor Games – Drafts – Cards – Bowling – Jenga game
<p>RELAXATION & MEDITATION WATERFALL FOUNTAIN GARDEN</p> <ul style="list-style-type: none"> - Sit & relax - Reading book - Listen to music - Walk around adorable garden 	<p>ART + CRAFT ACTIVITIES</p> <ul style="list-style-type: none"> – Drawing – Painting – Printmaking – Playdough play – Sewing – Sculpture building – Animal balloons – Hinna 	<p>COMPUTING + TECHNO</p> <ul style="list-style-type: none"> – Learn basic skills – Internet use – Maintain + extend network contacts 	<p>ART + CRAFT ACTIVITIES</p> <ul style="list-style-type: none"> – Drawing – Painting – Printmaking – Playdough play – Sewing – Sculpture building – Animal balloons – Hinna 	<p>DANCE/ KARAOKE/ MUSIC</p> <ul style="list-style-type: none"> – Sing your preferred song – Movie day – Traditional or cultural Dance – Building confidence on stage – End of month concert