

MY PROGRAM CHOICES

Term 2 : **Monday, 8th April to Friday, 28th June 2019**

Name: _____

DSA Community Solutions site: **Southern Highlands**

Thank you for choosing to purchase a place in one of our quality programs.

We offer a variety of group based and individualised programs in our centre and community locations.

There are four terms per year. You will have the opportunity to make a new program selection each term. To change your program choices or to make a new program selection within the term, please contact your Service Manager.

Here is a summary of the programs you can select, including costs, program locations, what you need to wear or bring with you each day.

To secure a place in your chosen program, please submit this signed form no later than **Friday, 22nd March 2019.**

These are the DSA Programs I choose to participate in.

Signature: _____

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For more information call Emily Stirton, Service Manager on






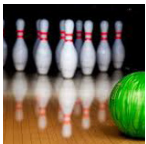


☎ 0491 052 031

☎ 1300 372 121

✉ customerconnections@dsa.org.au

🌐 www.dsa.org.au







Time	Activity	Cost	Yes
Mondays			
Morning	<p>Ready, Steady, Cook</p> <ul style="list-style-type: none"> ✓ Learn basic skills like chopping, grating, mixing, measuring & hygiene ✓ Choosing a recipe, shopping for ingredients, following the recipe ✓ Preparing the meal with support and enjoying it for lunch 		\$60 per term
	<p>Scrapbooking, photography & film making</p> <ul style="list-style-type: none"> ✓ Learn new camera and iPad skills ✓ Create a movie using your images and short clips ✓ Create a scrapbook of your choice 		\$20 per term
Afternoon	<p>Tie dying - the art of colours</p> <ul style="list-style-type: none"> ✓ Learn the art of tie-dyeing to create t-shirts, cushion covers, pillow cases, socks and bags ✓ Plan and shop for the program 		\$20 per term
	<p>Zumba - move your body!</p> <ul style="list-style-type: none"> ✓ Join the team at Moss Vale Aquatic Centre ✓ Fun way to keep active and stay healthy 		\$12 per week
Tuesdays			
Morning	<p>Art</p> <ul style="list-style-type: none"> ✓ Learn new creative skills ✓ Learn to paint, draw and create 		\$20 per week
	<p>Tenpin bowling</p> <ul style="list-style-type: none"> ✓ Enjoy a game with friends ✓ Venue: Highlands Tenpin, Mittagong 		\$10 per week
Afternoon	<p>Gym or Swimming sessions</p> <ul style="list-style-type: none"> ✓ Keep fit at Moss Vale Aquatic Centre ✓ Enjoy light exercise ✓ Have a swim at the pool 		\$12 per week (gym)
	<p>Lunch @ Mittagong RSL</p> <ul style="list-style-type: none"> ✓ Head to Mittagong RSL ✓ Enjoy a great meal with your peers ✓ Learn money handling skills and communication skills 		\$4.30 per week \$15 per week

Don't forget to pack a hat, sunscreen and a water bottle for outdoor activities.

Time	Activity	Cost	Yes
Wednesdays			
Morning	<p>Around the world - advanced cooking</p> <ul style="list-style-type: none"> ✓ Learn kitchen skills and to cook different cuisines ✓ Learn shopping for ingredients ✓ Preparing the meal with support and enjoying lunch 		\$60 per term
Afternoon	<p>Aerobics & Yoga</p> <ul style="list-style-type: none"> ✓ Fitness and active session run by the DSA team ✓ Learn yoga poses and aerobics 		No cost
	<p>Sensory stimulation</p> <ul style="list-style-type: none"> ✓ Focus on senses - touch, smell, auditory stimulation & relaxation ✓ Making sensory items like stress balls, music, textured painting and art, massage and foot spas 		\$20 per term
	<p>Library visits</p> <ul style="list-style-type: none"> ✓ Visit local libraries - Moss Vale, Bowral and Mittagong ✓ Browse through comics, newspapers, dvds, and books. ✓ Borrow an item with support 		\$2.50 per week
Thursdays			
Morning	<p>Coffee Club</p> <ul style="list-style-type: none"> ✓ Visit different cafes in Moss Vale ✓ Learn to order independently and money handling skills 		\$10 per week
Afternoon	<p>Bingo</p> <ul style="list-style-type: none"> ✓ Join your peers at Moss Vale Service Club ✓ Learn money handling skills ✓ Keep your mind active 		\$10 per week
	<p>Relax with Zen gardening/gardening</p> <ul style="list-style-type: none"> ✓ Create a take-home mini Zen garden ✓ Visit local areas to collect ideas and items to use ✓ Get involved in gardening in and around the centre. 		\$20 per term
	<p>Create with craft</p> <ul style="list-style-type: none"> ✓ Learn new creative skills & make amazing craft pieces ✓ Discuss what to create with your peers ✓ Make items like decorative pot plants, picture frames and wind chimes 		\$20 per term

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Fridays			
Morning	<p>Vehicle Maintenance</p> <ul style="list-style-type: none"> ✓ Learn basic vehicle maintenance, from a local mechanic ✓ Learn how to checking tyre pressure, oil, water, check for damage and list what needs attending to ✓ Washing and maintaining centre vehicles 	No cost	
Afternoon	<p>Music</p> <ul style="list-style-type: none"> ✓ Express yourself through music and socialise with peers ✓ Listen to music, sing and play musical instruments 	No cost	
	<p>Upcycling Projects</p> <ul style="list-style-type: none"> ✓ Visit the local Reviva centre ✓ Bring older items back to life ✓ Learn to restore and cherish preloved items. 	\$30 per term	
	<p>Tenpin Bowling</p> <ul style="list-style-type: none"> ✓ Enjoy bowling at Highlands Tenpin, Mittagong 	\$10 per week	

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We value your feedback.

In this space, please tell us if there's any activity not included in this program that you would like to participate in.

PLEASE NOTE:

- Disability Services Australia (DSA) will endeavour to support you to participate in your chosen program selections.
- If DSA cannot deliver your program choice, we will contact you to discuss alternative program options.
- DSA can provide individualised programs with one to one staff support in the location of your choice. Please contact your Service Manager to request a quote if you would like to purchase an individualised program.
- In addition to the programs offered each day, DSA provides a variety of fun and interesting short activities to suit your interests that can be enjoyed: before a program starts, between programs or any time you would like a break from the structured program.
- Where you make a request for DSA to offer a new or different program based on your interests and what is available in the local community, DSA will make every effort to meet your request within your capacity to pay.
- Costs are shown in this document.
- The 'My Program Choices' Guide provides information about the program's aim, what it includes and what you will be doing.
- By signing this form you/your nominated decision maker agree to pay for the service you receive from DSA.
- Some program choices involve physical activity. You accept responsibility to check with your doctor before participating in these.

I understand this document is the record of my program selections with DSA. I understand DSA will claim the cost of staff support from my funding and any eligible activity expenses covered by my funding. I agree to pay any out of pocket activity expenses not covered by my funding.

Customer /Nominated Decision Maker - Printed Name

Customer / Nominated Decision Maker - Signature

Date Signed _____



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