



DistinctiveOptions

Noweyung

PROGRAM GUIDE

Block 2 - 31st March - 27th June 2025



M.E.G.A Workshop



Adventure Club



Global Traveller



Comic Club



Sewing and Jewellery Making



Walking & Swimming



In the Garden



Out & About



Pet Care

Plus much much more...

See our complete Program Guide on our website:

<https://www.distinctiveoptions.com.au/our-locations/bairnsdale-location/bairnsdale-group-supports>

Block 2- 31st March - 27th June

Colour Gang

Monday, Wednesday, Thursday, Friday

Are you ready to dive into a vibrant world of Colour and fun? The Colour Gang invites you to unleash your artistic spirit in a welcoming and supportive environment!

Showcase your art in the community, explore your creativity and create meaningful friendships in Colour Gang



Yackety Yak

Thursday

Ready to make your voice heard? Join us On Air for our thrilling radio program, where YOU can interview special guests, create dynamic shows, and learn the ins and outs of recording—all in a fun, supportive group setting. Work alongside our amazing staff to boost your communication skills, produce your own radio segments, and share your unique voice on REG FM.



Healthy Cooking & Life Skills

Monday, Wednesday, Friday

Cooking is a life skill everyone should master—and we're here to make it fun, easy, and empowering! In our cooking program, you'll learn how to budget meals, plan menus and follow recipes all while building the skills you need to cook independently at home. Our dedicated team is here to support you every step of the way, helping you with life skills, travel training, domestic skills and even literacy and numeracy.



Nature & Photography

Thursday



Join our exciting photography program and explore the stunning local areas, snapping photos of everything that catches your eye. Back at the center, you'll learn how to edit, filter and transform your shots into true works of art. Plus, work on your own personal projects—whether it's creating something to take home or showcasing your work in the community! With the support of our team, you'll develop your skills and bring your creative vision to life

In the Garden

Tuesday



Welcome to our wonderful Gardening program! This program aims to provide you with the skills required to be able to maintain your garden at home and learn how to grow seedlings and pot plants in a safe and supported environment. What a great way to get your hands dirty, have a great time and learn all in one!

Walking & Swimming

Monday & Thursday



Get ready to jump into a day full of energy and excitement with our Walking and Swimming program! Kickstart your morning by joining your group for a fun-filled walk through one of our stunning local tracks, where you can take in the fresh air, explore new spots, and enjoy a relaxing morning tea. In the afternoon, we'll head over to the BARC for a refreshing swim – the perfect way to cool off, get active, and have a blast. It's the best of both worlds – fitness and fun.

Pet Care

Monday - Tuesday - Wednesday

Furry friends are great companions. Knowing how to take care of your pets is an essential skill to help you to bond and connect with your animals. This is an enriching program that will provide you the skills in taking care of your pets. Discuss topics of: Diet, Grooming, Exercise and Veterinary care.



Science Club

Wednesday

Welcome to our Science program! Science is a massive giant puzzle that we are all trying to solve. Its all about asking questions, making discoveries and figuring out how the world works. Interact with science experiments, learn about the world and have fun with your discoveries! A great program for you to explore and learn!



Adventure Club

Monday & Friday

Adventure is calling, and it's right around the corner! Join the Adventure Club and get ready to explore the stunning beauty of East Gippsland like never before. With awesome staff leading the way, you'll dive into exciting activities like treasure hunting, geocaching, visiting amazing art galleries, and so much more! Not only will you have a blast discovering new places, but this club also helps you level up your travel skills and boost your independence. Every day's an adventure—let's go explore!



Out & About

Tuesday



Let's hit the town and make every outing unforgettable! Out and About is your ticket to endless adventures with friends, exploring the community and connecting with awesome local groups like the Paynesville Neighbour Center and the Gippsland Disability Advocacy Group. Whether you're soaking up the sights or trying new activities, this program helps you build social skills and navigate your community in a safe, fun, and supported way. Ready to get out there and have a blast?

Let's go Out and About!

My Projects

Wednesday



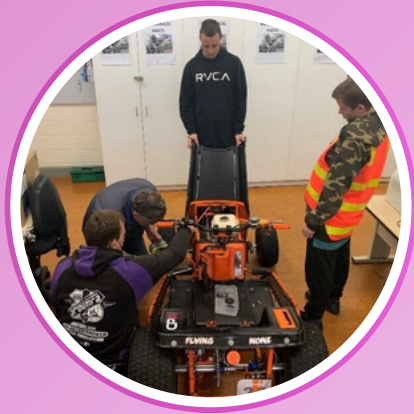
We are proud to offer you our wonderful Woodwork Program! Create individual and group projects in a safe and supported environment. Learn the skills necessary to use tools and improve your hands on skills. Make your projects come to life and join us in the wood work shed!

Coding Club

Friday



Are you an advanced computer whiz? Already know your basic computer skills and wanting to branch out further into the technology world? Well, the Coding Club is for you! Learn and develop how to code, create games, media and other cool projects! Our tech staff are ready to help you achieve your technical goals!



M.E.G.A Workshop

Tuesday

Join the M.E.G.A program! This will be a blend of Mechanical, Electrical, Gadgets and Automotive. What a great way to upskill in a variety of areas! Our dedicated staff are here to support you learn more about the M.E.G.A world!



My Pace

Monday to Friday

Our My Pace program is all about you—designed to offer activities that match your unique needs and help you thrive at your own pace. Whether it's honing fine motor skills, boosting memory or building meaningful connections, we've got something special for you. Join us in a warm, supportive environment where you can enjoy engaging activities that help you feel your best and stay connected to what matters most.



Creative Craft

Wednesday

Ready to tap into your creative side? Whether you're a seasoned artist or a first-time crafter, Creative Crafts is the perfect place to let your imagination run wild! With a range of group based and individual activities, this program can assist you in bringing your imagination to life.

Sewing and Jewellery Making

Wednesday



Get ready to unleash your creativity with Sewing and Jewellery Making! This hands-on program is all about turning your ideas into reality. Whether you're planning and cutting your own fabric to create bags, clothes, or accessories, or designing stunning jewellery pieces to take home, there's no limit to what you can make! Sewing and jewellery making are all about having fun, being creative, and walking away with something amazing you made yourself!

The Ladies Lounge

Friday



Calling all the ladies! Do you enjoy being pampered? Exploring women's health and wellbeing, going out for nice lunches or jewelry making? Well the ladies lounge is for you! This program allows you the opportunity to create friendships and engage in a range of activities just for the ladies, in a safe and supported environment.

Bowling

Thursday



Join us for an exciting day out at WynCity in Morwell! Enjoy a thrilling game of bowling with friends, followed by some time to explore the arcade and enjoy all the action. Whether you're perfecting your strike or having fun in the arcade, this program promises a great time!

Please note: If WynCity is fully booked, this activity may be substituted with a fun lawn bowls session.

Community Engagement & Volunteering

Wednesday

Our Community Engagement and Volunteering program offers you the rewarding opportunity to give back and make a positive impact in your community. Volunteer with local organizations like Meals on Wheels, The Bairnsdale Hub, the Salvation Army and more. Whether you're helping others or working alongside passionate groups, you'll be part of something meaningful and fulfilling.



ArtFusion

Tuesday

Welcome to our Blended Art Program, where the worlds of art and crafts come together in a dynamic and exciting fusion! Engage in a variety of hands-on activities, from painting to crafting, alongside your peers. This program offers a creative space to explore new techniques, express yourself and have fun while discovering the endless possibilities of art and crafts. Come join us and unlock your creative potential in a supportive, inspiring environment!



Comic Club

Monday

Welcome to the Comic Club, where your imagination takes center stage! Whether you're sketching by hand or using a computer to bring your ideas to life, this is the place to turn your stories into action-packed comic books. It's a fantastic way to express your interests, unleash your creativity, and develop your literacy skills—all while having a blast! Our awesome staff will guide you every step of the way, helping you create your very own comic masterpiece by the end of the block. Ready to bring your characters to life? Let's get started and make some comic magic!



Men's Club

Thursday



Men's Club is a comfortable place for blokes to be blokes. Enjoy days out with a group who are there to support you in your choices and engage in fun activities. Get out in nature and the community with your mates. Activities include: Bush walking, Fishing, BBQ Lunch, Pub Lunch, Exploring the local surrounds. Men's Club is also a safe and supported environment, for you to learn about Men's' health and personal care!

Global Travelers

Tuesday, Thursday



Welcome aboard, Global Travelers! Get ready for an unforgettable culinary journey around the world, where you and your group will not only cook incredible dishes but also dive deep into the rich cultures behind them. Choose a country, discover authentic recipes, and let your taste buds explore global flavors as you craft mouth-watering meals together. Your expert staff will guide you through the art of cooking, teaching you the skills to make restaurant-quality dishes from every corner of the globe. But that's just the beginning! Along the way, you'll immerse yourself in the fascinating stories, traditions, and people that make each culture unique. It's not just about food—it's a full adventure into the heart of the world!

Monday

- Colour Gang
 - Healthy Cooking & Life Skills
 - Walking & Swimming
 - Pet Care
 - My Pace
 - Comic Club
 - Adventure Club
-

Tuesday

- ArtFusion
- Out and About
- M.E.G.A Workshop
- In the Garden
- Science Club
- Global Travelers
- Pet Care

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- Healthy Cooking & Life Skills
- Creative Craft
- Pet Care
- My Projects
- Community Engagement &
- Volunteering Sewing and Jewellery making

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- Colour Gang
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- Yackety Yak
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- Ladies Lounge
- My Pace

Before and After Program Supports!

Early Birds

Monday - Friday 8am - 9am

Need a little extra support to kickstart your day? Early Birds is the perfect way to prepare and feel ready for whatever comes next! Join us before your program begins for some early morning fun and let our friendly staff help you organise your plans, set your goals, and get you in the zone for a great day.



After Program Support

Monday - Friday 4pm - 5pm

At D.O. Noweyung, we're all about making sure you feel supported. If you ever need a little extra time after the program, come and unwind with us! Grab a seat, join in a fun game of UNO, chat with our friendly support workers about your day, and take a breather before heading home.



After hours Fun!



Pizza & Movie!

Wednesday 4pm - 7pm

What's better than kicking back with a movie, a hot slice of pizza, and awesome company? Come on in and make it a night to remember—good times, great food.



Games Night!

Tuesday 4pm - 6pm

Come in to have some fun and join in on Games Night with D.O Noweyung. We are offering you a variety of games ranging from table top, sport and electronic! Engage with your peers and have a blast at Games Night!



Karaoke Night!

Tuesday 4pm- 5pm

Welcome to the karaoke group! Sing your heart out in a vibrant, welcoming environment! Whether you're a singer or just love to have fun, Karaoke sessions are the perfect way to let loose and connect with others.

Individual Support Options

Individual Support

Monday - Friday



With Individual Support, the sky's the limit! Our amazing team is ready to help you explore exciting outings like catching the latest movie, going on thrilling adventures, and so much more. Whatever your passions or plans, we're here to provide personalised support so you can live life exactly how you want! Need some extra help or have a unique idea in mind? Swing by and chat with our Support Team—we're all about making your dreams a reality!

Independent Living Supports

Monday - Friday



Welcome to Independent Living Supports (ILS)! Get ready to unlock your full potential as you master the essential skills for everyday life. Whether it's cooking up your favorite dishes, conquering the grocery store like a pro, or organizing your personal planner to keep everything on track, we've got your back every step of the way! With our support, you'll gain the confidence and skills you need to thrive in a safe and encouraging environment. Let's dive into skill-building and get you ready to take on the world with excitement and independence!
