



DAY PROGRAM & GROUP ACTIVITIES

Activity Calendar

Building independence, growing confidence, achieving goals

August – December 2026 · Morayfield Hub

● **Tuesday**
Healthy independence

● **Friday**
Community outings

Tuesdays 10am–4pm at the Hub: yoga warm-up · supermarket shop · morning tea · cooked lunch together · group craft · budgeting · Friday planning. Fridays: community outings. The weekly rhythm is on the next page; every cooking day and outing is on its month page.

★ marks a community outing or special event.

Activities and dates are subject to change.

A typical program week

Tuesdays are hub days, from 10am to 4pm at Morayfield. Most weeks the day starts with a yoga warm-up. The group shops for food, makes morning tea and cooks lunch together. After lunch there is a group craft, and the group plans Friday's outing. Most Fridays are days out in the community, using the skills from Tuesday. Special days, like the Christmas party, are shown on the calendar.

Tuesdays at the Morayfield Hub

10:00	Drop off
10:00–10:20	Yoga & stretching warm-up
10:20–11:20	Shopping & meal planning: kitchen safety refresher, shopping list, supermarket trip
11:20–11:50	Morning tea, made together
11:50–12:50	Cook lunch: safe food handling and kitchen skills
12:50–13:20	Lunch together, then clean up as a team
13:20–14:00	Group craft linked to Friday's outing
14:00–14:35	Shopping list & budgeting for next week
14:35–15:20	Friday outing preparation
15:20–15:30	Reflection & wrap-up
15:30	Pack up and clean up
16:00	Pick up

Fridays: community outings

Fridays put the week's skills into practice on a community outing: planning the trip, travelling by train or bus, money handling, ordering and paying, and social confidence in real settings.

Each outing is prepared on Tuesday: the group plans the route, checks the weather, sets spending plans and agrees a meeting point. Crafts made on Tuesday often come along – bingo cards for the farm visit, photo viewfinders for the mountains, costumes for Halloween.

Some outings are BYO lunch and others practise buying lunch out. Each month page shows the plan for every outing, and outdoor days have a wet-weather backup ready.

★ on the calendar marks a community outing or special event. **Special events outside the Day Program days run as Group Activities and may involve an additional fee.** Activities and dates are subject to change.

August 2026 · Foundations & Engagement

Welcome, goal setting and building the foundations of independence.

Week	Tuesday Healthy independence	Friday Community outings
Week 1 4 Aug	4 Aug Cook lunch: sandwiches Morning tea: fruit rockets (fresh fruit skewers) · Craft: explorer trail maps and badges for Friday's scavenger hunt · Budgeting: next week's shopping list with a \$10 target	7 Aug ★ Centenary Lakes scavenger hunt Walking route, weather check and clue cards · transport planning on the way · BYO lunch · wet weather: indoor scavenger hunt and board games at the Hub
Week 2 11 Aug	11 Aug Cook lunch: chicken & salad wraps Morning tea: mini toffee apples · Craft: make-your-own show ribbons for EKKA day · Planning: train travel, spending limits and what to expect at a big, busy venue	14 Aug ★ EKKA day out Train to the Brisbane Showgrounds · Animal Pavilion and agricultural displays · budgeting for entry, showbags and food · a quiet meeting point and sensory check-ins
Week 3 18 Aug	18 Aug Cook lunch: vegetable pasta bake Morning tea: animal cracker & cheese platters · Craft: animal-spotter bingo cards for Friday's farm visit	21 Aug ★ White Ridge Farm visit Animal bingo with the cards made on Tuesday · lunch on site · wet weather: Game Zone
Week 4 25 Aug	25 Aug Cook lunch: garden vegetable soup & rolls Morning tea: garden fruit crumble · Craft: nature photo viewfinders for the Glasshouse trip · Planning: the longer train trip and what to pack	28 Aug ★ Glasshouse Mountains day trip Train travel · photography walk using the viewfinders · outdoor safety · lunch purchase practice

September 2026 · Building Skills & Community

Deepen social confidence, practise real-world transport and money skills.

Week	Tuesday Healthy independence	Friday Community outings
Week 1 1 Sep	1 Sep Cook lunch: build-your-own tacos Morning tea: cinnamon-sugar tortilla chips with fruit salsa · Craft: travel wallets for tickets and spending money · Practice: ordering, paying and social scripts	4 Sep ★ Bribe Island walking trip Train and bus travel · personal walking-steps goal and team games · BYO lunch · wet weather: shopping-centre walking challenge
Week 2 8 Sep	8 Sep Cook lunch: veggie & cheese toasties Morning tea: mini gingerbread biscuits · Craft: day-trip tote bags · Planning: train travel to Yandina and spending money for the Ginger Factory	11 Sep ★ The Ginger Factory, Yandina Train to Yandina · Ginger Train ride and factory tour · money handling at the gelateria · mostly under cover, so it runs rain or shine
Week 3 15 Sep	15 Sep Cook lunch: chicken stir-fry Morning tea: frozen yoghurt bark · Craft: spending-money coin purses · Budgeting: design next week's \$15 shop-and-cook challenge	18 Sep ★ Game Zone outing Buying, ordering and money skills · turn-taking and social confidence · wet weather: indoor market-stall role play
Week 4 22 Sep	22 Sep Cook lunch: homemade pizza (\$15 challenge) Morning tea: mini sundae bar · Craft: sun hats and sunglasses cases for South Bank · Review: planned vs actual spend	25 Sep ★ South Bank day Travel plan and wayfinding · lunch budgeting · sun-safety plan · wet weather: museum, gallery or library day
Week 5 29 Sep	29 Sep Independence challenge: butter chicken & rice Participant-led planning, shopping and cooking · Snack: no-bake energy balls · Craft: decorate water bottles and make fitness goal trackers	

October 2026 · Community Participation

Bigger days out: bowling, beach walks, a theme park day and a Halloween weekend to finish the month.

Week	Tuesday Healthy independence	Friday Community outings
Week 1 2 Oct		2 Oct ★ Sports & activity circuit Local transport planning · walking challenge and movement games · wet weather: indoor fitness circuit, music and yoga
Week 2 6 Oct	6 Oct Cook lunch: lasagne & garden salad Morning tea: choc-dipped fruit skewers · Craft: scorecards and team banners for bowling	9 Oct ★ Bowling & arcade day Balance, coordination and turn-taking · budgeting for games and credits · wet weather: arcade-style games and tabletop challenges at the Hub
Week 3 13 Oct	13 Oct Cook lunch: turkey & salad wraps Morning tea: veggie sticks & homemade hummus · Craft: beach bags and sun visors · Planning: the train trip to Sandgate	16 Oct ★ Sandgate foreshore walk Train travel · games and hydration by the water · sunscreen routine · wet weather: indoor beach-themed day

October 2026 · Community Participation

Week	Tuesday Healthy independence	Friday Community outings
Week 4 20 Oct	20 Oct Cook lunch: chicken & veggie fried rice Morning tea: mini veggie frittatas · Craft: wristband spending trackers · Planning: ride safety, spending limits and a meeting point for Aussie World	23 Oct ★ Aussie World day out Rides and games · spending plans and a group meeting point · sunscreen and regular check-ins
Week 5 27 Oct	27 Oct Cook lunch: zucchini slice & salad Morning tea: warm cinnamon pikelets · Craft: Halloween costume sketches and a materials list for Friday	30 Oct ★ Halloween costume-making day Make and decorate costumes from Tuesday's sketches · team up to share materials · try-on and photos ready for Saturday evening
Sat 31 Oct ★ Halloween evening outing Wear the costumes made on Friday to an evening community Halloween event · a Group Activity outside the Day Program, and may involve an additional cost · details to be confirmed		

Group Activity

November 2026 · Health, Relationships & Independence

Healthy cooking, meals to take home, hosting skills and more independent travel.

Week	Tuesday Healthy independence	Friday Community outings
Week 1 3 Nov	3 Nov Cook lunch: chicken fajita bowls Morning tea: apple & cinnamon rice cakes · Craft: labels for take-home meal-prep containers	6 Nov ★ Pine Rivers Park, Strathpine Train travel planning · walking tracks and open play space · confidence-building tasks
Week 2 10 Nov	10 Nov Cook lunch: beef & vegetable curry Morning tea: fruit & yoghurt cups · Meal prep: portion the curry into labelled take-home containers · Craft: decorate the containers	13 Nov ★ Australia Zoo day out A healthy walk around the zoo · asking questions, ordering and money handling · free shuttle bus from Beerwah station
Week 3 17 Nov	17 Nov Cook lunch: veggie quesadillas Morning tea: trail mix bars · Craft: invitations and menu cards for next week's hosted lunch · Planning: self-plan Friday's Redcliffe trip	20 Nov ★ Suttons Beach Park, Redcliffe A self-planned trip with a backup plan · team games on the foreshore · wellbeing check-ins and peer encouragement
Week 4 24 Nov	24 Nov Host a mini lunch: roast chicken rolls Morning tea: mini sandwich platter · hosting, greeting and serving practice · Craft: table decorations	27 Nov ★ Woody Point Jetty walk Longer trip planning · jetty and foreshore walk · group reflection to close out the term

December 2026 · Social Celebration & Consolidation

Celebrate the year with festive cooking, a Christmas party and a South Bank wrap-up day.

Week	Tuesday Healthy independence	Friday Community outings
Week 1 1 Dec	1 Dec Cook lunch: roast chicken & Christmas salad Morning tea: Christmas shortbread bites · Craft: decorations, tree decorating and a festive table setting	4 Dec ★ Roma Street Parkland Direct train to Roma Street · garden walk with waterfalls and photo stops
Week 2 8 Dec	8 Dec Cook lunch: ham, cheese & salad toasted rolls Morning tea: candy cane bark · Craft: bake, package and wrap holiday gifts with tags	11 Dec ★ Westfield North Lakes Christmas outing Gift budgeting and social practice · Christmas decorations and photo opportunities · low-cost, undercover setting
Week 3 15 Dec	15 Dec ★ Christmas Party Celebrate the term with food, music and games together	18 Dec ★ South Bank Parklands wrap-up Celebrate the year and reflect on each person's goals · Streets Beach swim if weather allows · final program day for 2026

Final program day for 2026 is Friday 18 December.



Come and join us

The Day Program and Group Activities run from our Morayfield Hub, two days a week, building independence, confidence and everyday life skills in a welcoming group.

Supports can be funded through your NDIS plan where it suits your goals. People without NDIS funding are welcome to enquire about self-funded participation.

Enquire about current availability

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