



DAY PROGRAM & GROUP ACTIVITIES

Activity Calendar

Building independence, growing confidence, achieving goals

August – December 2026 · Morayfield Hub

● **Monday**

Community & confidence

● **Tuesday**

Healthy independence

● **Friday**

Work readiness & fun

★ marks a themed event, community outing or guest speaker.

Activities and dates are subject to change.

MONTH 1

August 2026 · Foundations & Engagement

Welcome, goal setting and building the foundations of independence.

Week	Monday Community & confidence	Tuesday Healthy independence	Friday Work readiness & fun
Week 1 3 Aug	3 Aug <i>No session</i>	4 Aug Meal planning & cooking basics Kitchen safety	7 Aug Work expectations & daily routines Team introductions
Week 2 10 Aug	10 Aug <i>No session</i>	11 Aug Budgeting basics Grocery activity; \$20 challenge	14 Aug ★ EKKA outing Train trip & lunch out
Week 3 17 Aug	17 Aug <i>No session</i>	18 Aug Cook lunch (step by step) Nutrition basics	21 Aug Communication & teamwork Role-play
Week 4 24 Aug	24 Aug <i>No session</i>	25 Aug Transport basics Plan a local trip; timetable reading	28 Aug Task stations & cleaning Workplace hygiene
Week 5 31 Aug	31 Aug <i>No session</i>	1 Sep Cook independently Reduced prompts; self-check reflection	4 Sep Reflection & goal tracking Week celebration

No Monday sessions in August.

MONTH 2

September 2026 · Building Skills & Community

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

Week	Monday Community & confidence	Tuesday Healthy independence	Friday Work readiness & fun
Week 1 7 Sep	7 Sep Social skills workshop Conversation starters; active listening	8 Sep Meal planning + budget challenge \$15 shop & cook	11 Sep Resume creation (simple) What employers look for
Week 2 14 Sep	14 Sep ★ Silent Disco Participants plan + DJ; playlist creation	15 Sep Baking & sharing food Teamwork in the kitchen	18 Sep Mock interviews (recorded) Self-presentation
Week 3 21 Sep	21 Sep ★ Fire safety speaker Evacuation & emergency plans	22 Sep ★ Grocery planning Shopping for a shared lunch	25 Sep ★ Local market outing Buy, order, interact
Week 4 28 Sep	28 Sep Creative project Design event posters; photography	29 Sep Social role-play Ordering food; handling conflict	2 Oct Workplace behaviours & hygiene Dress code
Week 5	★ Outdoor community BBQ Planning + roles assigned	Independence challenge Plan a full lunch day	Reflection + celebration Portfolio update

MONTH 3

October 2026 · Community Participation

Step up the complexity in cooking and independence; host a talent show, visit a museum.

Week	Monday Community & confidence	Tuesday Healthy independence	Friday Work readiness & fun
Week 1 5 Oct	5 Oct Event planning workshop Budget + logistics; participant roles	6 Oct Complex meal (step up) New recipes; presentation	9 Oct Job roles rotation 'Manager of the Day'; workplace sim
Week 2 12 Oct	12 Oct ★ Talent Show Music, dance, performance; participant-led	13 Oct Grocery shop + cook Budget challenge; meal cost review	16 Oct Work simulation Packing, sorting, inventory
Week 3 19 Oct	19 Oct Guest business speaker Local employer Q&A; job tips	20 Oct Transport challenge Multiple stops; problem-solving	23 Oct ★ Museum / cultural trip Navigate + explore
Week 4 26 Oct	26 Oct ★ Halloween event Full program day; costumes, games, music	27 Oct Household skills Cleaning & organisation; laundry	30 Oct Interview confidence & body language Feedback
Week 5	Photography project Community photos; present to group	Independent cooking day Zero prompts	Portfolio building Photos + skills checklist

MONTH 4

November 2026 · Work Readiness Focus

Finalise resumes, run mock interviews, explore healthy relationships and transport independence.

Week	Monday Community & confidence	Tuesday Healthy independence	Friday Work readiness & fun
Week 1 2 Nov	2 Nov Confidence + self-advocacy Speaking up; scenario practice	3 Nov Budget meals, \$10 challenge Meal comparison	6 Nov Resume finalisation Peer review
Week 2 9 Nov	9 Nov ★ Social mixer Conversation skills; boundaries & etiquette	10 Nov Meal prep for home Containers; labelling	13 Nov Mock interviews
Week 3 16 Nov	16 Nov ★ Healthy relationships talk Friendship vs unsafe; respectful communication	17 Nov Transport independence Minimal support; self-plan a trip	20 Nov ★ Workplace visit Or library careers centre
Week 4 23 Nov	23 Nov ★ Online safety session Social media; scams & privacy	24 Nov Cook for the group + serve Host a mini lunch	27 Nov Volunteer-style day Helping others
Week 5 30 Nov	30 Nov Participant leadership day Run sessions; peer coaching	1 Dec Final independence assessment Cooking + planning	4 Dec Work readiness celebration Certificates

MONTH 5

December 2026 · Social Celebration & Consolidation

Celebrate achievements, reflect on the year, and close with an end-of-year outing and awards.

Week	Monday Community & confidence	Tuesday Healthy independence	Friday Work readiness & fun
Week 1 7 Dec	7 Dec Christmas craft + decoration DIY gifts; face painting	8 Dec Holiday meal preparation Menu planning	11 Dec Work skill recap Highlights of the year
Week 2 14 Dec	14 Dec Social games + team-building Christmas trivia	15 Dec ★ Baking gifts For family & staff; packaging	18 Dec Customer service role-play Handling scenarios
Week 3 21 Dec	21 Dec Gratitude + reflection Sharing achievements	22 Dec Travel planning Holiday trip budgeting	25 Dec ★ End-of-year outing Beach / picnic + music
Week 4 28 Dec	28 Dec ★ Celebration planning Participants plan the event; roles assigned	29 Dec Final cooking celebration Favourite recipes	1 Jan ★ Disco / party Social fun day; games + music
Week 5	★ Awards & recognition day Achievement certificates	Seasonal food + sharing Celebration lunch	Program wrap-up Goal review + next-year planning



Come and join us

The Day Program and Group Activities run from our Morayfield Hub, three 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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