



scope

# Moss Vale Social Connections Program Choices





## Moss Vale Term 2 2024:

Name: \_\_\_\_\_

**Thank you for choosing to purchase a place in one of our quality Programs of Support.**

We offer a variety of group based and individualized programs in our Centre and Community locations. There are 4 Terms per year, which will be claimed from your NDIS funding, in a 12-week block as Programs of Support. You will have the opportunity to sign up or opt out and make a new selection at the beginning of each Term.

To change a program within the Term, please contact your Site Manager. **To secure a place in your chosen program, please submit this signed form by 22<sup>nd</sup> March.** These are the programs I wish to participate in for 12 weeks starting 1<sup>st</sup> April 2024 to 21<sup>st</sup> of June 2024.

Signature: \_\_\_\_\_

**Don't Forget to pack**

- Hat
- Water bottle for outdoor activities
- Swimmers if needed



For more information contact your service manager.



**Location:** 3/21 Kirkham Street, Moss Vale  
**Name:** Emily Stirton ( Site Manager)  
**Phone Number:** (02) 8379 3384  
**Email:** mossvale0407@scopeaust.org.au

[www.scopeaust.org.au](http://www.scopeaust.org.au)

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# Monday

Time	Activity	Cost	Yes
Morning	<b>Golf</b> <ul style="list-style-type: none"> <li>• Build relationships with others in the community.</li> <li>• Learn to identify the numbers on your score. Engage in conversations to pay for Golf and play along with peers.</li> <li>• Get a bucket of Golf balls and try your skills on the driving range.</li> <li>• Learn to manage your money, collect your receipt and change.</li> </ul>	\$7.00 Per Day	<input type="radio"/>
	<b>Cooking</b> <ul style="list-style-type: none"> <li>• Plan a menu for the day and take part in purchasing the ingredients. Be a part of growing vegetables and herbs in our gardens to use within the cooking program.</li> <li>• Learn how to safely handle kitchen equipment, to clean up spills and put things away.</li> <li>• Listen to the whirl of the whisk, watch the food bake in the oven, smell the fresh herbs and spices, and feel the texture of the ingredients as you follow along the recipe.</li> <li>• Try new foods and flavours as you learn new skills in the kitchen. Try Healthy recipes from different countries and cultures, to not only expand your palate but your world view.</li> </ul>	\$10.00 Per Day	<input type="radio"/>
Afternoon	<b>Gym</b> <ul style="list-style-type: none"> <li>• Build on your fine and gross motor skills and engage in relaxation techniques.</li> <li>• Work towards health and wellbeing improvement.</li> </ul>	\$12.50 Per Day	<input type="radio"/>
	<b>Swimming</b> <ul style="list-style-type: none"> <li>• Improve your gross and fine motor skills</li> <li>• Work towards health and wellbeing improvement.</li> </ul>	\$5.40 Per Day	<input type="radio"/>

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## Tuesday

Time	Activity	Cost	Yes
Morning	<b>Bunnings DIY Recreation program/ Arts &amp; Crafts</b> <ul style="list-style-type: none"> <li>• Explore different art techniques and learn new creative skills.</li> <li>• Improve you gross and fine motor skills.</li> <li>• Once a month go to Bunnings Mittagong to participate in their DIY Recreation program.</li> </ul>	\$20.00 Term Fee	<input type="radio"/>
	<b>Bingo Mittagong RSL</b> <ul style="list-style-type: none"> <li>• Build relationships with others in the community.</li> <li>• Learn to identify numbers and follow along to the caller. Engage in conversations to purchase your booklets and play along with peers.</li> <li>• Buy a Drink while your out.</li> </ul>	\$2.00 Bingo Fee  Bring Extra money if you would like to purchase a drink.	<input type="radio"/>
Afternoon	<b>Music</b> <ul style="list-style-type: none"> <li>• Listen to music, watch the film clips of your chosen music.</li> <li>• Learn to play a variety of instruments including drums, keyboard, triangle and many more.</li> <li>• Share your favorite songs with others and learn about their favorites in return.</li> </ul>	Nil Fee	<input type="radio"/>

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# The best days are the **BIG** days

## Wednesdays

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Time	Activity	Cost	Yes
Morning	<b>Life Skills</b> <ul style="list-style-type: none"> <li>Tell us your goals and what you would like to work towards, and we will help you get there!</li> <li>Learn to make a shopping list, make a cup of tea or book your own appointments.</li> </ul>	Nil Fee	<input type="radio"/>
	<b>Coffee Club</b> <ul style="list-style-type: none"> <li>Build relationships with others in the community.</li> <li>Learn to manage your money, collect your receipt and change.</li> </ul>	\$15.00 Per Day	<input type="radio"/>
Afternoon	<b>Moss Vale Basketball Courts</b> <ul style="list-style-type: none"> <li>Improve your gross and fine motor skills.</li> <li>Work towards health and wellbeing improvement.</li> </ul>	\$50.00 per court divided amongst total participants	<input type="radio"/>
	<b>Painting In the Park</b> <ul style="list-style-type: none"> <li>Explore different art techniques and learn new creative skills.</li> <li>Improve your gross and fine motor skills.</li> <li>Go to the park and get your canvas out to participate in painting in the park.</li> </ul>	\$20.00 Term Fee	<input type="radio"/>

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## Thursdays

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Time	Activity	Cost	Yes
Morning	<b>Swimming</b> <ul style="list-style-type: none"> <li>• Improve your gross and fine motor skills.</li> <li>• Work towards health and wellbeing improvement.</li> </ul>	\$5.40 per day	<input type="radio"/>
	<b>Zumba</b> <ul style="list-style-type: none"> <li>• Improve your gross and fine motor skills.</li> <li>• Work towards health and wellbeing improvement.</li> </ul>	Nil Fee	<input type="radio"/>
Afternoon	<b>Lunch Outing</b> <ul style="list-style-type: none"> <li>• Learn to order and pay for your own meal.</li> <li>• Learn to interact and communicate with those in the community.</li> <li>• Build relationships with others in the community.</li> <li>• Learn to read the menu</li> </ul>	\$35.00 per day	<input type="radio"/>

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## Fridays

Time	Activity	Cost	Yes
Morning	<b>Baking</b> <ul style="list-style-type: none"> <li>Learn how to safely handle kitchen equipment, to clean up spills and put things away.</li> <li>Listen to the whirl of the whisk, watch the food bake in the oven, smell the fresh herbs and spices, and feel the texture of the ingredients as you follow along the recipe.</li> <li>Try new foods and flavours as you learn new skills in the kitchen. Try Healthy recipes from different countries and cultures, to not only expand your palate but your world view.</li> </ul>	\$5.00 per day	<input type="radio"/>
	<b>Bowling</b> <ul style="list-style-type: none"> <li>Build relationships with others in the community.</li> <li>Learn to identify the numbers on your score. Engage in conversations to pay for bowling and play along with peers.</li> <li>Learn to manage your money, collect your receipt and change.</li> </ul>	\$10.00 per day	<input type="radio"/>
Afternoon	<b>Gardening</b> <ul style="list-style-type: none"> <li>Build relationships with others in the community.</li> <li>Learn to identify plants and what grows best in which season.</li> <li>Grow plants from seeds and seedlings.</li> </ul>	\$20.00 Term Fee	<input type="radio"/>
	<b>Book club</b> <ul style="list-style-type: none"> <li>Build relationships with others in the community.</li> <li>Find books of your interest, read them with support or independently.</li> <li>Learn to borrow books and return them</li> <li>Reading books together and sharing your Favorites</li> </ul>	Nil Fee	<input type="radio"/>
All Day	<b>Pine Ride farm &amp; Lunch outing</b> <ul style="list-style-type: none"> <li>Head out to Pine Ridge farm to interact with miniature donkeys and other farm animals.</li> <li>Learn how to care for and feed different farm animals.</li> <li>Wheelchair &amp; walker friendly</li> <li>Go out for lunch in the community.</li> </ul>	\$60.00 per day	<input type="radio"/>

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## Friday Dinner Club (5pm to 8pm)

Join us for an evening of fun.

Visit local restaurants and explore different cuisines!

Date	Activity	Cost	Yes
12/04	Bargo Sports Club <i>Bargo</i>	<b>\$45.00 per dinner club</b>	<input type="radio"/>
26/04	Mittagong RSL <i>Mittagong</i>		<input type="radio"/>
10/05	Shanghai Chinese <i>Bowral</i>		<input type="radio"/>
24/05	The Mill <i>Bowral</i>		<input type="radio"/>
07/06	Bundanoon Club <i>Bundanoon</i>		<input type="radio"/>
21/06	Thai Sum Boon <i>Moss Vale</i>		<input type="radio"/>

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## Social Saturdays (9am to 5pm)

Time	Activity	Cost	Yes
20/04	Jervis Bay Dolphin Boat Tour & Lunch outing	<b>\$80.00</b>	<input type="radio"/>
04/05	Aqua Golf & Lunch outing	<b>\$50.00</b>	<input type="radio"/>
18/05	Spellbound Magic Show – Goulburn & Dinner 3:30pm – 10:30pm	<b>\$95.00</b>	<input type="radio"/>
01/06	Day out in the city exploring	<b>\$80.00</b>	<input type="radio"/>
15/06	Sydney zoo	<b>\$65.00</b>	<input type="radio"/>

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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.

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### Please note:

- Scope will endeavour to support you to participate in your chosen program selections.
- If Scope cannot deliver your program choice, we will contact you to discuss alternative program options.
- Scope can provide individualised programs with one to one staff support in the location of your choice.
- Please contact your Site Manager to request a quote if you would like to purchase an individualised program.
- In addition to the programs offered each day, Scope 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 Scope to offer a new or different program based on your interests and what is available in the local community, Scope 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 Scope.
- Some program choices involve physical activity. You accept responsibility to check with your doctor before participating in these.
- Activities are subject to change depending on COVID restrictions.

I understand this document is the record of my program selections with Scope. I understand Scope 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.

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Customer /Nominated Decision Maker - Printed Name

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Customer / Nominated Decision Maker - Signature

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Date Signed



### Find out more.

-  1300 472 673
-  [scopeaust.org.au](https://scopeaust.org.au)
-  [contact@scopeaust.org.au](mailto:contact@scopeaust.org.au)

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