

SEPTEMBER 2020

THE RED SHED

Numbers are limited & bookings essential

Payment by Account

All programs \$6ea for NOSS clients

(*except Hospitality \$10-)

*****SOME PROGRAMS NOT YET FULLY OPERATIONAL**



MONDAY

DRAMA

Explore movement, music and the dramatic arts with this joy-filled Drama program. Limited Places
Time: 10:30am-12pm

SWIM GAMES

***coming soon**

A fun-filled hour of games at the pool. Please indicate interest to book your place

BINGO

Classic picture Bingo - great fun for all!! You might even win a prize!
Time: 1:30-2:30pm

HOSPITALITY

This is a Work-Readiness Program which runs off-site. Enquiries to activities@nossinc.org.au
Time: 1pm - 3:30pm

COOKING

Focus on healthy options - take something delicious home!

TUESDAY

LIVE MUSIC DISCO

Warm yourself up by dancing to your favourite songs with our resident live musician
Time: 10-11:30am

ART

Fine Art for beginners. Explore the artist within.
Time: 1:15 - 2:30pm

CRAFT

Scrapbooking and Cards, jewellery making and paper mache - get crafty!
Time: 1:15-2:30pm

WEDNESDAY

BAND

Red Shed All-Stars Band rehearsal. Be a part of the band or enjoy the sweet tunes from the audience!
Time: 10-11:50am

COOKING

This program runs twice on a Wednesday, but spaces are very limited during COVID19. Expressions of interest to activities@nossinc.org.au

HIT THE BEAT

Get your rhythm on with this drum workshop.
Time: 1:30-2:30pm

THURSDAY

DANCE-ERCIZE

All abilities dance workshop - including stretching, sensory
Time: 10-11am

FLOWER PROGRAM

Create beautiful flower arrangements for residents in Aged Care facilities (or for self, during COVID)
Time: 10-11:30am

PHOTOGRAPHY

Shoot & Share! Visit different locations and capture moments with your camera. Fortnightly
Time: 1:30-2:30pm

TENNIS

At the Tennis centre!
Time: 1:15-2:30pm

ART THERAPY

Express your inner artist in a relaxed environment.
Time: 1:30-2:30pm

GARDENING

Get in the Courtyard garden.
Time: 1:30-2:30pm

FRIDAY

JAM SESSION

Bring your instrument for a jam with other musical types.
Time: 1:30-2:30pm

BOCCIA

Roll away the afternoon with this fun sport!
Time: 1:30-2:30pm

COOKING

This program will be up again soon, but spaces are very limited during COVID19. Expressions of interest to activities@nossinc.org.au