

JDay

Activity Program for people with a disability
in a social environment

JDay is a visionary day program providing unique and fun activities for participants with disabilities in a social group environment. In consultation with potential participants the program has been designed around their ideas and needs.

JDay will bring together up to 12 participants per day in a newly renovated centre where creative spirits are valued. For those with a sense of adventure we will be undertaking fortnightly excursions around Sydney.

To attend JDAY you will need to:

- Have NDIS funding for group based activities in a centre
- Be willing to share fun experiences in a group environment
- Have a positive outlook to engaging in new activities
- Commit to attending the program weekly 9am-3pm
- Contribute \$15 to cover activities

Activities will include:

- Music and dancing-enjoy singing and dancing along to your favourite tunes
- Pilates
- Zumba
- Scrapbooking
- Makeovers/personal grooming workshops
- Personal styling workshops
- Relationships and social skills workshops
- Jewellery making
- Self-defence and anti-bullying workshops
- Cartoon Kingdom
- Computers/ipads
- Origami
- Arts and crafts

PLUS Excursions to :

- Holey Moley
- Wendy's Secret Garden
- Nature walks and biking
- Lawn bowls
- Animal Rescues and Shelters
- Karaoke
- Sailing with Sailability

See sample schedule



Information

If you would like more information:

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March 2019
Designed and printed by
Print35 Design Studio

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Sample Schedule:

Day	Time 9-11am	11am-12:30pm	Lunch	1pm -3pm	Cost
Monday 6 th May	Introduction to group Ice breaker activities	A Sound Life-Music and Yoga 	12:30-1pm Pizza Making	Art 	\$15
Monday 13 th May	Jewellery Making 	Make-overs and personal grooming tips 	Bring own lunch	Pilates 	\$15
Monday 20 th May	Centennial Park Walk /Ride 	Karaoke 	Bring own lunch- picnic in the park	Origami 	\$15
Monday 27 th May	Zumba 	Relationships and social skills 	Sushi Making	Tania Teperson, Image and Colour Consultant 	\$15
Monday 3 rd June	Self-defence/ Anti Bullying 	Lawn Bowls 	Bring own lunch	Theatre Sports 	\$15
Monday 10 th June	No Program – Queen’s Birthday – Public Holiday				
Monday 17 th June	A Current Affairs-Discussion Group 	Prepare own Lunch 	Lunch	Cartoon Illustrations workshop 	\$15
Monday 24 th June	Scrapbooking 	Holey Moley Putt Putt Darlinghurst 	Bring own lunch	Holey Moley Putt Putt Darlinghurst 	\$15

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