

MARRIOTT SUPPORT SERVICES PRICING SCHEDULE

November 2023 Update

Ref. NDIS Pricing Arrangements and Price Limits 2023-24 Version 1.0 (released 16/06/2023)

Our staff provide a range of Community Access & Recreation, Specialised Supported Employment, Support Coordination and Skill Building services. As a Marriott client you are also able to choose other providers to meet your varying preferences. Regardless of the service combination you select, you will have confidence in knowing our staff comply with background security checks. Marriott delivers a high-quality standard of services, promoting your empowerment, choice, and independence.

Community Programs

Day Service - Social, Community Access & Recreation Activities

Meeting Point - Marriott Community, 898 Nepean Highway, Hampton East or Marriott Community, 1 Arthur Street, Hughesdale

Monday to Friday 9am to 3pm

Support Level	Fee	* NDIS Funding item No.
Establishment Fee	\$654.70 (one off fee only)	04_049_0125_1_1
Standard Service Group – 1:4 support	\$ 16.61 per hour	04_102_0136_6_1_T
Standard Service Centre Capital Cost	\$ 2.44 per hour	04_599_0136_6_1
Standard Service Non-Face-to-Face	\$ 33.23 per day	04_102_0136_6_1_T

Roads to Independence – Skill Building

Meeting Point - Marriott Community, 1 Arthur Street, Hughesdale

Monday to Friday 9am to 3pm

Support Level	Fee	* NDIS Funding item No.
Establishment Fee	\$654.70 (one off fee only)	04_049_0125_1_1
Standard Service Group – 1:5 support	\$ 13.29 per hour	04_102_0136_6_1_T
Standard Service Centre Capital Cost	\$ 2.44 per hour	04_599_0136_6_1
Standard Service Non-Face-to-Face	\$ 33.23 per day	04_102_0136_6_1_T

Individual Support Packages – Social, Community Access & Recreation Activities and/or Skill Building

Meeting Point - Mutual Agreement

Monday to Sunday 7am to 8pm

Support Level	Fee	* NDIS Funding item No.
Establishment Fee	\$654.70 (one off fee only)	04_049_0125_1_1
Standard Service 1:1 support	\$ 66.45 per hour	04_104_0125_6_1_T

Community Transport

Meeting Point - Mutual Agreement

Monday to Friday 7am to 5pm

Support Level	Fee	* NDIS Funding item No.
Provider Travel (to or from a Marriott Support Service Site / Home)	\$ 1.00 per kilometre	04_799_0136_6_1

Support Coordination

Level 2: Coordination of Supports

Location - 15A, 56 Keys Road, Cheltenham

Monday to Friday 9am to 5pm

Support Level	Fee	NDIS Funding item No.
Support Coordination Level 2: Coordination of Supports	\$100.14 per hour	07_002_0106_8_3
Provider Travel	\$ 1.00 per kilometre	07_799_0132_8_3

Level 3: Specialist Support Coordination

Location - 15A, 56 Keys Road, Cheltenham

Monday to Friday 9am to 5pm

Support Level	Fee	NDIS Funding item No.
Support Coordination Level 3: Specialist Support Coordination	\$190.54 per hour	07_004_0132_8_3
Provider Travel	\$ 1.00 per kilometre	07_799_0132_8_3

Supported Employment

Finding and Keeping a Job - Specialised Supported Employment

Marriott Industries, Fresh Start & Enviro Management Services

15A, 56 Keys Road, Cheltenham

Monday to Friday – work hours can range from 7am to 4.00pm

Support	Fee Per Hour	* NDIS Funding item No.
Employment Start Up	\$654.70 (one off fee only)	04_049_0133_5_1
Centre Capital Cost	\$ 2.44 per hour	04_599_0133_5_1
Individual -1:1 support	\$ 66.45 per hour	04_801_0133_5_1_T
Group – 1:2 support	\$ 33.23 per hour	04_801_0133_5_1_T
Group – 1:3 support	\$ 22.15 per hour	04_801_0133_5_1_T
Group – 1:4 support	\$ 16.61 per hour	04_801_0133_5_1_T
Group – 1:5 support	\$ 13.29 per hour	04_801_0133_5_1_T
Non-Face to Face 1:1	\$ 66.45 per hour	04_801_0133_5_1_T

NDIS Plan Reporting & Meetings

Plan Reporting (Quarterly & Annual)

Support Item	Fee 60 mins	* NDIS Funding item No.
NDIS Reporting	\$66.45 (up to 5 hours per plan annually)	04_102_0136_6_1_T

Meetings & Unscheduled Supports

Support Item	Fee 60 mins (charged in 15 min increments)	* NDIS Funding item No.
Meetings to discuss your Plan/ Unscheduled supports	\$66.45	04_102_0136_6_1_T

* MSS charges **Temporary Transformation Payment (TTP)** prices from the NDIS Support Catalogue. Please note fees may vary when NDIS makes changes to the pricing.

Personal Activity Costs

Personal Activity Costs incurred for Day Service and Roads to Independence programs, (e.g., venue entry, meals, MYKI etc.) are costs not covered by your NDIS Plan. These costs are confirmed upon planning of your activities and are calculated on an individual / as needs basis. Refer to the Community Program - Activities List (non-NDIS Personal Activity Costs) for indicative cost only – all costs are subject to change.

Morning Core programs cost

Is dependent on the programs selected.

Afternoon Elective programs cost

Is a set cost at \$2.00 per afternoon activity,
(except for Life Skills Workshops, which occurs monthly at \$15.00 per session and KIOSC visits that occur 3 times per annum at \$20.00)

Resource Costs

These costs are Personal Activity Costs for Marriott Community Services participants for resources and equipment, related to program activities e.g., iPad, furniture, TV's, vehicles. **\$3.00 per day.**

Pricing Statement

This Pricing Schedule applies:

- to the provision of services to all NDIS participants, except those that are self - managing
- when pricing supports and services, and when processing payment requests

Marriott Support Services

- adheres to the NDIA Pricing Arrangements and Price Limits Guide or any other NDIA pricing arrangements and guidelines / NDIS Terms of Business
- will declare relevant prices to participants before delivering a service including any notice periods or cancellation terms
- understands that participants are not bound to engage our services after prices are declared

Prices charged to participants will not exceed the price level prescribed for that support in the Pricing Guide.

Fees and charges – Regardless of if we manage the support, or if it is managed by the NDIA or a third party, no other charges are added to the cost of the support such as:

- credit card surcharges
- any additional fees such as 'gap' fees, late payment fees

Cancellations of support – Cancellation of support will be charged as per the method described in the NDIS Pricing Arrangements and Price Limits Guide.

Payment requests - We will make payment requests only after supports have been delivered or provided and within a reasonable time (no later than 60 days from the end of the Service Booking).

Fraudulent claims - If we make a fraudulent claim, the NDIA retains the right to commence criminal and/or civil proceedings.

Attachment A - Marriott Support Services pricing schedule

NDIS Funding Eligibility for Supported Employment

Since the roll-out of the National Disability Insurance Scheme (NDIS) the only source of Government funding for new participants in a Disability Social Enterprise is from the NDIS. To be considered for supported employment with either Marriott Industries, Fresh Start or Enviro Management Services you must:

1. Receive or be eligible to receive the Disability Support Pension (This is a requirement to be paid a supported wage under the *Supported Employment Services Award*)
2. Have a current NDIS Plan.
3. Have Supported Employment included in your NDIS Plan. Funding for Supported Employment is from your CORE support budget.

If your NDIS plan does not include Supported Employment, you should contact either your Local Area Coordinator (LAC) or NDIA for assistance to have this added into your current plan.

Attachment B - Marriott Support Services pricing schedule

Day Service – Morning Core Programs List (Non-NDIS Personal Activity Costs)

Community Transport

Travel Support during transport to and from Home / Marriott

\$10.36 per zone

(Charged in conjunction with Community Transport costs – refer to page 1)



Travel Support is charged as an out-of-pocket expense in conjunction with the NDIS Provider Travel Costs charged to the Participant's NDIS plan, for all participants accessing Marriott Community Transport to or from their home and a Marriott site to access their NDIS Program.

Request a quote today. Costs are dependent on Travel Zones as identified in individual quotes upon acceptance of eligibility:

- \$10.36 (under 8km distance return)
- \$20.72 (9km to 16km distance return)
- \$31.08 (17km to 24km distance return)
- \$41.44 (25km to 32km distance return)

Travel Support is subject to participant suitability and the availability of transport.

Community Activity Programs Transport

a. \$4.00



This transport service is available for participation in half-day Community based programs, (e.g. Morning or Afternoon) as listed below.

Service is subject to participant suitability to the elected Community Program and the availability of transport.

A maximum enrolment per participant of 2 days per week.

Community Activity Programs Transport

b. \$60.00

This transport service is available for participation in full-day Community based programs, as listed below.

Service is subject to participant suitability to the elected Community Program and the availability of transport.

A maximum enrolment per participant of 3 days per year.

Monday – Core Programs

Creative Arts

Art and Design

\$8.00



Want to express your creative flair? Join our Art program & be supported in a fully equipped Art room to create your masterpieces. Bring out your natural talent, as you choose your own designs. Take home your work for gifts or display at the end of each Term. If you wish, your creations can be exhibited promote the program in the Community Hub & local community. Sewing, painting, pottery, just to name a few things we do!

Creative Arts

Drama

\$4.00



Are you a performer at heart? Join our Drama program for theatre sports, mime classes, improvisation, and performance. You will have the opportunity to perform at the end of year concert and showcase your many skills. We sing, we dance, we make believe and dress up. Does Marriott have talent? Yes, indeed it does!

Health & Wellbeing

Swimming & Gym

\$15.00



If you love the water, you will love our swimming programs, we use state of the art facilities and cater to all levels of participation. Whether you like to swim laps, use flotation equipment, enjoy the water experience, or do some gentle exercises, our program is designed with you in mind. Ever wanted to access a fully equipped gym, with a personal trainer? Come and try our sessions at our Community Hub gymnasium.

Health & Wellbeing

Tennis

\$6.50



Tennis is a recreational program which is beneficial for maintaining your health and fitness. It may also improve your agility and is an aerobic workout. It promotes fun and fitness and has a positive impact on self-confidence. It enhances both gross and fine motor skills and hand - eye coordination. Tennis is fun. This activity allows participants to support health and fitness, recreation, and social inclusion. Equipment supplied to ensure all levels of playing abilities are supported. We use the Ormond Tennis club courts and volunteers assist with this activity.

Life Skills

Cooking & Nutrition

\$10.00

(x 2)



Enjoy a drink of your choice with your peers. Are you a Maestro Chef in waiting? The cooking program caters for all. Each term you will help choose a new recipe. You will be supported to budget, shop and prepare you meals in a fully equipped kitchen. You can work towards cooking your meal with less staff input and build your skills and confidence in the kitchen, so you can create at home for family and friends. Bon Appetite!

Life Skills

Exploring the Community

\$10.00



Do you love getting out and about? You can enjoy a train outing, a shopping trip, an adventure outing and explore Melbourne. Exploring Melbourne incorporates many stages: Planning and researching what transportation, destination, timetable reading, choice, budgeting, and implementation. This immerses people into the community experience of their choice. It also is an opportunity for communicating after the event to produce Blogs for our social media. The importance and benefits of the program are social, community inclusion, communications, and endless experiences. Places of interest to include, but not limited to Galleries, Exhibitions, Museums, Stadiums, Guided tours and events. And off you go

Life Skills

Public Travel & Safety

\$10.00



Want to get out and about and learn all things travel? We offer you the opportunity to join us and be supported to do what you need to do to get around town. You can choose your outing to include an event or a fun destination. When you can travel, your choices are expanded.

Tuesday – Core Programs

Health & Wellbeing

Bowling

\$11.50

(x3)



Do you like to go ten pin bowling? Join us for our games at the local bowling alley, you will have friendly competition and a fun time is guaranteed.

Bowling can be adapted for seated or standing. Bowling is great for you, and you can work on improving your own score as you join the league and compete with friends

Health & Wellbeing

Swimming & Gym

\$15.00

(x2)



If you love the water, you will love our swimming programs, we use state of the art facilities and cater to all levels of participation. Whether you like to swim laps, use flotation equipment, enjoy the water experience, or do some gentle exercises, our program is designed with you in mind. Ever wanted to access a fully equipped gym, with a personal trainer? Come and try our sessions at our Community Hub

Life Skills

Cooking & Nutrition

\$10.00



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Life Skills

Photography

\$5.00



Photography is an image that is recorded that the human eye can perceive and to capture life's moments. Objectives of our Photography program are: To support people and their interests in using modern technology for their education and creative purposes, whilst supporting people with the skills to use the equipment in a safe manner. Participants can use technology supplied both within the centre and speciality stores and to display the created pieces of photography.

Life Skills

Public Travel & Safety

\$10.00



Want to get out and about and learn all things travel? We offer you the opportunity to join us and be supported to do what you need to do to get around town.

You can choose your outing to include an event or a fun destination. When you can travel, your choices are expanded.

Technologies

Interactive Technologies

\$6.00



Have fun with our new technology, we have some of the latest devices! come into the world of virtual reality and explore the world with our VR headsets moving between the future and the past. Also, our interactive projector great tool for those who find it hard to communicate but like to move around. Interactive technology can help to transform a simple activity into an engaging pursuit and encourages active participation from people. Incorporating interactive technology within the working environment helps people encounter different types and ways of learning styles that can assist their learning process to suit the individual learning needs.

Wednesday – Core Programs

Health & Wellbeing

Basketball

\$10.00
(x3)



Do you love sport & fitness activities? Join us for a community-based basketball program. You will get the opportunity to work on your basketball skills, socialise with other teams & play in an organised competition. We have three different teams for you to try out & find which one is right for you. Our teams compete in a world class sporting venue. Uniform supplied.

Health & Wellbeing

Bike Riding

\$8.00



Riding a bike is a healthy, fun & low impact form of exercise for all ages. The Bike Riding / Safe Cycling program consists of learning to ride, learning about road safety, especially cycling safety, exploring the community & bike maintenance. The bicycles we have consist of two wheeled bikes & tricycles. We also have an electric bike for those that are not too confident to ride independently, or who may need that extra support. Who wants to keep fit & active, but do not want to do a strenuous exercise? Well come and join the Bike Riding activity, where you can enjoy low impact exercise, get a great muscle workout without the risk of strain & injuries like other forms of exercise, & what is even better is that you can get fit in the great outdoors.

Health & Wellbeing

Mindfulness

\$4.00



At the end of your week, it can be good to have the opportunity to have some downtime and reflect on what you have done. Our mindfulness sessions in the afternoon are your chance to work on a project of your choosing. We have opportunities for group sessions including meditation, join others for a board/card game or take the opportunity to chill out. Includes use of the sensory room too.

Life Skills

Cooking & Nutrition

\$10.00



Enjoy a drink of your choice with your peers. Are you a Maestro Chef in waiting? The cooking program caters for all. Each term you will help choose a new recipe. You will be supported to budget, shop and prepare you meals in a fully equipped kitchen. You can work towards cooking your meal with less staff input and build your skills and confidence in the kitchen, so you can create at home for family and friends. Bon Appetite!

Life Skills

Exploring the Community

\$10.00



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Life Skills

Public Travel & Safety

\$10.00



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Technologies

Interactive Technologies

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Thursday – Core Programs

Creative Arts

Art and Design
\$8.00



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Health & Wellbeing

Bike Riding
\$8.00



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Health & Wellbeing

Horse Riding (RDA)
\$17.50



RDA (Riding for the Disabled Association) Australia is a recognised by Sport Australia as the peak body for equestrian sport for people with disabilities. Horse riding provides opportunities for you to enjoy safe, healthy & therapeutic horse related activities. Improve your balance, strengthen your muscles & improve your coordination, whilst enjoying the great outdoors. Through regular routines & game playing, riders learn about appropriate behaviours, manners, teamwork, and care for animals.

Health & Wellbeing

Mindfulness
\$4.00



At the end of your week, it can be good to have the opportunity to have some downtime & reflect on what you have done. Our mindfulness sessions in the afternoon are your chance to work on a project of your choosing. We have opportunities for group sessions including meditation, join others for a board/card game or take the opportunity to chill out. Includes use of the sensory room too.

Life Skills

Cooking & Nutrition
\$10.00



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Life Skills

Exploring the Community
\$10.00



Do you love getting out and about? You can enjoy a train outing, a shopping trip, an adventure outing and explore Melbourne. Exploring Melbourne incorporates many stages: Planning and researching what transportation, destination, timetable reading, choice, budgeting, and implementation. This immerses people into the community experience of their choice. It also is an opportunity for communicating after the event to produce Blogs for our social media. The importance and benefits of the program are social, community inclusion, communications, and endless experiences. Places of interest to include, but not limited to Galleries, Exhibitions, Museums, Stadiums, Guided tours, and events. And off you go

Life Skills

Gardening
\$3.00



Would you like to try our gardening activity? Come and join the Community Garden program where you will learn about maintaining and keeping a beautiful garden space. Work on your gardening skills; planting, watering, and cultivating herbs and vegetables for our cooking programs. Afterwards, relax and enjoy the atmosphere you have helped create by enjoying a cuppa in the beautiful surrounds

Life Skills

Melbourne Markets
\$5.00



Come and explore the various markets of Melbourne. Experience the different environment and cultures.

Life Skills

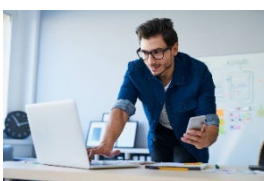
Women's Social Group
\$5.00



Our Women's Social Group program is an open forum to share ideas and opinions in a supportive environment. We encourage group members to respect each other and use appropriate listening skills. Whether completing a group project, individual project, or participating in a chosen activity, the social group members are provided with opportunities to share their common interests. This group is intended to enhance group members' skills, abilities & cognitive processes. We also aim to provide group members with additional knowledge & improve their overall social behaviours.

Technologies

Tech Savvy
\$4.00
Core



Join our program to support your love of using all things Tech. To be savvy is to sharpen your skills. We help you become savvy with devices to support your learning & education. Use the iPad for research, take some digital photos on your camera and visit specialty shops to print your choices and photographs. It is artistic, educational, and entertaining

Friday – Core Programs

Creative Arts

Art and Design

\$8.00



Want to express your creative flair? Join our Art program & be supported in a fully equipped Art room to create your masterpieces. Bring out your natural talent, as you choose your own designs. Take home your work for gifts or display at the end of each Term. If you wish, your creations can be exhibited promote the program in the Community Hub & local community. Sewing, painting, pottery, just to name a few things we do!

Health & Wellbeing

Bike Riding

\$8.00



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Health & Wellbeing

Feel Good Workshops

\$5.00

Core



Everyone wants a little time to focus on self-care and self-love. Join our feel-good workshop to discuss **emotions & expressing emotions** - how & when to express them, what to do when we are feeling good or bad. Using the emotion wheels to practice & experiment. **Role playing / workshop** difficult situations & working how to respond e.g. (Bullying, phone conversations, dating, self-doubt, etc). Come up with your own ideas & scenarios you wish to explore. Who wants to try **new things** that might make us feel good; trying new things can be important for building our understanding of the world, practicing flexibility and learn even more about yourself?

Life Skills

Cooking & Nutrition

\$10.00

(x2)



Enjoy a drink of your choice with your peers. Are you a Maestro Chef in waiting? The cooking program caters for all. Each term you will help choose a new recipe. You will be supported to budget, shop and prepare you meals in a fully equipped kitchen. You can work towards cooking your meal with less staff input and build your skills and confidence in the kitchen, so you can create at home for family and friends. Bon Appetite!

Life Skills

Exploring the Community

\$10.00



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Life Skills

Men's Social Group

\$5.00



Our Men's Social Group program is an open forum to share ideas and opinions in a supportive environment. We encourage group members to respect each other and use appropriate listening skills. Whether completing a group project, individual project, or participating in a chosen activity, the social group members are provided with opportunities to share their common interests. This group is intended to enhance group members' skills, abilities & cognitive processes. We also aim to provide group members with additional knowledge & improve their overall social behaviours.

Life Skills

Public Travel & Safety

\$10.00



Want to get out and about and learn all things travel? We offer you the opportunity to join us and be supported to do what you need to do to get around town. You can choose your outing to include an event or a fun destination. When you can travel, your choices are expanded.

Technologies

Interactive Technologies

\$6.00



Have fun with our new technology, we have some of the latest devices! come into the world of virtual reality and explore the world with our VR headsets moving between the future and the past. Also, our interactive projector great tool for those who find it hard to communicate but like to move around. Interactive technology can help to transform a simple activity into an engaging pursuit and encourages active participation from people. Incorporating interactive technology within the working environment helps people encounter different types and ways of learning styles that can assist their learning process to suit the individual learning needs.

*Personal Activity Costs incurred for community programs, (e.g., cinema entry, gym etc.) are costs that are not covered by your NDIS Plan. Confirmed prices are available upon planning of your activities on an individual / as needs basis. Costs and activities listed are indicative only and subject to change.

Roads to Independence – Morning Core Programs List (Non-NDIS Personal Activity Costs)

Monday – Core Programs

Creative Arts

Art and Design
\$8.00



Want to express your creative flair? Join our Art program & be supported in a fully equipped Art room to create your masterpieces. Bring out your natural talent, as you choose your own designs. Take home your work for gifts or display at the end of each Term. If you wish, your creations can be exhibited promote the program in the Community Hub & local community. Sewing, painting, pottery, just to name a few things we do!

Life Skills

Cooking & Nutrition
\$10.00



Each term you will choose a recipe to cook and budget for the term. Each week you will visit a local supermarket to purchase your ingredients. You will use a kitchen off-site to learn how to cook your chosen recipe. You will continue to cook this recipe weekly over the term with an aim of staff assistance reducing as you become more confident with each step of the recipe.

Tuesday – Core Programs

Life Skills

Cooking & Nutrition
\$10.00



Each term you will choose a recipe to cook and budget for the term. Each week you will visit a local supermarket to purchase your ingredients. You will use a kitchen off-site to learn how to cook your chosen recipe. You will continue to cook this recipe weekly over the term with an aim of staff assistance reducing as you become more confident with each step of the recipe.

Life Skills

Exploring the Community
Participant brings in money (x2)



Do you love getting out and about? You can enjoy a train outing, a shopping trip, an adventure outing and explore Melbourne. Exploring Melbourne incorporates many stages: Planning and researching what transportation, destination, timetable reading, choice, budgeting, and implementation. This immerses people into the community experience of their choice. It also is an opportunity for communicating after the event to produce Blogs for our social media. The importance and benefits of the program are social, community inclusion, communications, and endless experiences. Places of interest to include, but not limited to Galleries, Exhibitions, Museums, Stadiums, Guided tours and events. And off you go

Wednesday – Core Programs

Health & Wellbeing

Basketball
\$10.00
(x2)



Come and participate in a community-based basketball program. Learn how to travel to and from the basketball venue using public transport. You will get the opportunity to work on your basketball skills, socialise with other teams and play an organised game. We have three different teams for you to try out and find which one is right for

Life Skills

Gardening
\$10.00



Got an itchy green thumb? Come & try our gardening activity. With this activity you will have the opportunity to work on your gardening skills with a particular focus on planting succulents. You will learn about the horticulture involved in the activity, colour/texture contrasts & working together in a team. It does not stop there! Once your creations are complete, you will be given the opportunity to hone your customer service skills by speaking to members of the public about what you do with this activity.

Thursday – Core Programs

Life Skills

Cooking & Nutrition

\$10.00
(x2)



Each term you will choose a recipe to cook and budget for the term. Each week you will visit a local supermarket to purchase your ingredients. You will use a kitchen off-site to learn how to cook your chosen recipe. You will continue to cook this recipe weekly over the term with an aim of staff assistance reducing as you become more confident with each step of the recipe.

Life Skills

Exploring the Community

Participant brings in money



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Friday – Core Programs

Health & Wellbeing

Swimming & Gym

\$15.00
(x2)



Ever wanted to access a gym each week with qualified personal trainers? Come and try our gym program. You will learn how to travel to and from the gym using public transport. At the gym you can choose to join in on a circuit program or weights session. Each of these is overseen by a qualified personal trainer & extra support from our staff so that you get the most out of your time at the gym. If you love the water, you will love our swimming programs, we use state of the art facilities and cater to all levels of participation.

*Personal Activity Costs incurred for community programs, (e.g., cinema entry, gym etc.) are costs that are not covered by your NDIS Plan. Confirmed prices are available upon planning of your activities on an individual / as needs basis. Costs and activities listed are indicative only and subject to change.

Day Service and Roads to Independence Afternoon Elective Activities List

Afternoon Elective Activities

Creative Arts

Karaoke
\$2.00



If you love singing, come and join our karaoke sessions. We supply the best equipment and a ready-made audience, so take the mic, take your turn, and perform! It is a happy, fun, and interactive session, pump up the music. This is your opportunity to be the star

Creative Arts

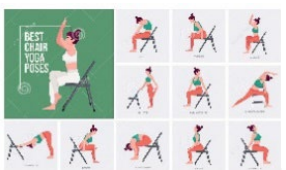
Sing a long
\$2.00



Sing out loud. Join our community singing group, singing old favourites and tunes to enjoy. Singing out loud is good for your health, so come and take part. You can choose to sing in the group or sing a solo on microphone. The piano accompaniment is the centre of our session, and we supply the songbooks

Fitness

Chair Yoga
\$2.00



Keeping fit and active is not only for the active person. Join our chair yoga sessions and practice breathing for health, stretching and yoga poses while you sit. Supportive seating is supplied in our fully equipped gymnasium. It is a great way to support your wellbeing with professional tutorials, supported by staff for the session. This is followed by a relaxation meditation to complete your workout

Fitness

Dance & Movement
\$2.00



Who does not like to express themselves through dance? Move your body in a rhythmic way for the purpose of expressing an idea or emotion, release some energy or to just simply have fun. Get fit while having fun? Who does not want that? Music makes people feel emotions – whether you want to be calm or to be energetic, put your own interpretation to the music you hear & feel. Dance is a gift that brings people together with creativity & music. Dance & movement can help you connect with others & with yourself where the body does all the talking, but of course you may want to sing-along to the tunes.

Fitness

Light Exercise
\$2.00



Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, strengthen bones and muscles, and increase your attention span, focus and enjoyment. Light exercising can support personal and social growth and boost mental, emotional, and physical health and maintain motor skills and coordination. Available for people of all abilities, modified exercises offered in the activity.

Fitness

**Sports Outdoors/
Ball Games**
\$2.00



Great equipment for you to enjoy, and great facilities at our back door. Tennis, bocce, footy skills. Feel like a game of cricket or soccer? The park is a great opportunity to get out and enjoy. Indoor we supply a pool table, indoor bowling, and balls skills

Fitness

Walking
\$2.00



Let's get out and get moving. Walking groups at Marriott cater to all, the benefits are fresh air, exercise, time to chat and maintain your fitness. It can be a gentle stroll, a power walk or anything in-between. Bring your sneakers, your walkers or your wheelchair and join us. You will feel great afterwards

Fitness

**Zumba &
dances of the world**
\$2.00



Join our Zumba sessions for a fun and fitness activity. With our Zumba qualified staff, you will be shown the moves and grooves and learn the steps to tutorials on screen. Available either seated or standing so there is enjoyment for all to take part, improve your coordination and join the group as you enjoy the music of Brazil and around the world.

Health & Wellbeing

Chair Travel

\$2.00



Travel the world from the comfort of your chair, watch an informative documentary and discuss your interests. We supply and stamp your passport for each country you visit. We visit different countries of interest and discuss traditions, culture, and festivals

Health & Wellbeing

Home & Beauty

\$2.00



Do you fancy yourself as a bit of a decorator? Want to learn all about making craft items for your home? Join us for all things beauty, have a manicure, talk about fashion and flair and general presentation. No two sessions are the same. You will love it and be inspired

Health & Wellbeing

Indoor Games

\$2.00



Do you like to compete with others? We offer you the Wii games on the big screen, for fun & friendly competition. Scrabble on the iPad? we can support your choices of games in the session designed for those who love to compete, but do not mind if they lose.

Health & Wellbeing

Reading/Book Club

\$2.00



Do you like being read to and using your imagination? Immerse yourself in the stories, from books of yesteryear or today's classics. Join our reading program and have your choice of reading, listening to audio books, or friends who like to read out loud. It is fun and educational and can take you on an adventure

Health & Wellbeing

Trivia

\$2.00



Who does not like a bit of friendly competition? Share your knowledge, choose your questions, and create a fun friendly atmosphere. Make the rules up as you go along. You can either shout the answers, write them down or to be extra creative, shake / bang or drum a noisy hand instrument -as your buzzer. Choose your subjects: pop culture, music, movies, animals, and many, many more. Choose your team or even have a try at being the host for the day, you can even decide if you want a theme.

Life Skills

Café

\$2.00



Enjoy a drink of your choice with your peers in a relaxed & friendly local café. Communicating with your peers, feeling more confident in sharing your experiences & passing on information and listening to others who are speaking. Engaging in conversation & discussions whilst learning & practicing listening skills as part of a group. This activity supports independent skills, communication, social interaction & choice.

Life Skills

Laundry

\$2.00



You can learn to how to do laundry by being supported to sort, wash, dry and fold the washing. Perhaps even do some ironing? This is a practical hands-on program which will benefit you for the rest of your life. Be involved and learn.

Life Skills

Shopping

\$2.00



Are you a bargain hunter? Do you love to explore Op shops, looking for that special item, or books to read? Join our shopping program, you have the time to browse and enjoy and give back to the community with your purchases. Practice your budgeting and money skills and get out and about. You never know what you may find.

Life Skills

Life Skills Workshop

\$15.00



Run by a life-long educator, Life coach and Presenter, these workshops cover a whole range of topics: Staying safe as we meet new people, building a healthy mind, body & soul, Values, Being the best me, Assertiveness, Goal setting, Life choices, priorities, consequences, Sexuality, Discrimination and Judgement, just to name a few. Each Month a different topic is presented & this innovative social coaching program motivates you to build confidence and competence in your personal life. Learn effective self-esteem and communication skills and lots more in an inclusive atmosphere. Where the Life Skills Workshop sessions are run once a month, the other weeks, we continue to discuss & explore the topics in depth utilising different learning strategies.

Technologies

Computers

\$2.00



Want to surf the internet? write an e-mail? write a story? have a special project you want to do research for? or, just want to have some fun?

Then join our computer program and learn how to do these things and much, much more.....

Technologies

iObsession

\$2.00



Do you love using your iPad for research and entertainment purposes? Let us support you while you work with your iPad, we look at cyber safety, appropriate sites, and keep you in the loop with everything tech. Bring your own iPad or we can hook you up with one. Supportive and educational

Technologies

KIOSC

\$20.00



KIOSC at Swinburne University of Technology, hosts the latest in technologies and provides students with opportunities to be creative and innovative through Science, Technology, Engineering and Mathematics (STEM) programs. KIOSC provides creative and immersive spaces for students to think critically and systematically about problems, possible solutions and to imagine their futures. KIOSC features a combination of general collaborative, presentation and breakout spaces that are rich in digital media equipment, including a Discovery Theatre, Immersion Hall, Science and Discovery Laboratories. We attend 3 times per year and get involved with different technologies and have a cool experience.