


















**WHOLESOME
SOLUTIONS**
PTY LTD





































MONDAY (PM)			Intended Outcomes		
11:30 – 12:30	LUNCH				
12:30 – 15:00	Hobby Workshop – Knitting Whether you're picking up needles for the first time or looking to expand your skills, this program offers a guided journey through a range of techniques, from basic stitches to more advanced patterns. You'll have the opportunity to work on personal projects - like cozy scarves or textured hats. With support each step of the way, you'll refine your style, explore new ideas, and bring your handmade creations to life stitch by stitch.				
	Week 1	Get in touch with the Knitting Basics <i>Perfect chance to learn something new or refresh your skills with this overview</i>			
	Week 2	Beginners' Tutorials & Learning Technique <i>Start to put what you learnt into practice and work out what type of knitting works for you</i>			
	Week 3	Design your personal project <i>Whether it's a scarf, blanket or beanie, design your project the way you want</i>			
	Week 4 – Week 11	Personal Project Exploration <i>Work at your own pace with guidance from our group lead and start your designs</i>			
	Week 12	Knitting Showcase & Celebration <i>Show off your final projects with the rest of the group and see how far you've come</i>			

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TUESDAY (PM)			Intended Outcomes		
09:00 – 11:30	Tuesday Crafternoons Turn your Tuesday afternoons into a creative outlet! In this session, participants will engage in crafting activities ranging from painting and drawing to upcycling and DIY projects. It’s a fun way to relax, explore your artistic side, and create something beautiful while meeting new friends.				
	Week 1	Abstract Art Painting <i>Unleash your creativity and let colours and shapes tell their own story</i>			
	Week 2	Wall Mural Art <i>Have your say on how we can transform our space with a custom designed wall mural</i>			
	Week 3	Fabric Painting – Design a Pencil Case <i>Personalise your own pencil case with vibrant fabric paints</i>			
	Week 4	Scrapbooking <i>Bring old memories back to life with some arts & crafts for your DIY scrapbook</i>			
	Week 5	Creating a Garden Windchime <i>Craft a whimsical windchime to bring charm and sound to our outdoor areas</i>			
	Week 6	Table Mosaics <i>Turn our BBQ area into a colourful masterpiece with mosaic art</i>			
	Week 7	DIY Dream Catchers <i>Capture sweet dreams with your own handmade dream catcher</i>			
	Week 8	Painting a Garden Pot to display here at the centre <i>Transform a simple garden pot into a work of art</i>			
	Week 9	Candle Making <i>Craft your own candles and light up your world with custom scents</i>			
	Week 10	Shrink Art Key Chains <i>Design a keychain to suit your interests and shrink it to size</i>			
	Week 11	Clay Trinket Bowls – Creation <i>Shape your very own clay pinch bowl from scratch</i>			
	Week 12	Clay Trinket Bowls – Decoration & Design <i>Decorate your bowls with colours, patterns and textures alike</i>			

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WEDNESDAY (AM)		Intended Outcomes			
09:00 – 11:30	Art & Craft It's all about unleashing your inner artist and creating something unique. The emphasis is on creativity, and everyone's style is celebrated. No previous experience is required – just bring your imagination and get ready to make something beautiful!				
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	Week 2	Wall Mural Art <i>Have your say on how we can transform our space with a custom designed wall mural</i>			
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