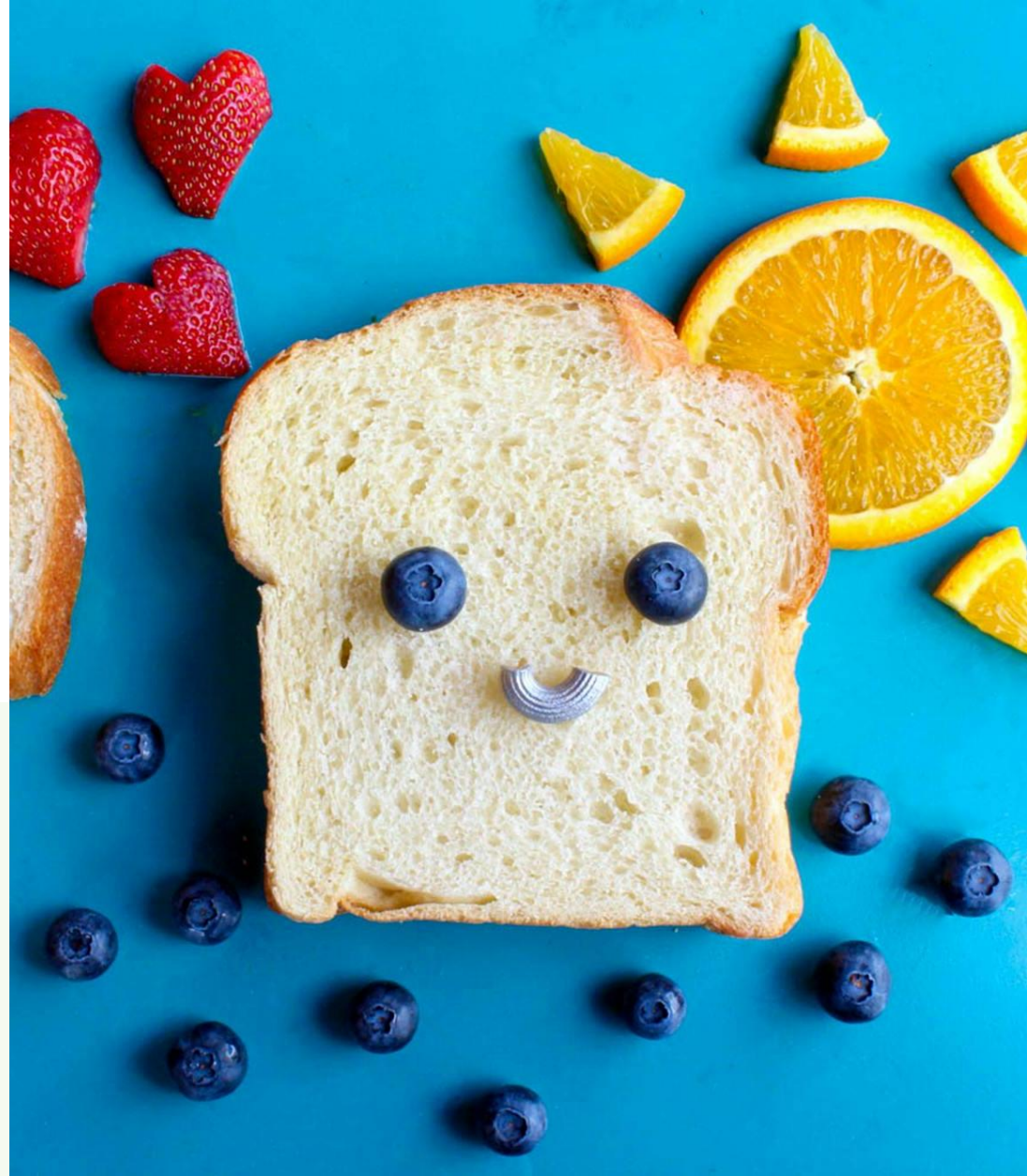


Children's Respite Activities Calendar

Term 2

28 April – 6 July 2025

- Afternoon club (3pm - 8pm, incl school pick-up)
- Shorter overnight stays (3pm - 9am)
- 24-hour overnight stays
- Individual support (3 hours minimum)



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Welcome

Children's Respite Dee Why

At CPA's Dee Why Respite Home, we've planned a fun-filled schedule to spark creativity, build skills, and create lasting memories for kids and teens aged 7–17 with disabilities.

Whether it's an afternoon visit or overnight stay, your child will enjoy a safe, fun space that encourages socialising, creativity and active play—while you take time to recharge or get things done.

What to bring

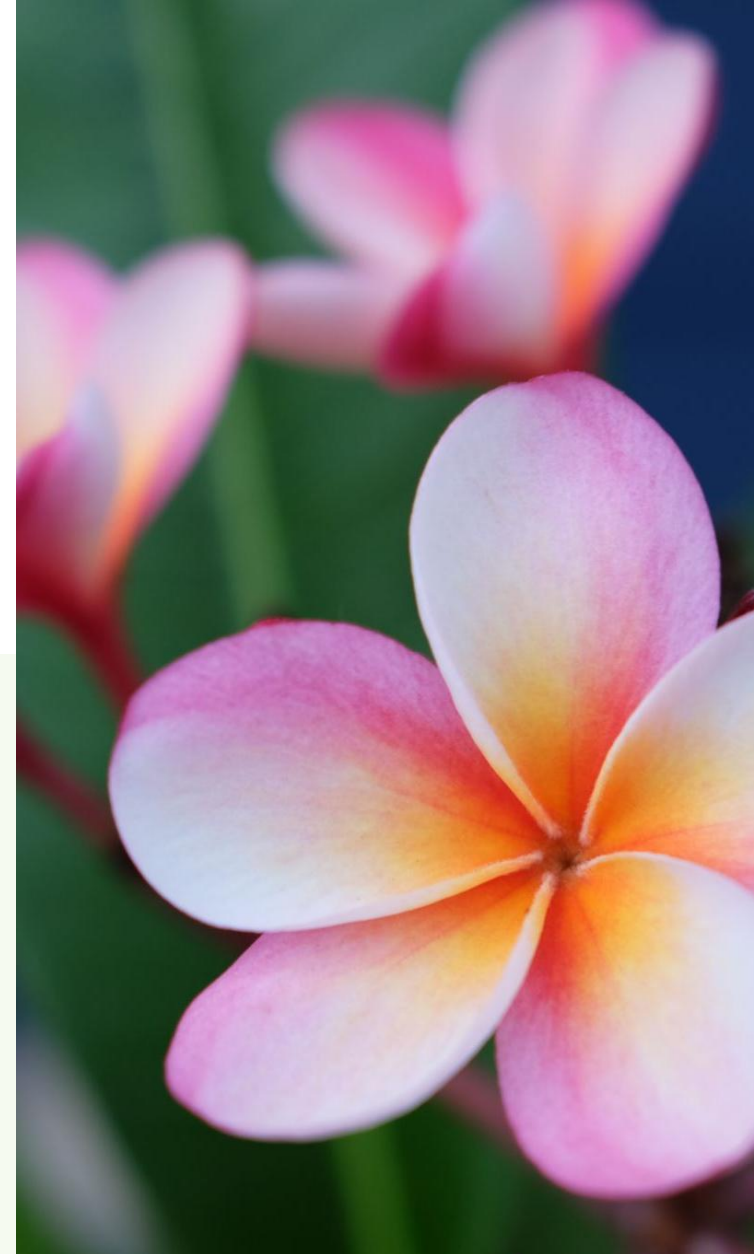
- Sunscreen, hat, and a water bottle (labelled with their name)
- Any required medications
- Opal and Companion Card (for outings)

Activities may be subject to change due to unexpected conditions or based on the level of support required for each child.

When & Where

Dates: 28 April – 6 July
Times: 3pm - 8pm Monday to Friday
10am - 4pm Saturday & Sunday
Location: Drop-off and pick-up at
28 Lynwood Street, Dee Why

For cancellations, please provide at least 2 business days' notice to avoid charges.



Themes and Activities

MONDAY	I look after myself Activities may include making pasta, creating a veggie patch, doing dressing skills games or learning time management.
TUESDAY	I express myself To support your self-expression, we'll offer a wide range of activities such as dance and music activities, visual artwork, finger painting activities, music therapy or role playing.
WEDNESDAY	I explore my community Have fun exploring your local community by going out for picnic at Curl Curl, exploring Little Manly or going to the movies.
THURSDAY	I am active We'll support you in sport and exercise, play mini-Olympic games, obstacle courses, dance and movement.
FRIDAY	I can make a difference Let's explore what difference you would like to make in this world! We can facilitate a discussion group, help you set up a community project or writing for others, just to name a few.
SATURDAY & SUNDAY	I have fun and connect The weekends are all about having fun and connecting with yourself, others and the wider community. Enjoy activities such as exploring Sydney, Taronga Zoo, the local markets and the NSW Art Gallery.



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Activities Calendar Term 2, Week 1

Date	Time	Activity	Summary	Location
Monday 28 April	3pm – 8pm	Art of pasta making	Discover a hands-on pasta-making experience, fostering creativity and skill-building while having fun and tasting delicious homemade pasta.	Dee Why Respite Home
Tuesday 29 April	3pm – 8pm	Dance and music, watching a musical at home	Enjoy music and dance indoors or relax with a musical and snacks, promoting joy, self-expression and a fun, sensory-rich experience.	Dee Why Respite Home
Wednesday 30 April	3pm – 8pm	Picnic outdoors at Curl Curl park/beach	Immerse yourself in a relaxing social picnic at Curl Curl park/beach, soaking in nature, fresh air in a beautiful, accessible outdoor setting.	Curl Curl Beach
Thursday 1 May	3pm – 8pm	Manly Dam walking track	Explore Manly Dam's scenic walking track, enjoying fresh air, nature, and gentle exercise while fostering well-being.	Manly Dam
Friday 2 May	3pm – 8pm	Environment clean up	Learn the importance of taking care of the environment and feel you are making a meaningful difference.	Northern Beaches
Saturday 3 May	10am – 4pm	Stony Range Regional Botanic Gardens	Discover Stony Range Botanic Gardens, a haven of bushland in the heart of Dee Why. Perfect place for enjoying a peaceful, sensory-rich walk.	Stony Range Regional Botanic Gardens, Dee Why
Sunday 4 May	10am – 4pm	Art gallery exhibition	Experience temporary exhibition, engaging with vibrant art that inspires creativity, reflection, and social connection in an inclusive, sensory-friendly setting.	Art Gallery of NSW



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Cerebral Palsy
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Activities Calendar Term 2, Week 2

Date	Time	Activity	Summary	Location
Monday 5 May	3pm – 8pm	Veggie patch	Get your hands dirty in the veggie patch! Grow, water, and care for plants, learning responsibility, teamwork, and the joy of nurturing nature's bounty!	Dee Why Respite Home
Tuesday 6 May	3pm – 8pm	Drawing and painting outdoors	Unleash creativity while drawing and painting outdoors, enjoying fresh air, nature, and self-expression in a relaxing, fun, and social place!	Dee Why Respite Home
Wednesday 7 May	3pm – 8pm	Little Manly point and beach	Explore Little Manly point and beach, enjoying the sun, sand, and sea while relaxing, socialising, and connecting with nature in a beautiful, accessible spot!	Little Manly
Thursday 8 May	3pm – 8pm	Sport and exercise ball games	Jump, throw, and laugh with exciting ball games! Boost fitness, coordination, and teamwork while having fun.	Melwood Oval, Forestville
Friday 9 May	3pm – 8pm	Garden for good	Learn the importance of taking care of the environment and feel you are making a meaningful difference.	Dee Why Respite Home
Saturday 10 May	10am – 4pm	Sea Museum Exhibit	Dive into history at the Sea Museum! Uncover thrilling shipwreck stories, spark curiosity, and enjoy an engaging, interactive adventure in a fascinating, accessible exhibit.	Australian National Maritime Museum
Sunday 11 May	10am – 4pm	Fish and chips at Palm Beach	Savor crispy fish and chips at Palm Beach! Enjoy sea breezes, great company, and a delicious meal in a beautiful, relaxing outdoor setting.	Palm Beach



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Cerebral Palsy
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Activities Calendar Term 2, Week 3

Date	Time	Activity	Summary	Location
Monday 12 May	3pm – 8pm	Dressing skills games	Play fun dressing skills games! Practice buttons, zippers, and shoes in a creative, engaging way, boosting independence, confidence, and a sense of achievement with every win!	Dee Why Respite Home
Tuesday 13 May	3pm – 8pm	Finger painting activities	Get messy and creative with finger painting! Express yourself, feel the textures, and have fun making colourful masterpieces in a relaxed, social setting!	Dee Why Respite Home
Wednesday 14 May	3pm – 8pm	Bowling outing	Roll, laugh, and strike up some fun! Enjoy a lively bowling outing, boosting coordination, socialising, and friendly competition.	Time Zone Dee Why
Thursday 15 May	3pm – 8pm	Fitness dice activity	Roll the dice and get moving! A fun, surprise-filled workout that boosts energy, coordination, and laughter while keeping everyone active and engaged!	Dee Why Respite Home
Friday 16 May	3pm – 8pm	Fundraise for a cause	Build your leadership skills and a sense of empowerment, knowing your efforts are supporting something important.	Dee Why Respite Home
Saturday 17 May	10am – 4pm	Manly ferry to Circular Quay trip	All aboard for a scenic Manly ferry adventure! Enjoy ocean breezes, stunning views, and a relaxing, social journey to Circular Quay and back.	Manly/Sydney CBD
Sunday 18 May	10am – 4pm	Alchemy of a rainforest	Explore this lush oasis in the heart of the Royal Botanic Gardens in Sydney!	The Calyx, Royal Botanic Gardens



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Cerebral Palsy
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Activities Calendar Term 2, Week 4

Date	Time	Activity	Summary	Location
Monday 19 May	3pm – 8pm	Baking muffins	Mix, bake, and taste the fun! Enjoy a hands-on muffin-making experience, boosting creativity, confidence, and social connection — with a delicious treat at the end!	Dee Why Respite Home
Tuesday 20 May	3pm – 8pm	Music therapy activities	Sing, play, and groove! Music therapy boosts mood, expression, and relaxation, fostering creativity, social connection, and emotional well-being in a fun, supportive setting!	Dee Why Respite Home
Wednesday 21 May	3pm – 8pm	Movie and arcade games	Enjoy a movie and/or arcade games. Relax with a film, then have a blast with fun games, boosting excitement, socialisation and laughter!	Hoyts Warringah Mall
Thursday 22 May	3pm – 8pm	Mini Olympic Games	Go for gold in the Mini Olympic Games! Have fun competing in exciting challenges, building teamwork, confidence, and fitness in a playful, inclusive way!	Dee Why Respite Home
Friday 23 May	3pm – 8pm	Write for others	Build your leadership skills and a sense of empowerment, knowing your efforts are supporting something important.	Dee Why Respite Home
Saturday 24 May	10am – 4pm	Taronga Zoo Sydney	All aboard for a scenic Manly ferry adventure! Enjoy ocean breezes, stunning views, and a relaxing, social journey to Circular Quay and back.	Manly/Sydney CBD
Sunday 25 May	10am – 4pm	Picnic at Royal Botanic Gardens	Enjoy a delightful picnic at the Royal Botanic Gardens! Relax among beautiful flowers, spot wildlife, and soak up nature in a fun, accessible outdoor escape!	Royal Botanic Gardens



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Cerebral Palsy
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Activities Calendar Term 2, Week 5

Date	Time	Activity	Summary	Location
Monday 26 May	3pm – 8pm	Time management games	Play exciting time management games. Learn to manage tasks, follow routines, and stay on schedule, boosting independence, focus, and confidence while having fun!	Dee Why Respite Home
Tuesday 27 May	3pm – 8pm	Learning how to express emotions	Explore fun ways to express emotions through activity books in a creative and fun way!	Dee Why Respite Home
Wednesday 28 May	3pm – 8pm	Chatswood Chase	Visit North Shore's premier shopping centre featuring many shops and experiences.	Chatswood Chase
Thursday 29 May	3pm – 8pm	Parachute play	Join the fun with parachute play! Lift, wave, and bounce balls together, building teamwork, coordination, and laughter in this colorful, exciting group activity!	Dee Why Respite Home
Friday 30 May	3pm – 8pm	Welcome people from your local community	Participate in an afternoon tea when we invite friends and neighbours for a visit.	Dee Why Respite Home
Saturday 31 May	10am – 4pm	Cinema outing	Enjoy a fun cinema outing, immersing yourself in a great movie while relaxing, socialising, and experiencing the magic of the big screen!	Hoyts Warringah Mall
Sunday 1 June	10am – 4pm	Picnic and wildlife at Narrabeen Lake	Unwind by Narrabeen Lake, enjoy a picnic, and connect with nature while spotting local wildlife. A perfect outing for socialising, unwinding, and sensory enjoyment.	Narrabeen Lake



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Cerebral Palsy
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Activities Calendar Term 2, Week 6

Date	Time	Activity	Summary	Location
Monday 26 May	3pm – 8pm	Cooking a beef stir fry	Stir up some fun cooking teriyaki beef stir fry with noodles! Enjoy tasty flavours, creativity, and teamwork while making a delicious meal to share!	Dee Why Respite Home
Tuesday 27 May	3pm – 8pm	Role-playing games	Unleash your creativity with fun role-playing and dress-up games! Express yourself, build confidence, and enjoy imaginative adventures in a playful, social setting!	Dee Why Respite Home
Wednesday 28 May	3pm – 8pm	Manly Corso visit	Stroll along Manly Corso! Feel the ocean breezes, street entertainment, and lively shops while soaking up the vibrant atmosphere in a fun, accessible adventure!	Manly Corso
Thursday 29 May	3pm – 8pm	Indoor obstacle course	Navigate the indoor obstacle course! Climb, crawl, and jump your way through fun challenges, boosting strength, coordination, and confidence in a playful, exciting adventure.	Dee Why Respite Home
Friday 30 May	3pm – 8pm	Create and donate	Get creative and make something special to donate! Crafting for a cause spreads kindness, boosts confidence, and helps brighten someone's day.	Dee Why Respite Home
Saturday 31 May	10am – 4pm	Picnic at Garigal National Park	Enjoy a picnic at Garigal National Park! Explore nature, relax with friends, and soak up the beauty while creating lasting memories in a peaceful setting.	Davidson Park
Sunday 1 June	10am – 4pm	Explore Centennial Park	Connect with nature while having fun in this unique place.	Centennial Park



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Activities Calendar Term 2, Week 7

Date	Time	Activity	Summary	Location
Monday 9 June	3pm – 8pm	Packing a bag games	Learn how to pack a bag with fun, interactive games! Practice organising essentials, making choices, and boosting independence while enjoying the challenge of packing for different adventures!	Dee Why Respite Home
Tuesday 10 June	3pm – 8pm	“What’s that sound?” games	Explore sounds and voices in fun games! Experiment with different noises, tones, and rhythms, boosting creativity, self-expression, and confidence in a playful, sensory-rich environment!	Dee Why Respite Home
Wednesday 11 June	3pm – 8pm	Afternoon tea at Clontarf Beach	Relax and explore Clontarf! Enjoy calm waters, shady picnic spots, and stunning harbour views while soaking up the fresh air in a fun, accessible outing!	Clontarf Beach
Thursday 12 June	3pm – 8pm	Dance and movement games	Shake, shimmy, and groove in dance and movement games! Boost coordination, creativity, and confidence while having a blast moving to the beat!	Dee Why Respite Home
Friday 13 June	3pm – 8pm	Discussion group	Share ideas, inspire each other, and feel empowered to create positive change in your community.	Dee Why Respite Home
Saturday 14 June	10am – 4pm	Ice cream at Manly market	Explore vibrant stalls, enjoy fresh finds and connect with the community, all while tasting an ice cream and having fun.	Manly
Sunday 15 June	10am – 4pm	Relax at The Basin	Soak up the sun, listen to the waves, and relax in a peaceful setting, boosting calmness, happiness, and connection with nature.	The Basin, Mona Vale



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Activities Calendar Term 2, Week 8

Date	Time	Activity	Summary	Location
Monday 16 June	3pm – 8pm	Making French pancakes	Have fun making French pancakes, enhancing creativity, teamwork, and confidence while enjoying delicious, freshly made treats.	Dee Why Respite Home
Tuesday 17 June	3pm – 8pm	Interactive storybooks	Dive into interactive storybooks! Choose your adventure, express feelings, and engage with characters, boosting imagination, communication skills and confidence in a fun, interactive way!	Dee Why Respite Home
Wednesday 18 June	3pm – 8pm	Ice cream at Dee Why beach and pool	Scoop up some fun at Dee Why beach! Enjoy delicious ice cream, ocean views, and the refreshing sea breeze in a sweet and relaxing adventure!	Dee Why beach and pool
Thursday 19 June	3pm – 8pm	Ball games	Catch, roll, and throw in fun ball games! Improve coordination, teamwork, and motor skills while having a blast in this active, exciting challenge!	Dee Why Respite Home
Friday 20 June	3pm – 8pm	My community project	Design and start working on your community project!	Dee Why Respite Home
Saturday 21 June	10am – 4pm	Picnic at Bobbin Head	Enjoy a picnic or a spot of fishing for a great day trip in the magnificent Ku-ring-gai National Park.	Bobbin Head picnic ground
Sunday 22 June	10am – 4pm	Sydney tour	Decide where you want to go in Sydney and bring everyone along for the day!	Sydney



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Activities Calendar Term 2, Week 9

Date	Time	Activity	Summary	Location
Monday 23 June	3pm – 8pm	Encouraging good hygiene games	Play fun hygiene games! Learn handwashing, brushing teeth, and cleaning up, building healthy habits, independence, and confidence while having a blast with every clean victory!	Dee Why Respite Home
Tuesday 24 June	3pm – 8pm	Playdough sculpture art	Get creative with playdough sculpture art! Mould, shape, and build unique creations, boosting imagination, fine motor skills, and self-expression in a fun, hands-on activity!	Dee Why Respite Home
Wednesday 25 June	3pm – 8pm	Wildlife spotting at Manly Dam	Explore Manly Dam and spot amazing wildlife! Watch birds and more while enjoying nature, fresh air, and a fun outdoor adventure!	Manly Dam
Thursday 26 June	3pm – 8pm	Yoga class	Stretch, breathe, and relax in a fun yoga class! Improve flexibility, balance, and mindfulness.	Dee Why Respite Home
Friday 27 June	3pm – 8pm	Prepare social parents/friends night	Plan next week's special night where parents and friends are invited to have fun together.	Dee Why Respite Home
Saturday 28 June	10am – 4pm	Cookies at Manly Market	Explore vibrant stalls, enjoy fresh finds, and connect with the community, all while tasting a freshly baked cookie.	Manly
Sunday 29 June	10am – 4pm	Organic Food Market at Mona Vale	Explore vibrant stalls, fresh products and enjoy fresh finds, and connect with the community,	Mona Vale



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Activities Calendar Term 2, Week 10

Date	Time	Activity	Summary	Location
Monday 30 June	3pm – 8pm	Cooking butter chicken	Learn the art of making butter chicken with rice and veggies in this skill-building cooking class, where you'll learn the steps to create this delicious meal.	Dee Why Respite Home
Tuesday 1 July	3pm – 8pm	End of term disco	Dance, groove, and celebrate at the disco! End the term with fun music, movement, and laughter, boosting confidence, social skills, and joy for all!	Dee Why Respite Home
Wednesday 2 July	3pm – 8pm	Shopping at Warriewood Square	Shop 'til you drop at Warriewood Square! Explore stores, grab a treat, and enjoy a fun, accessible shopping adventure with friends!	Warriewood Square
Thursday 3 July	3pm – 8pm	Seat travel game	Hop on a seat and enjoy the travel game! Boost coordination, imagination, and focus while exploring fun, pretend journeys in a safe, seated adventure!	Dee Why Respite Home
Friday 4 July	3pm – 8pm	Fun night	Host a special night with parents and friends to celebrate the end of the term!	Dee Why Respite Home
Saturday 5 July	10am – 4pm	Picnic and wildlife at Church Point	Unwind by Church Point, enjoy a picnic, and connect with nature while spotting local wildlife.	Church Point, Bayview
Sunday 6 July	10am – 4pm	Long Reef Golf Course	Walk along one of the finest golf course and enjoy the scenery of the Northern Beaches.	Long Reef Golf Course



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