



Costello Programs

June 19th to August 31st 2023



Book Online Here




To Register Email: programs@costelloconsultancy.com.au or Ph: 4789 2825

All costs are included in your NDIS plan unless otherwise stated.

Please book your spaces at least a week before (this is not a drop-in service), so that we can cater for numbers. If sufficient numbers are not met, we may have to cancel at late notice (if we cancel, you will not be charged). If you cancel, without 24hrs notice, without a valid reason, you may still be charged for the session. For all enquiries, please call or text on 0431 976 408 or phone (02) 4789 2825

JUNE		
Monday 19th June 1pm – 3pm	SOCIAL CLUB Gentle Exercise with Denver Exercise for all abilities and ages	
Tuesday 20th June 1pm-3pm	WOMENS CREATE & CONNECT Gardening Take home your own potted plant.	
Wednesday 21st June 10am – 12pm 1pm – 3pm	ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen.	
Thursday 22nd June 1pm-3pm	LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)	
Monday 26th June 1pm – 3pm	SOCIAL CLUB BBQ at Glenbrook Park Meet at the Information Centre If bad weather, we will hold it at the Costello Office	
Tuesday 27th June 1pm – 3pm	WOMENS CREATE AND CONNECT Afternoon Tea and Gentle Dance Therapy All Inclusive Fun	

<p>Wednesday 28th June</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen</p>	
<p>Thursday 29th June 1pm – 3pm</p>	<p>LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)</p>	
<p>JULY</p>		
<p>Monday 3rd July 1pm – 3pm</p>	<p>SOCIAL CLUB Gentle Exercise with Denver Exercise for all abilities and ages</p>	
<p>Tuesday 4th July 1pm – 3pm</p>	<p>WOMENS CREATE & CONNECT Non-Alcoholic Paint and Sip. Guided Painting Class and Mocktails with Art Therapist Alice</p>	
<p>Wednesday 5th July 10am – 12pm 1pm – 3pm</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen</p>	
<p>Thursday 6th July 1pm -3pm</p>	<p>LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)</p>	
<p>Monday 10th July 1pm – 3pm</p>	<p>SOCIAL CLUB Lunch at Penrith Rowing Club Meet at the Club.</p>	
<p>Tuesday 11th July 1pm – 3pm</p>	<p>WOMENS CREATE & CONNECT Gentle Dance Therapy Class No experience necessary, gentle and inclusive dance class.</p>	
<p>Wednesday 12th July 10am – 12pm 1pm – 3pm</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and crafts, with Colleen</p>	

<p>Thursday 13th July 1pm – 3pm</p>	<p>LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)</p>	
<p>Monday 17th July 1pm – 3pm</p>	<p>SOCIAL CLUB Board Games Day At Costello Consultancy Office</p>	
<p>Tuesday 18th July 1pm – 3pm</p>	<p>WOMEN'S CREATE & CONNECT Scrapbooking & Craft Day Time to relax and create beautiful memories creatively. With Colleen</p>	
<p>Wednesday 19th July 10am – 12pm 1pm – 3pm</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen.</p>	
<p>Thursday 20th July 1pm – 3pm</p>	<p>LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)</p>	
<p>Monday 24th July 1pm – 3pm</p>	<p>SOCIAL CLUB Bingo and Card Games with Michael</p>	
<p>Tuesday 25th July 1pm – 3pm</p>	<p>WOMEN'S CREATE & CONNECT Self-Care Pamper Day</p>	
<p>Wednesday 26th July 10am – 12pm 1pm – 3pm</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen</p>	
<p>Thursday 27th July 1pm – 3pm</p>	<p>LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)</p>	

<p>Monday 31st July 1pm – 3pm</p>	<p>SOCIAL CLUB Gentle Exercise with Denver Exercise for all abilities and ages</p>	
<p>AUGUST</p>		
<p>Tuesday 1st August 1pm – 3pm</p>	<p>WOMEN'S CREATE & CONNECT Walk Talk and Cuppa Meet at the Costello Office</p>	
<p>Wednesday 2nd August</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen</p>	
<p>Thursday 3rd August 1pm – 3pm</p>	<p>LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)</p>	
<p>Monday 7th August 1pm – 3pm</p>	<p>SOCIAL CLUB Afternoon Tea and Lewers Gallery visit. Meet at the Gallery</p>	
<p>Tuesday 8th August 1pm – 3pm</p>	<p>WOMEN'S CREATE & CONNECT Mama Mia and Popcorn at Costello Office</p>	
<p>Wednesday 9th August</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen</p>	
<p>Thursday 10th August 1pm – 3pm</p>	<p>LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)</p>	
<p>Monday 14th August 1pm – 3pm</p>	<p>SOCIAL CLUB Penrith Museum of Fire Meet at Museum</p>	

<p>Tuesday 15th August 1pm – 3pm</p>	<p>WOMEN'S CREATE & CONNECT Gentle Dance Therapy Class No experience necessary, gentle, and inclusive dance class.</p>	
<p>Wednesday 16th August</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen</p>	
<p>Thursday 17th August 1pm – 3pm</p>	<p>LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)</p>	
<p>Monday 21st August 1pm – 3pm</p>	<p>SOCIAL CLUB Gentle Exercise with Denver Exercise for all abilities and ages</p>	
<p>Tuesday 22nd August 1pm – 3pm</p>	<p>WOMEN'S CREATE & CONNECT Tye Dying with Colleen</p>	
<p>Wednesday 23rd August</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen</p>	
<p>Thursday 24th August 1pm – 3pm</p>	<p>LIFE SKILLS GROUP Cooking, Budgeting, Menu Planning and Self Care (Different Activities Each Week)</p>	
<p>Monday 28th August 1pm – 3pm</p>	<p>SOCIAL CLUB MOCKTAIL PARTY Making Mocktails and Canape's</p>	
<p>Tuesday 29th August 1pm – 3pm</p>	<p>WOMEN'S CREATE & CONNECT Harry Hartog Penrith Bookshop and Café (Meet at the Venue)</p>	
<p>Wednesday 30th August</p>	<p>ART AND CRAFT GROUP Explore and enjoy arts and craft with Colleen</p>	

Thursday 31st August

1pm – 3pm

LIFE SKILLS GROUP

Cooking, Budgeting, Menu
Planning and Self Care
(Different Activities Each Week)

