



# Life Skill Programs



OUR LIFESKILLS PROGRAMS RUN WEEKLY, PROVIDING ACTIVE SUPPORT, AN ENGAGING AND INTERACTIVE LEARNING ENVIRONMENT AS WELL AS A WHOLE LOT OF FUN

THESE PROGRAMS WILL EMPOWER GUESTS TO EMBRACE THEIR INDEPENDENCE AND CONFIDENCE, DEVELOPING MEANINGFUL, LASTING FRIENDSHIPS IN THE PROCESS.

# Cooking & Nutrition

**Led by a qualified nutritionist, guests plan, shop and cook easy, healthy meals together each week.**

Led by a qualified nutritionist, our Cooking & Nutrition program helps guests build confidence in the kitchen while learning the foundations of healthy eating. Each week, guests work together to plan meals, create shopping lists, explore local supermarkets, and prepare simple, nutritious recipes in a supportive and social environment.

Guests gain practical life skills such as meal planning, budgeting, food safety, and understanding nutrition labels, while also developing greater independence and confidence around food choices. The program encourages teamwork, conversation, and the enjoyment of sharing meals together, making healthy living both accessible and enjoyable



# Stellar Studios

**Move your body, learn structured routines, and perform in a creative dance space designed for expression and fitness.**

Stellar Studios is a vibrant and creative movement program where guests can explore dance, fitness, and self-expression in a welcoming and inclusive environment. Guided by experienced instructors, guests learn structured dance routines, improve coordination and fitness, and develop confidence through movement.

Whether you're a complete beginner or have previous dance experience, Stellar Studios focuses on participation, creativity, and having fun. Sessions may include contemporary, hip-hop, fitness dance, performance preparation, and group choreography, providing opportunities to build skills, stay active, and connect with others who share a passion for movement.



# Stellar Sisters and Brothers

**Move your body, learn structured routines, and perform in a creative dance space designed for expression and fitness.**

Stellar Sisters & Brothers combines fitness, friendship, and social connection in a fun and supportive environment. Guests meet each week at a mainstream gym to build confidence, improve their fitness, and work towards personal health goals while learning safe and effective exercise routines.

After training, participants enjoy a shared meal and cool down together, creating opportunities to connect with peers, build friendships, and discuss topics such as health, wellbeing, relationships, work, and everyday life.

This program promotes physical health, confidence, community participation, and meaningful social connections, helping guests lead active, healthy, and socially connected lives.



# Drama & Acting

**Build confidence, express yourself, and make friends through engaging acting classes for all levels.**

Drama & Acting is a fun and energetic program where guests can let loose, get creative, and build confidence through performance. Guests take part in games, improvisation, storytelling, character work, and group scenes while exploring different roles in a relaxed and supportive space.

No experience is needed, only a willingness to have a go, be creative, and enjoy the moment. Sessions are designed to be engaging and playful and help participants step out of their comfort zone while building communication skills and self-esteem. Guests also make new connections, share plenty of laughs, and develop friendships with others who enjoy creativity and performance.



# Boys & Girls Social Group

**Each week the groups split up and choose an activity together. It's all about fun, friendship, and trying something new together.**

Our Friday Social Groups provide a fun and flexible opportunity for guests to connect with friends, explore new interests, and enjoy community-based activities. Each week, the boys and girls groups come together to decide on an activity that interests them, encouraging choice, independence, and collaboration.

Activities may include dining out, bowling, movies, local events, games, mini golf, beach visits, community outings, or trying something completely new. The focus is on friendship, social connection, confidence-building, and creating enjoyable experiences in a relaxed and supportive environment.



# Wellness Club

**Stellar's Wellness Club offers a welcoming space to make friends, embrace new opportunities, stay active, and support your wellbeing.**

The Wellness Club is a welcoming social and wellbeing program designed to support participants in leading balanced, active, and fulfilling lives. Through a combination of social activities, health-focused experiences, fitness opportunities, and community engagement, members are encouraged to prioritise both their physical and mental wellbeing.

The club provides a supportive environment where participants can make new friends, explore new interests, build confidence, and develop healthy lifestyle habits. Activities may include fitness sessions, wellbeing workshops, community outings, mindfulness activities, guest speakers, and social events, all focused on promoting overall wellness and positive life experiences.



# Sunday Swim Club

**Jump in the pool to improve your technique and fitness, then catch up with mates over coffee or brunch.**

The Sunday Swim Club combines fitness, skill development, and social connection in a fun and relaxed setting. Participants enjoy guided swimming sessions designed to improve technique, build water confidence, increase fitness, and encourage healthy physical activity.

Following the swim, the group heads out for coffee, breakfast, or brunch, creating opportunities to socialise, build friendships, and celebrate personal achievements. Whether participants are looking to improve their swimming ability, stay active, or simply enjoy time with friends, Sunday Swim Club offers a supportive and enjoyable way to start the day.



# Photography

**Develop your photography skills choosing a new location each week, enjoy different mornings in the sunshine and make new friends who share your passion for photography.**

Photography is a creative and social program that encourages participants to explore the world through a new lens.

Each week, the group visits a different location, providing opportunities to capture unique landscapes, architecture, street scenes, nature, and everyday moments while learning new photography techniques.



# Main Stream Sport

Stellar has teams that compete in mainstream sporting competitions to support guests to be active members of the wider community. These teams provide opportunities to take part in organised competitions alongside local clubs and community groups.

Guests are supported to build confidence, teamwork, and game understanding while participating in real competitive environments. The focus is on participation, enjoyment, and personal growth through sport.

Being part of these teams helps guests connect with the community, form friendships, and experience a strong sense of belonging while representing Stellar in mainstream competitions.

## Oztag



## Netball



## Soccer

