

Focus Support Services Pty Ltd

CAR DETAILING

At 82 Schotters Road, Mernda

Monday 11th November

Have your car detailed, inside and out!

Only \$25 for a car
Only \$35 for an SUV

No need to book – just drive on up!



GET TO KNOW OUR STAFF

Name: Charmaine

Hobbies: Cooking and spending quality time with my family

Nationality: Maltese

Family: Husband Leonard and kids Dylan and Emily

Pets: A cat named Beginga

I could become famous for: Opening a café where I would prepare all the meals myself

Childhood pastime: Skipping Rope and Playing Cards

Favourite Movie: The Greatest Showman

Strangest food I've eaten: Snails

Favourite dessert: Lemon Meringue Tart

Favourite holiday destination: Malta

I will always dance to: YMCA – Village People

I relax by: Watching drama TV series – Outlander is my favourite right now!



UPCOMING EVENTS

04/11	Melbourne International Dumpling Festival
05/11	Melbourne Cup Day
08/11 – 05/01	Myer Christmas Windows
15/11 – 17/11	Bacchus Marsh Strawberries and Cherries Festival Weekend
17/11	Lygon Street Italian Festa
20/11	Queen Victoria Night Market
20/11	Melbourne Cat Lovers Show
29/11 – 01/12	Everything Cake Bake and Sweets
30/11	Frankston's Christmas Festival of Lights
08/12	The Wiggles Concert
12/12	Christmas Lights at Night
20/12	FSS Christmas Party
25/12	Christmas Day
26/12	Boxing Day

QUALITY SURVEYS

A **massive** thank you to everyone who provided us with feedback on our annual **Quality Assurance Standards Survey**.

Out of all the surveys sent out we received almost 30% back!

We are so happy with the feedback. It is great to see that we are mostly on the right track!



Q & A

*What services does Focus Support
Services provide?*

**Assistance
with Daily
Living**



**Social and
Community
Participation**



**Recreational
Activities**



Life Skills

**Travel
Training**



**Supported
Camps or
Holidays**

**Support
Coordination**

**Plan
Management**



**Supported
Employment**

**House and Yard
Maintenance**



FOCUS ON COOKING



Tropical Summer Fruit Smoothie

- 1 ½ cups of fresh mango chunks
- 1 cup of fresh strawberries
- 1 cup of fresh pineapple chunks
 - The juice of 3 oranges
 - 1 cup of vanilla yoghurt

- 1 – Wash the strawberries.
- 2 - Cut the mangoes, strawberries and pineapples into chunks.
- 3 – Juice the oranges and pour the juice into the blender.
- 4 – Add the fruit and yoghurt into the blender and blend until fully pureed.
- 5 – Pour into a glass and enjoy!

*This recipe should serve 4 people. If you have any remaining smoothie mix, pour it into an icy pole mould to enjoy in the heat!
These icy pole moulds are only \$2 from Target.*

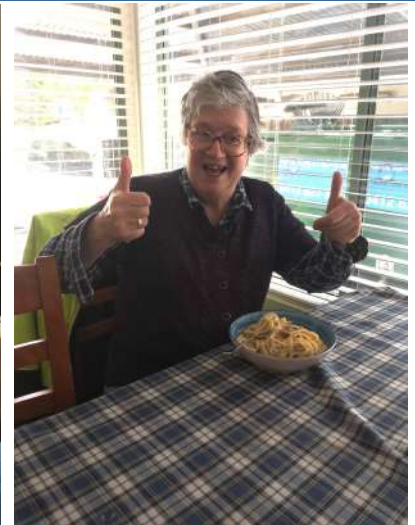


WHAT HAVE WE BEEN UP TO?

Each Saturday we run a cooking program at our Daily Living Centre. Our participants have been learning different cooking skills to whip up some dishes that can be replicated at home.

Amanda and George enjoying their Fettucine Carbonara.

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Our AFL Grand Final Party was a hit! Good food and good company is what it was all about. Yes, of course, we also enjoyed watching the game too!

Our AFL group are just about ready to make their lunch.

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We worked as a team to carve our first Halloween pumpkin!

- 1) Peter and George helping each other to carve the pumpkin's eyes.
- 2) Peter feeling so proud of the end result.

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Our group of TAFE students learnt all about how to ask the question: R U OK?

Michelle, Shaun, Caterina, Lee and Patricia all dressed up for a photo .

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UPCOMING EVENTS

All bookings to be made through the new Booking Page on our website.

One Night in Turkey Dinner and Show

9th November



Strawberries and Cherries Weekend

16th November



Lygon Street Italian Festa

17th November



Myer Christmas Windows

23rd November



Frankston's Christmas Festival of Lights

30th November



The Wiggles Concert

8th December

PRE-BOOK
NOW



Christmas Lights at Night

12th December



Christmas Party at Schotters

20th December



NEPEAN COUNTRY CLUB

Spend Summer in Rye!

\$165 for 3 nights at the Nepean Country Club located just minutes from Rye!

(This price is for accommodation only)

Limited places available – First in best dressed!



Girls Getaway
11th to 14th
January, 2020

Only 2 places remaining



Guys Getaway
15th to 18th
January, 2020

Load of things to do on the resort:

Kayaking
Tennis / Squash
Day Spa
Swimming Pools
Table Tennis
Spa / Sauna
Exercise Room
Billiards
Air Hockey
Beach Volleyball.... the list goes on

Load of things to do nearby:

Strawberry Farm
Festival
Beach
Ferry
Hot Springs
Trail Walks and Lookouts
Markets
Fishing.... the list goes on



WEEKNIGHTS

Wednesday 6th November, 2019	Bowling and Dinner – EVERY WEDNESDAY NIGHT! 4pm onwards. Bring socks and money.	
Tuesday 12th November, 2019	Movies and Dinner 4pm onwards Extra cost: Approx. \$20 + Cost of dinner	
Wednesday 13th November, 2019	Bowling and Dinner – EVERY WEDNESDAY NIGHT! 4pm onwards. Bring socks and money.	
Friday 15th November, 2019	St Kilda Beach Night and Dinner Walk along the sand and get your feet wet. We might even get to see the little penguins waddle to their nests. 4pm onwards Extra cost: Cost of Dinner	
Tuesday 19th November, 2019	Go Karting and Dinner 4pm onwards Extra cost: Approx. \$30 + Cost of dinner Bring: If you have previously attended bring, your Go Kart Licence, otherwise it will cost an extra \$10	
Wednesday 20th November, 2019	Bowling and Dinner – EVERY WEDNESDAY NIGHT! 4pm onwards. Bring socks and money.	
Friday 22nd November, 2019	Cook and chill out night at Schotters! First let's plan and cook a meal together. Then put your feet up and chill out whichever way you like best. We can play board games, listen to music or just have a few laughs. 4pm onwards Extra cost: No cost!	
Wednesday 27th November, 2019	Bowling and Dinner – EVERY WEDNESDAY NIGHT! 4pm onwards. Bring socks and money.	
<p>Please bring the following items to every activity: MYKI Card or Access Travel Pass, Concession Card, Companion Card, water bottle, money for entry/ticket costs, money for lunch or dinner – otherwise BYO lunch or dinner.</p>		

WEEKEND SESSIONS

Saturday 9th November, 2019	Cooking at Schotters 9am to 4pm Extra cost: It's on us! 	One Night in Turkey – Dinner and Show 5pm onwards Extra cost: \$30.00  
Sunday 10th November, 2019	Mini Golf 9am onwards Extra cost: \$14 for 18 holes 	Melbourne Victory V Wellington Phoenix 2pm onwards Extra cost: Ticket prices vary 
Saturday 16th November, 2019	Cooking at Schotters 9am to 4pm Extra cost: It's on us! 	Bacchus Marsh – Strawberries and Cherries Festival Weekend 9am onwards Extra cost: Free event! 
Sunday 17th November, 2019	Lygon Street – Italian Festa 9am onwards Extra cost: Free event! Bring money for lunch and/or purchases 	Latitude Trampoline Park 9am to 4pm Extra cost: \$33 for 2 hours 
Saturday 23rd November, 2019	Cooking at Schotters 9am to 4pm Extra cost: It's on us! 	Myer Christmas Windows (Includes travel training) 9am onwards Extra cost: Free event! 
Sunday 24th November, 2019	Luna Park + Dinner in St Kilda 12pm onwards Extra cost: \$49.95 for unlimited rides or \$10.95 per ride + Cost of dinner. 	Cinemas + Lunch 9am onwards Extra cost: Approx. \$20 + Cost of lunch. 
Saturday 30th November, 2019	Cooking at Schotters 9am to 4pm Extra cost: It's on us! 	Frankston's Christmas Festival of Lights 3pm onwards Extra cost: Free event! 
Christmas Shopping at Chadstone Head to Chadstone, the biggest shopping centre in Australia and get your Christmas shop done nice and early. 9am onwards Extra cost: Cost of purchases 		
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