

MARCH 2023

JDay-OKH Schedule*



Our
KitchenHand

SKILL	Activity	Cost
PASTRY MAKING	Purim Craft	\$15
Spinach and Fetta pikeletes	GREEN FOODS	
BAKING CRACKERS TO MAKE A MEAL	Cartoon Drawing	\$15
Market Preparation week	Spaghetti Bolognese	

Activity and cooking program for people with a disability in a social environment

*May be subject to changes

If you would like more information contact

Nicki T 02 8302 0203 E n.taitz@jewishcare.com.au
or Allvson T 02 9302 8058 E a.lore@jewishcare.com.au



MARCH 2023

JDay Schedule*

PURIM!

Dress up in your Favourite Fancy Outfit

(Bring sports clothes to change into)

Monday
6th
March

Purim Craft

	Break	11am	Lunch	1.30pm	Cost
	Bring own morning tea	Zumba with Anna 11am	Bring own Lunch	Apple Bondi -Procreate Workshop	\$15



Monday
13th
March

	9am	Break	11.30am	Lunch	1.30pm	Cost
	Explore Museum of Contemporary Art	Bring own morning tea	Bella Plus Program at MCA	Bring own lunch or buy lunch	Explore Circular Quay	\$15

Monday
20th
March

Zumba with Luda

	9am	Break	11.30am	Lunch	1.30pm	Cost
	Zumba with Luda	Bring own morning tea	My Creation Station (Gena)	Bring own Lunch	Green Thumbs	\$15

Monday
27th
March

	9am	Break	11.30am	Lunch	1.30pm	Cost
	The Grounds of Alexandria -Disney Exhibition	Bring own morning tea	Gunyama Aquatic Centre	Buy lunch or bring own lunch	Gunyama Aquatic Centre	\$15

JDay – Fun activity program for people with a disability in a social environment

*May be subject to changes

If you would like more information contact Nicki

T 02 8302 0203 E n.taitz@jewishcare.com.au

Sweet vs Savoury

MARCH 2023

OKH Schedule*

Our
KitchenHand

		Activity and Cooking		SKILL	Cost
Wed 1st / Thurs 2nd March	Healthy slices	Vegetable slice	Weetbix slice for market	Healthy Slices Measuring quantities	\$15
Wed 8th / Thurs 9th March	Purim	Savory Hamantashen like pizza	Sweet Hamantashen	Making pastry Measuring with weight	\$15
Wed 15th / Thurs 16th March	Saint Patricks week	Spinach lasagne	Shamrock pancake with rainbow sauce	Green Foods Measuring liquids	\$15
Wed 22nd / Thurs 23rd March	Pasta cooking and market baking	Vegetarian spaghetti bolognase	Lochen pudding	Pasta 2 ways Balancing flavours	\$15
Wed 29th / Thurs 30th March	Bondi Junction Market Day	Bean Nachos	Fruit salad Nachos	Variations with nachos Balancing the books!	\$15

Fun cooking program for people with a disability in a social environment

*May be subject to changes

If you would like more information contact

Allyson T 0401 814 017 E a.lore@jewishcare.com.au
or Jackie T 0401 324 538 E j.elias@jewishcare.com.au