

MARCH 2023

JDay-OKH Schedule*



Our KitchenHand

			SKILL	Activity	Cost
Tuesday 7th March	Purim	Sweet and Savory Hamantashen	PASTRY MAKING	Purim Craft	\$15



			SKILL	Activity	Cost
Tuesday 14th March	Saint Patricks week	Spinach and Fetta pikeletes	GREEN FOODS	Flower Bouquet making	\$15

			SKILL	Activity	Cost
Tuesday 21st March	Ways of making crackers	Sweet and savory Nachos	BAKING CRACKERS TO MAKE A MEAL	Cartoon Drawing	\$15



			SKILL	Activity	Cost
Tuesday 28th March	Market Preparation week	Spaghetti Bolognaise	MARKET BAKING AND PACKAGING	Art with Lani	\$15

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

PURIM!

Dress up in your Favourite Fancy Outfit
(Bring sports clothes to change into)

Monday
6th
March

Purim Craft

Break

Bring own morning tea

11am

Zumba with Anna 11am

Lunch

Bring own Lunch

1.30pm

Apple Bondi -Procreate Workshop

Cost

\$15



Monday
13th
March

9am
Explore Museum of Contemporary Art

Break
Bring own morning tea

11.30am
Bella Plus Program at MCA

Lunch
Bring own lunch or buy lunch

1.30pm
Explore Circular Quay

Cost

\$15



Monday
20th
March

9am
Zumba with Luda

Break
Bring own morning tea

11.30am
My Creation Station (Gena)

Lunch
Bring own Lunch

1.30pm
Green Thumbs

Cost
\$15



Monday
27th
March

9am
The Grounds of Alexandria -Disney Exhibition

Break
Bring own morning tea

11.30am
Gunyama Aquatic Centre

Lunch
Buy lunch or bring own lunch

1.30pm
Gunyama Aquatic Centre

Cost
\$15



Sweet vs Savoury

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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



	Activity and Cooking			SKILL	Cost
Wed 8th / Thurs 9th March	Purim	Savory Hamantashen like pizza	Sweet Hamantashen	Making pastry Measuring with weight	\$15

	Activity and Cooking			SKILL	Cost
Wed 15th / Thurs 16th March	Saint Patricks week	Spinach lasagne	Shamrock pancake with rainbow sauce	Green Foods Measuring liquids	\$15



	Activity and Cooking			SKILL	Cost
Wed 22nd / Thurs 23rd March	Pasta cooking and market baking	Vegetarian spaghetti bolognese	Lochen pudding	Pasta 2 ways Balancing flavours	\$15

	Activity and Cooking			SKILL	Cost
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
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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