Mount Barker





A six-month program to encourage community engagement, relationship building and to build on experiences and learn new life skills.

Monday 1st July 2024 – Friday 20th December 2024

Connect More. Do More. Achieve More.

With a strong focus on fun, participation and adventure you will be provided with a wealth of active learning opportunities to develop life skills, further your education, increase your confidence and independence and prepare for future employment.

Program Overview

We aim to be a trusted partner for you, working with you to achieve your goals and help you live the life you wan to live.

Together, we will develop services that are personalised to you, that meet your individual needs, are flexible and suit your lifestyle.

Browse the activities over the next **six months**, then use the separate **BOOKING FORM** to indicate which activities you would like to be involved in.

Public Holidays

Programs will not run on Public Holidays.

Monday 7th October
 Labour Day



PROGRAM BOOKING FORM

ACTIVITIES OVER THE NEXT SIX MONTHS

Read off the plan for the next six months in this booklet, then when you get to the end, fill out this **BOOKING FORM** and return it to your Team Leader to book into your desired activities for the next block. Get in quick as space is limit in some programs.

NAME	DATE

	Morning	Afternoon	All Day
MONDAY			
Weekly	Venue Activities	Gym	Swimming
	54 Friends	Venue Activities	Green Team
	Pub and Bowling		
TUESDAY			
Weekly	Cooking	Hip Hop	N/A
	Walking Football	Venue Activities	
	Venue Activities	Bowling	
WEDNESDAY			
Weekly	Venue Activities	Music with Robby	Transport Training
	Gym	Venue Activities	
	Bowling and Lunch		
THURSDAY			_
Weekly	Literacy and Numeracy	Music with Robby	Swimming
	Community Clean Up	Venue Activities	
	Venue Activities	Duck Flat Community Garden	
	Mount Barker Rec Centre		
FRIDAY	_		_
Weekly	Dance and Cheer	Bowling Pub Lunch	Newenham
			Green Team
	Venue Activities	Venue Activities	
	Lawn Bowls		

NOTES/DATES

YOUR KEY DATES OVER THE NEXT SIX MONTHS

Date	Information

- +Booking form must be completed and submitted by no later than Friday 10th November 2023.
- +Priority will go to those that have submitted their form first.
- +Due to high demand some programs will fill up quickly.
- +Some programs will need to have the minimum group capacity for it to be able to run.
- +Items are subject to change. If changes are made you will be notified at our earliest convenience.

MONDAY

Venue Activities

Morning Program

A range of activities to choose from while based at the Venue, including:

- Market Prep
- Computers
- Art
- Pool/Card Games and more

54 Friends

Morning Program

\$3 for Lunch

Establish friendships with community members at a local church to have a chat, play games and music and have lunch.

Pub and Bowling

Morning Program

Cost: \$7.00 to be paid on the day.

School holiday surcharge \$7.50

Challenge your peers to a game of ten pin bowling and enjoy lunch out at the Astor in Adelaide.





MONDAY

Gym

Afternoon Program

Venue Based Activities

Afternoon Program

Cost: \$9.00 invoiced Minimum of 3 clients

Work on your fitness at the Mount Barker Recreational Centre

A range of activities to choose from while based at the Venue, including:

- Market Prep
- Computers
- Art
- Pool/Card Games and more

Swimming

All Day Program

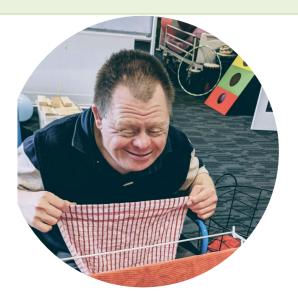
Green Team

All Day Program

Cost \$8.00 on the day

Assist with garden care out in the community





TUESDAY

Cooking Morning Program	Working as a group, chose a meal for lunch. Shop for ingredients at Woolworths and then prepare and cook. You will need: \$10 cash each session
Walking Football Morning Program	Cost: \$5.00 invoiced Minimum of 6 clients Join others in the community to play this slow-paced soccer game designed for all abilities. You will need: appropriate sports shoes or sneakers.
Venue Activities Morning and Afternoon Program	A range of activities to choose from while based at the Venue, including: • Market Prep • Computers • Art • Pool/Card Games and more
Hip Hop	Facilitated dance program.
Bowling Afternoon Program	Cost: \$7.00 to be paid on the day. School holiday surcharge \$7.50 Challenge your peers to a game of ten pin bowling or refine your skills.

WEDNESDAY

Bowling and Lunch

Morning Program

Cost: \$7.00 to be paid on the day. School holiday surcharge \$7.50

- Challenge your peers to a game of ten pin bowling and enjoy lunch.
- You will need minimum \$25 for lunch.

Gym

Morning Program

Cost: \$9.00 Minimum of 3 clients

Work on your fitness at the Mount Barker **Recreational Centre**

Venue Activities

Morning Program

Have a choice of games, computers, woodwork, art, sewing, sensory or work on a personal project.

Music with Robby

Afternoon Program

Minimum 6 clients

Sing songs, play instruments, learn new dances and much more in this very interactive facilitator run program

Transport Training

All Day Program

Enjoy exploring Adelaide via public transport. Stay out for the day, have lunch out with your peers.

You Need: Metrocard, water, hat, sunscreen, money for lunch

Duck Flat Community Garden

Planting, pruning, garden maintenance and produce collecting

THURSDAY

Venue Based Activities Morning and Afternoon Programs	Including: Literacy and Numeracy Market Preparation Computer Walk Cycling and more
Mount Barker Recreation Centre Morning Program	Cost: \$9.00 to be invoiced Minimum of 6 clients Either workout at the gym or use the basketball courts for some practice.
Community Clean Up	In conjunction with Mount Barker Council. This program includes:
Swimming Morning Program	Cost \$8.00 on the day
Numeracy and Literacy Morning Program	Work on your literacy and numeracy skills with this facilitated program.
Music with Robby Afternoon Program	Minimum of 6 clients Sing songs, play instruments, learn new dances and much more in this very interactive facilitator run program

FRIDAY

Dance and Cheer Morning Program	Minimum of 6 clients Learn some of the latest dances while working on your fitness in this fun, high energy facilitator run program.
Lawn Bowls Morning Program	Play a few games of lawn bowls at the Mount Barker lawn bowl centre.
Venue Activities Morning Program and Afternoon	A range of activities to choose from while based at the Venue, including:
Newenham Green Team All Day Program	Assist with garden care out in the community
Gym Afternoon Program	Work out at the Mount Barker Recreation Centre
Bowling and Pub Lunch Afternoon Program	Cost: \$7.00 to be paid on the day. School holiday surcharge \$7.50 Challenge your peers to a game of ten pin bowling and enjoy lunch out at the Astor in Adelaide. You will need minimum \$25 for lunch.

Together we achieve

