

Mount Barker

COMMUNITY
LIVING
AUSTRALIA



18+
YEARS

SOCIAL RECREATIONAL & LEARNING PROGRAM

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 want 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	<input type="checkbox"/>	Venue Activities	<input type="checkbox"/>	Gym	<input type="checkbox"/>	Swimming
	<input type="checkbox"/>	54 Friends	<input type="checkbox"/>	Venue Activities	<input type="checkbox"/>	Green Team
	<input type="checkbox"/>	Pub and Bowling	<input type="checkbox"/>			
TUESDAY						
Weekly	<input type="checkbox"/>	Cooking	<input type="checkbox"/>	Hip Hop		N/A
	<input type="checkbox"/>	Walking Football	<input type="checkbox"/>	Venue Activities		
	<input type="checkbox"/>	Venue Activities	<input type="checkbox"/>	Bowling		
WEDNESDAY						
Weekly	<input type="checkbox"/>	Venue Activities	<input type="checkbox"/>	Music with Robby	<input type="checkbox"/>	Transport Training
	<input type="checkbox"/>	Gym	<input type="checkbox"/>	Venue Activities		
	<input type="checkbox"/>	Bowling and Lunch				
THURSDAY						
Weekly	<input type="checkbox"/>	Literacy and Numeracy	<input type="checkbox"/>	Music with Robby	<input type="checkbox"/>	Swimming
	<input type="checkbox"/>	Community Clean Up	<input type="checkbox"/>	Venue Activities		
	<input type="checkbox"/>	Venue Activities	<input type="checkbox"/>	Duck Flat Community Garden		
	<input type="checkbox"/>	Mount Barker Rec Centre				
FRIDAY						
Weekly	<input type="checkbox"/>	Dance and Cheer	<input type="checkbox"/>	Bowling Pub Lunch	<input type="checkbox"/>	Newenham Green Team
	<input type="checkbox"/>	Venue Activities	<input type="checkbox"/>	Venue Activities		
	<input type="checkbox"/>	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

Cost: \$9.00 invoiced
Minimum of 3 clients

Work on your fitness at the Mount Barker Recreational Centre

Venue Based Activities

Afternoon Program

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

Cost \$8.00 on the day

Green Team

All Day Program

Assist with garden care out in the community



TUESDAY

Cooking <i>Morning Program</i>	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 <i>Morning Program</i>	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: <ul style="list-style-type: none">• Market Prep• Computers• Art• Pool/Card Games and more
Hip Hop	Facilitated dance program.
Bowling <i>Afternoon Program</i>	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 <i>Morning Program</i>	Cost: \$7.00 to be paid on the day. School holiday surcharge \$7.50 <ul style="list-style-type: none"> ○ Challenge your peers to a game of ten pin bowling and enjoy lunch. ○ You will need minimum \$25 for lunch.
Gym <i>Morning Program</i>	Cost: \$9.00 Minimum of 3 clients Work on your fitness at the Mount Barker Recreational Centre
Venue Activities <i>Morning Program</i>	Have a choice of games, computers, woodwork, art, sewing, sensory or work on a personal project.
Music with Robby <i>Afternoon Program</i>	Minimum 6 clients Sing songs, play instruments, learn new dances and much more in this very interactive facilitator run program
Transport Training <i>All Day Program</i>	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 <i>Morning and Afternoon Programs</i>	Including: <ul style="list-style-type: none"> • Literacy and Numeracy • Market Preparation • Computer • Walk • Cycling and more
Mount Barker Recreation Centre <i>Morning Program</i>	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: <ul style="list-style-type: none"> • Cleaning up • Propagation • Tree Planting and more
Swimming <i>Morning Program</i>	Cost \$8.00 on the day
Numeracy and Literacy <i>Morning Program</i>	Work on your literacy and numeracy skills with this facilitated program.
Music with Robby <i>Afternoon Program</i>	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 <i>Morning Program</i>	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 <i>Morning Program</i>	Play a few games of lawn bowls at the Mount Barker lawn bowl centre.
Venue Activities <i>Morning Program and Afternoon</i>	A range of activities to choose from while based at the Venue, including: <ul style="list-style-type: none"> • Market Prep • Computers • Art • Pool/Card Games and more
Newenham Green Team <i>All Day Program</i>	Assist with garden care out in the community
Gym <i>Afternoon Program</i>	Work out at the Mount Barker Recreation Centre
Bowling and Pub Lunch <i>Afternoon Program</i>	Cost: \$7.00 to be paid on the day. School holiday surcharge \$7.50 <ul style="list-style-type: none"> ○ 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

