

# 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 6<sup>th</sup> January – Friday 4<sup>th</sup> July**

# 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.

## 12 Week 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 January 27<sup>th</sup> – Australia Day
- Monday March 10<sup>th</sup> - Adelaide Cup Day
- Friday April 18<sup>th</sup> - Good Friday
- Monday April 21<sup>st</sup> - Easter Monday
- Friday April 25<sup>th</sup> – Anzac Day
- Monday June 9<sup>th</sup> – King's Birthday



# 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.

### Booking Form

NAME.....

DATE.....

	Morning	Afternoon	All Day
<b>MONDAY</b>			
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"/>	
<b>TUESDAY</b>			
Weekly	<input type="checkbox"/> Cooking	<input type="checkbox"/> Bowling	N/A
	<input type="checkbox"/> Walking Football	<input type="checkbox"/> Venue Activities	
	<input type="checkbox"/> Venue Activities	<input type="checkbox"/> Drumming	
	<input type="checkbox"/> Manage Your Feelings		
<b>WEDNESDAY</b>			
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		
<b>THURSDAY</b>			
Weekly	<input type="checkbox"/> Literacy and Numeracy	<input type="checkbox"/> Music with Robby	
	<input type="checkbox"/> Community Clean Up	<input type="checkbox"/> Venue Activities	
	<input type="checkbox"/> Venue Activities	<input type="checkbox"/> Community Clean-Up	
	<input type="checkbox"/> Mount Barker Rec Centre		
	<input type="checkbox"/> Swimming		
<b>FRIDAY</b>			
Weekly	<input type="checkbox"/> Dance and Cheer	<input type="checkbox"/> Bowling Pub Lunch	
	<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

Please enter any dates you won't be attending or any addition information that we may need.

Date	Information

- +Booking form must be completed and submitted by no later than Friday 22<sup>th</sup> November 2024.
- +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:

- SALA Myriad – Create individual or group artwork for our annual art exhibition
- 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 on the day or use your gym membership card**

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:

- SALA Myriad – Create individual or group artwork for our annual art exhibition
- 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/lawn care out in the community



# TUESDAY

<p style="text-align: center;"><b>Cooking</b> <i>Morning Program</i></p>	<p>Working as a group, choose a meal for lunch. Shop for ingredients at Woolworths and then prepare and cook.</p> <p><b>You will need:</b> \$10 cash each session</p>
<p style="text-align: center;"><b>Walking Football</b> <i>Morning Program</i></p>	<p><b>Cost: \$5.00 on the day</b></p> <p>Join others in the community to play this slow-paced soccer game designed for all abilities.</p> <p>You will need: appropriate sports shoes or sneakers.</p>
<p style="text-align: center;"><b>Venue Activities</b> Morning and Afternoon Program</p>	<p>A range of activities to choose from while based at the Venue, including:</p> <ul style="list-style-type: none"> <li>• SALA Myriad – Create individual or group artwork for our annual art exhibition</li> <li>• Computers</li> <li>• Art</li> <li>• Pool/Card Games and more</li> </ul>
<p style="text-align: center;"><b>Drumming</b></p>	<p>Facilitated drumming program.</p>
<p style="text-align: center;"><b>Bowling</b> <i>Afternoon Program</i></p>	<p><b>Cost: \$7.00 to be paid on the day. School holiday surcharge \$7.50</b></p> <p>Challenge your peers to a game of ten pin bowling or refine your skills.</p>
<p style="text-align: center;"><b>Manage Your Feelings</b></p>	<p>Explore different ways to manage your feelings and understand your feelings</p>

# WEDNESDAY

<b>Bowling and Lunch</b> <i>Morning Program</i>	<b>Cost: \$7.00 to be paid on the day. School holiday surcharge \$7.50</b> <ul style="list-style-type: none"><li>○ Challenge your peers to a game of ten pin bowling and enjoy lunch.</li><li>○ You will need minimum \$25 for lunch.</li></ul>
<b>Gym</b> <i>Morning Program</i>	<b>Cost: \$9.00 on the day or use your gym membership</b>  Work on your fitness at the Mount Barker Recreational Centre
<b>Venue Activities</b> <i>Morning Program</i>	Have a choice of games, computers, woodwork, art, sewing, sensory or work on a personal project.
<b>Music with Robby</b> <i>Afternoon Program</i>	Sing songs, play instruments, learn new dances and much more in this very interactive facilitator run program
<b>Transport Training</b> <i>All Day Program</i>	Enjoy exploring Adelaide via public transport. Stay out for the day, have lunch out with your peers.  <b>You Need:</b> Metrocard, water, hat, sunscreen, money for lunch
<b>Duck Flat Community Garden</b>	Planting, pruning, garden maintenance and produce collecting.  You will need: Closed in shoes, hat, water



# THURSDAY

<b>Venue Based Activities</b> <i>Morning and Afternoon Programs</i>	Including: <ul style="list-style-type: none"><li>• Literacy and Numeracy</li><li>• Market Preparation</li><li>• Computer</li><li>• Walk</li><li>• Cycling and more</li></ul>
<b>Mount Barker Recreation Centre</b> <i>Morning Program</i>	<b>Cost: \$9.00 or use your gym membership</b> Either workout at the gym or use the basketball courts for some practice.
<b>Community Clean Up</b>	In conjunction with Mount Barker Council. This program includes: <ul style="list-style-type: none"><li>• Cleaning up</li><li>• Propagation</li><li>• Tree Planting and more</li></ul>
<b>Swimming</b> <i>Morning Program</i>	<b>Cost \$8.00 on the day</b>
<b>Numeracy and Literacy</b> <i>Morning Program</i>	Work on your literacy and numeracy skills with this facilitated program.
<b>Music with Robby</b> <i>Afternoon Program</i>	Sing songs, play instruments, learn new dances and much more in this very interactive facilitator run program

# FRIDAY

<p><b>Dance and Cheer</b> <i>Morning Program</i></p>	<p>Learn some of the latest dances while working on your fitness in this fun, high energy facilitator run program.</p>
<p><b>Lawn Bowls</b> <i>Morning Program</i></p>	<p>Play a few games of lawn bowls at the Mount Barker lawn bowl centre.</p>
<p><b>Venue Activities</b> <i>Morning Program and Afternoon</i></p>	<p>A range of activities to choose from while based at the Venue, including:</p> <ul style="list-style-type: none"><li>• Market Prep</li><li>• Computers</li><li>• Art</li><li>• Pool/Card Games and more</li></ul>
<p><b>Bowling and Pub Lunch</b> <i>Afternoon Program</i></p>	<p><b>Cost: \$7.00 to be paid on the day. School holiday surcharge \$7.50</b></p> <ul style="list-style-type: none"><li>○ Challenge your peers to a game of ten pin bowling and enjoy lunch out at the Astor in Adelaide. <b>You will need minimum \$25 for lunch.</b></li></ul>
<p><b>Gym</b> <i>Afternoon Program</i></p>	<p><b>Cost: \$9.00 or use your gym membership</b> Work out at the Mount Barker Recreation Centre</p>

Together we  
achieve

