

Connect More. Do More. Achieve More

COMMUNITY
LIVING
AUSTRALIA

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.



CONNECT

A 6-month program to encourage community engagement, relationship building and to build on experiences and learn new life skills.

30/06/2025 to 19/12/2025



ABOUT CONNECT

Connect runs for six months –providing participants with a range of programs which stem from three focus area: Independent Living Skills, Community Participation and Centre-based Activities.

Details of these programs are available in this booklet.

IMPORTANT

If you find you are unable to attend a program on a particular day, please let Meredith know at least two weeks in advance to avoid being charged.

If you are unable to attend the entirety of a program, please complete the form at the end of this booklet and give it to Meredith before the start of the six-week block for that program.



PROGRAM OVERVIEW

ACTIVITIES AND PROGRAMS WILL ROTATE THROUGH THE PROGRAM

All clients will rotate through programs and activities to aid in achieving their Individual NDIS goals.

Programs will be run under the following three headings.

Independent Living Skills

- Cooking – learn basic cooking skills with easy step-by-step instructions.
- Handicrafts – learn how to make items using yarn and material.
- Computer safety – how to safely interact with others online.
- Money/math skills – increase or learn skills to manage your finances, through budgeting & basic math.
- Commercial cooking – create Brain Boost Bars for local Primary schools – giving back to the Community by providing muesli bars to children that may not receive a healthy breakfast.
- Literacy – increase reading & writing skills, pen pal letters to other Community Living Australia clients from other regions.
- Communication – using different forms of Communication through sign language, AAC devices.

Centre Based Activities

- Art & Crafts – increase fine motor skills & creativity.
- Board games – fine motor skills & peer group activities
- Lego program – fine motor skills & creativity
- Sensory – sensory processing activities.
- Gardening program- plant & grow, then pick to take home vegetables/produce.
- Music – learn how to use / play various musical instruments.
- Dancing – increase co-ordination skills.
- Bingo and other fun games – group activity, concentration skills.

Community Activities

- Janitorial deliveries – filling & delivering janitorial supplies to accommodation sites.
- Recycling program – collecting recycling from local businesses as a way of giving back to the community.
- Community Connections – get out in the community to visit local art galleries, cafes, aged care homes, shopping.
- Community Walks – explore local walking trails for exercise, take in the scenery, explore nature.
- Ego Farm – visit the farm each week learning about farming activities.

	Morning	Afternoon	
MONDAY	AM	PM	All day
	Independent Living Skills	Community Activity	
	Centre Based	Independent Living Skills	
	Community Activity	Centre Based	
TUESDAY			
	Community Activity	Centre Based	Independent Living Skills
	Independent Living Skills	Community Activity	Community Activity
	Centre Based	Independent Living Skills	
WEDNESDAY			
	Centre Based	Independent Living Skills	Community Activity
	Community Activity	Centre Based	
	Independent Living Skills	Community Activity	
THURSDAY			
	Independent Living Skills	Community Activity	
	Centre Based	Independent Living Skills	
	Community Activity	Centre Based	
FRIDAY			
	Community Activity	Centre Based	
	Independent Living Skills	Community Activity	
	Centre Based	Independent Living Skills	

SPECIAL EVENTS

KEY DATES and Public Holidays (Centre Closed)

Date	Information
30 th Aug to 7 th September	Royal Adelaide Show
6 th October	Labour Day Public Holiday
20 th November	Adelaide Museum Day Trip
11 th December	Together for Christmas Concert – Murray Bridge Town Hall
17 th December	Connect Christmas Break Up

BOOKING FORM

Select which programs you would like to be involved in.

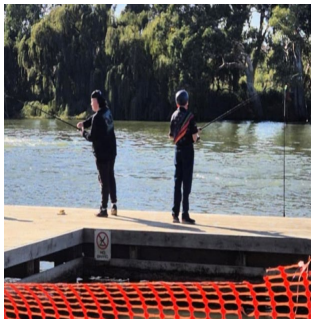
YOUR NAME			
Monday	MORNING <ul style="list-style-type: none"> <input type="checkbox"/> Sturt's Reserve Explorations <input type="checkbox"/> Market Makers <input type="checkbox"/> Janitorial Deliveries 	AFTERNOON <ul style="list-style-type: none"> <input type="checkbox"/> Sensory Art <input type="checkbox"/> Board Games <input type="checkbox"/> Drama 	ALL DAY <ul style="list-style-type: none"> <input type="checkbox"/>
Tuesday	MORNING <ul style="list-style-type: none"> <input type="checkbox"/> Neighbourhood Adventures <input type="checkbox"/> Handicrafts 	AFTERNOON <ul style="list-style-type: none"> <input type="checkbox"/> Music Fun <input type="checkbox"/> Sensory Art 	ALL DAY <ul style="list-style-type: none"> <input type="checkbox"/> Cooking <input type="checkbox"/> Recycling
Wednesday	MORNING <ul style="list-style-type: none"> <input type="checkbox"/> Games and Fitness <input type="checkbox"/> Sensory Sensations 	AFTERNOON <ul style="list-style-type: none"> <input type="checkbox"/> Lego Masters <input type="checkbox"/> Life Skills 	ALL DAY <ul style="list-style-type: none"> <input type="checkbox"/> Ego Farm
Thursday	MORNING <ul style="list-style-type: none"> <input type="checkbox"/> Nature Walks <input type="checkbox"/> Chair Fitness <input type="checkbox"/> Op Shopping 	AFTERNOON <ul style="list-style-type: none"> <input type="checkbox"/> Baking <input type="checkbox"/> Around the World <input type="checkbox"/> Puzzle Champions 	ALL DAY <ul style="list-style-type: none"> <input type="checkbox"/>
Friday	MORNING <ul style="list-style-type: none"> <input type="checkbox"/> Music Group <input type="checkbox"/> Café Connections <input type="checkbox"/> Outdoor Activities 	AFTERNOON <ul style="list-style-type: none"> <input type="checkbox"/> Relaxation & Games <input type="checkbox"/> Friday Fun <input type="checkbox"/> Weird Science 	ALL DAY <ul style="list-style-type: none"> <input type="checkbox"/>

Please Return Slip to the Murray Bridge Office

If there are any dates that you cannot attend, enter the dates and details below.

Dates I can't attend	Specific Details (if required)

ADDITIONAL COMMENTS



For more information:
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Together we achieve



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