

Riverland

COMMUNITY
LIVING
AUSTRALIA



18+
YEARS

ENGAGE

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

30th of June until December the 19th

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.

ABOUT ENGAGE

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

Every program will have a variety of different opportunities to expand your skillset and try new things. 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 your Team Leader know at least two weeks in advance to avoid being charged. Program supply costs are included in the total cost of the program.

PUBLIC HOLIDAYS AND KEY DATES

Labour Day

Monday 6th October

SPECIAL EVENTS

PROGRAM OVERVIEW

MONDAY

Woodworking/Gardening

9:00 to 3:00pm

Learn to upcycle pallet wood at Riverland Woodworkers to make trendy items for sale at the Renmark Riverfront Markets and seasonal projects. Work on our landscape and Market Garden project at the Woodworking Centre. Mosaic projects will be added.

TUESDAY

Bingo/Community Participation

9:00 to 3:00pm

Meet at the Berri Library, socialise, maybe go for a walk and have morning tea. Then travel to Monash for bingo and lunch then enjoy some exercise and recreational activities in the afternoon.

Please Bring: Packed lunch, money for bingo games and a drink.

WEDNESDAY

Independent Living Skills/Health and Nutrition

9:00 to 3:00pm

Choose a meal to cook for lunch as a group from different parts of the world.. Put together the shopping list and walk to the plaza to buy ingredients then prepare and enjoy your meal at the Chaffey Community Centre. In the afternoon, make a batch of Brain Boost Bars to donate to the Community Centre. Learn the traditional dance from the country of the week, choose the country for next week. Google the country color the flag and answer some questions about the country chosen

THURSDAY

Men's and Women's Crafts

9:00 to 3:00pm

Ladies, try your hand at sewing and various other arts and crafts at the Community Centre, make items to sell at our market stall! Make your own games. The men's group will travel out to the woodworking centre for hands on D.I.Y projects, gardening, landscaping and more! You will also have the option to attend swimming at the Alan Coulter Recreation Centre from 12:30-13:15 if you wish!

Cost: \$6.90 for Swimming.

FRIDAY

Sports and Games/Community Participation and Social Skills.

9:00 to 3:00pm

AM: Enjoy Indoor games and Activities at Berri Senior Citizens Club and go for a walk in the community. Monthly meetings and workshops with Our Voice SA.

PM: Lunch in the community (Takeaway, BBQ or Dine in).

Cost: \$10-\$25 for lunch

Together we achieve



For more information:

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