

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.

1st July – 20th December

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 7th October
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Art and Craft Group Myriad Trip	Thursday 22 nd August
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SPECIAL EVENTS

Thursday August 22nd: Thursday Art Group trip to Myriad Exhibition in Adelaide.

0700-1700

The Thursday men's and women's craft groups will be travelling to Adelaide to attend CLA's Myriad Art Exhibition to see how our region's entries have been received and check out the other art works!

Cost: \$25 for lunch

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. Work on our landscape garden project at the Woodworking Centre.

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 with lunch and exercise in the community in the afternoon.

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

WEDNESDAY

Independent Living Skills/Cooking

9:00 to 3:00pm

Choose a meal to cook for lunch as a group. 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.

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! 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!

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: \$25 for lunch

Together we
achieve



For more information:

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