

Region – South Coast Area – South Adelaide

COMMUNITY
LIVING
AUSTRALIA



DAY OPTIONS

A 25-week program to encourage community engagement, relationship building and to build on experiences and learn new life skills.

18+
YEARS

30 June 2025 – 19 December 2025

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 for the new program then use the separate **BOOKING FORM** to indicate which activities you would like to be involved in.

Public Holidays

6th October

Labour Day

Programs will not run on public holidays



PROGRAM OVERVIEW

ACTIVITIES OVER THE NEXT 25 WEEKS

Read programs for the next 25 weeks in this booklet, then when you get to the end, fill out the **BOOKING FORM** to book into your desired activities

	Program	Time	Location
MONDAY			
AM	Meal Master Class	0900-1200	Karawatha Hall
PM	Art Attack	1200-1500	Karawatha Hall
TUESDAY			
	Voices in the community	1100-1500	Reynella
WEDNESDAY			
AM	Express Yourself	0900-1200	Karawatha Hall
PM	Bake and Shake	1200-1500	Karawatha Hall
THURSDAY			
AM	Sensory Sessions	0900-1200	Karawatha Hall
PM	Shake It Up	1200-1500	Karawatha Hall
FRIDAY			
	Friday Fun Day	1000-1400	Community

**A Schedule will be sent home detailing the activities planned for.
It will also include a list of items required each day for program attendance**



MONDAY

Morning Option

Morning

Meal Master Class

Time: 9 am – 12 pm

Cost: NIL

Boost your cooking skills with our fun and friendly program.
Each week, a different head chef will be chosen to guide you as you try new things.

Meet people and learn to purchase fresh produce and ingredients.
Follow recipes, use kitchen tools, and work alone or with others.
Learn kitchen safety, measuring ingredients, and becoming more independent.

Enjoy cooking and eating together in a supportive environment.
Plus, you'll get tips on meal planning and nutrition.
It's all about having fun, feeling good, and making delicious, healthy food!

DETAILS

MEETING PLACE: Karawatha Community Centre
PICK UP PLACE: Karawatha Community Centre
ADDRESS: 12 Baden Terrace O'Sullivan Beach



Afternoon

Art Attack

Time: 12 pm – 3 pm

Cost: NIL

Join us for an exciting program, Art Attack, where creativity knows no bounds! Dive into a world of vibrant artwork. Each session, we'll discuss the project at hand, gather the necessary materials, and guide you step-by-step to create your masterpiece.

What to Expect:

- **Project Discussions:** Learn about the project you'll be creating and gather all the items you'll need.
- **Step-by-Step Guidance:** Follow along with detailed instructions to bring your vision to life.
- **Future Projects:** Brainstorm and plan future projects, making a list of materials and steps needed.

We provide a safe and accessible space for everyone to explore the healing power of art. Whether you're drawing, painting, or crafting, you'll find a supportive environment to create, learn, and explore.

Get Ready to Create:

- Discuss the project
- Gather materials
- Follow the steps
- Plan future projects

DETAILS

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Voices in the community

Time: 11 am – 3 pm

Cost: \$5.00

Kickstart your day with some fresh air in the outdoor area at the Community Centre, soaking in the beauty of nature. Enjoy a delightful lunch with friends, either outside or back inside the Centre.

At 12:30 PM, head to the main hall to meet new friends and socialize. A lively 2-hour singing for fun session where you'll learn new songs and have a blast!

Whether you're a seasoned singer or just love to sing for fun, this session is for everyone. Don't miss out on this fantastic opportunity to connect, relax, and enjoy!

If the singing session is cancelled, we'll catch a train to the city for an exciting adventure, you will be notified in advance if this occurs.

DETAILS

MEETING PLACE: Reynella Neighbourhood Centre

PICK UP PLACE: Reynella Neighbourhood Centre

ADDRESS: 164-170 Old South Road Pld Reynella



WEDNESDAY

Morning option

Morning

Express Your Self

Time: 9 am – 12 pm

Cost: NIL

Join us for a fun and engaging program designed to help you express your true self! Enjoy a variety of activities including tennis, basketball, bocce, painting, crafts, group walks, games, and more.

Our program focuses on creativity, self-expression, and personal development through art, play, and movement.

Benefits:

- Showcase your individuality
- Improve planning, focus, and problem-solving skills
- Boost self-confidence and creativity
- Develop self-care and stress reduction strategies

Come and connect with yourself and others in a supportive and playful environment!

DETAILS

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WEDNESDAY

Afternoon option

Afternoon

Bake and Shake

Time: 12 pm – 3 pm

Cost: NIL

This exciting program will cover ingredients, equipment, and is packed full of hints, tips, and tricks to make baking easy, more successful, and therefore, much more fun!

Learn basic baking skills and discuss the baking that will be prepared. Follow the step-by-step instructions and learn new skills. You'll also have the opportunity to discuss other items you'd like to bake and research different recipes.

Baking, products, which include bread, rolls, cookies, pies, pastries, muffins, Cakes, Scones, Biscuits, tarts and much more!

And that's not all!

At the end of the program, we'll add a fun twist with a segment on dancing. After all, what better way to celebrate your baking successes than by shaking it off with some joyful moves? Dancing is a fantastic way to stay active, boost your mood, and add an extra layer of fun to your baking journey. So, get ready to bake and shake your way to happiness!

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THURSDAY

Morning option

Morning

Sensory Sessions

Time: 9 am – 12 pm

Cost: NIL

Our Sensory Program features engaging activities designed to enhance fine motor skills, learning, social skills, communication, and problem-solving.

Clients will enjoy hands-on experiences such as beading, story time, puzzles, group games, and nature walks.

Additional activities include relaxation, educational documentaries, floor time, board games, and craft of choice.

Join us for a fun and enriching experience in a supportive environment.

DETAILS

MEETING PLACE: Karawatha Community Centre
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THURSDAY

Afternoon option

Afternoon

Shake It Up

Time: 12 pm – 3 pm

Cost: Free

Get ready to groove and move with our exciting program that combines dancing to your Favorite music videos with friends and following simple, low-impact fitness routines. It's the perfect way to stay active, have fun, and enjoy great company!

Highlights:

- **Dance to Music Videos:** Learn the moves and sing along to popular music videos. It's all about having a blast with your friends!
- **Low-Impact Fitness:** Follow easy-to-do fitness videos that are gentle on the body but effective in keeping you fit and healthy.
- **Social & Fun:** Enjoy a lively atmosphere where you can dance, laugh, and stay motivated together.
- **Feel-Good Vibes:** Move to the rhythm of feel-good music that will keep your energy high and your spirits lifted.

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FRIDAY

Morning

Friday Fun Day

Time: 10 am – 2 pm

Cost: \$7.00 for one game or \$14.00 for two games (\$0.50c extra for school Holidays)

Money required to purchase lunch.

Head to Noarlunga Zone Bowling Alley for a day filled with laughter, friendly competition, and unforgettable memories!

Whether you're a seasoned pro or a first-time bowler, everyone will have a blast aiming for that perfect strike. Feel the excitement build with each roll, and cheer on your friends as they knock down those pins!

After an exhilarating game, satisfy your hunger at the nearby food court or treat yourself to a delicious meal at the 5th Quarter Tavern or the food court at Colonnades.

It's the perfect way to unwind and share stories of your bowling triumphs and near-misses. Come for the strikes, stay for the fun!

Monthly City Outing

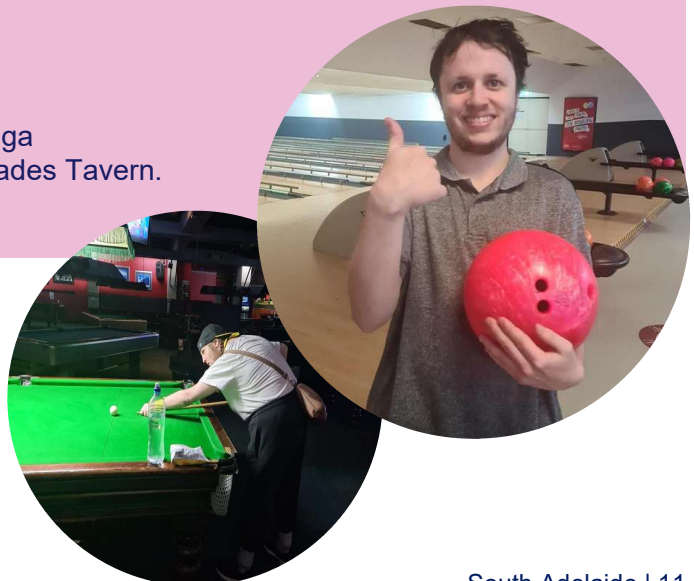
Once a month, spice up your routine with an exciting outing to the city!

Explore new places, enjoy unique experiences, and make the most of your time with friends. Whether it's visiting the botanic gardens, exploring the museum, or discovering hidden gems, these city adventures are sure to add a dash of excitement to your month.

DETAILS

MEETING PLACE: Zone Bowling Noarlunga

PICK UP PLACE: Out the front of Colonnades Tavern.



Together we achieve



For more information:

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