



## SOCIAL RECREATIONAL & LEARNING PROGRAM

A 12 week program to encourage community engagement, relationship building and to build on experiences and learn new life skills.

**7<sup>th</sup> April 2025 to 27<sup>th</sup> June 2025**



# 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 twelve weeks, then use the separate **BOOKING FORM** to indicate which activities you would like to be involved in.

### Public Holidays – Center closed

---

**Fri 18<sup>th</sup> April – Good Friday**

---

**Mon 21<sup>st</sup> April – Easter Monday**

---

**Fri 25<sup>th</sup> April – ANZAC Day**

---

**Mon 9<sup>th</sup> June – King's Birthday**

---

# PROGRAM OVERVIEW

## ACTIVITIES OVER THE NEXT 12 WEEKS

Read of the plan for the next 12 weeks in this booklet, then when you get to the end, fill out the **BOOKING FORM** and return it to Goolwa Day Options to book into your desired activities for the next block.

	Morning	Afternoon	All Day
<b>MONDAY</b>	Gym	Library	
	Swimming	Sensory	
	Mixed Games	Sewing	
<b>TUESDAY</b>	Indoor Cinema	Swimming	
	Busy Baking	Busy Baking	
	Swimming	Computing	
<b>WEDNESDAY</b>	Café Club	Café club	
	Cooking	Mosaic Creators	
		Gardening Gurus	
<b>THURSDAY</b>	Goolwa Music Group	Op Shopping	
	Bingo & Karaoke	Newsletter Club	
	Aerobic Fit	8 Ball or Mixed Games	
<b>FRIDAY</b>	Swimming	Indoor Cinema inc. Takeaway	Ten Pin Bowling
	Pampering	Weekly Pub at Goolwa Hotel	

# MONDAY

Morning options

## Morning

### SENSORY – FIVE SENSES

9am–12pm

**Cost: NIL**

See, hear, taste, smell and feel relaxation. Spend this peaceful time submerged in slow movement music, unwinding in the massage chair or enjoying a head or hand massage on the lounge. Finish the day feeling rejuvenate.

## Morning

### SWIMMING

9am–12pm

**Cost: \$7.60 admission fee**

Come along to the beautiful, inclusive Fleurieu Aquatic Centre and enjoy a relaxing paddle or float with a small group of fellow swimmers. This session is a tranquil, sensory experience that you can enjoy at your own speed.

**Please bring:** Admission fee, towel, change of clothes, goggles pensioner concession card and companion card if you have one.



# MONDAY

Morning & Afternoon options

## Morning

### GYM

11am–12:30pm

**Cost: NDIS invoiced**



Come along for fun and fitness with friends at the Victor Harbor Physiology Gym. Work out at your own pace with guidance and encouragement from a trained exercise physiologist.

**Please bring:** towel to wipe over equipment and wear appropriate gym clothes

## Afternoon

### LIBRARY

1pm–3pm

**Cost: NIL**

Explore the magic within the Goolwa Library. Open your mind to imagination as you search your way through countless books, magazines, CDS and DVDs. Borrow and exchange weekly so that you will always have something new to immerse yourself in.

**Please bring:** library bag



# MONDAY

Afternoon options

## Afternoon

### Mixed Games

1pm – 3pm

**Cost: Nil**

Choose from our large range of indoor and outdoor games. Challenge a support worker to a match or start a friendly competition amongst friends.

## Afternoon

### SEWING

1pm–3pm

**Cost: NIL**

Expand your creative talent by adding sewing skills to your list. Join the sewing program to learn how to use a sewing machine, make bags, pencil cases, pillows and so much more.

**Please bring:** any desired fabric



# TUESDAY

Morning options

## Morning

### BUSY BAKING

9am–12pm

**Cost: Cost built into program attendance**

Get your baking on with a group of friends. Take turns selecting a sweet or savory treat to create and bake then share. Have fun while learning basic baking skills, safe food handling and healthy portion control. Busy bakers is run in the morning and afternoon on Tuesdays.

## Morning

### INDOOR CINEMA

9am–12pm

**Cost: Nil**

Kick back and relax on a winters morning<sup>6</sup> as you watch a movie on our blow-up cinema screen. With a range of movies over the next 12 weeks, just sit back, relax, and enjoy some movie classics.

# TUESDAY

Morning options

## Morning

### SWIMMING

9am–12pm

**Cost: \$7.60 admission fee**

Come along to the beautiful, inclusive Fleurieu Aquatic Centre and enjoy a relaxing paddle or float with a small group of fellow swimmers. This session is a tranquil, sensory experience that you can enjoy at your own speed.

**Please bring:** Admission fee, towel, change of clothes, goggles pensioner concession card and companion card if you have one.





# TUESDAY

## Afternoon Options

### Afternoon

## SWIMMING

1pm–3pm

**Cost: \$7.60 admission fee**

Come along to the beautiful, inclusive Fleurieu Aquatic Centre and enjoy a relaxing paddle or float with a small group of fellow swimmers. This session is a tranquil, sensory experience that you can enjoy at your own speed.

**Please bring:** Admission fee, towel, change of clothes, goggles pensioner concession card and companion card if you have one.

### Afternoon

## COMPUTING

1pm–3pm

**Cost: NIL**

Learn basic computer skills with guidance from support workers. You can choose from searching the wide web, watching YouTube, searching up and coming events and so much more.

**Please bring:** A USB to save anything you would like to keep.

# TUESDAY

Afternoon options

Afternoon

## BUSY BAKING

1pm–3pm

**Cost:** Cost built into program attendance

Get your baking on with a group of friends. Take turns selecting a sweet or savory treat to create and bake then share. Have fun while learning basic baking skills, safe food handling and healthy portion control. Busy bakers is run in the morning and afternoon on Tuesdays.



# WEDNESDAY

Morning options

## Morning

### COOKING

9am–12pm

**Cost:** Cost built into program attendance

Learn basic cooking, menu planning and money skills within one fun program. The cooking program encourages you to independently select a meal you want to share with friends, create a shopping list, go shopping and then most importantly, cook in the inclusive Day Options kitchen.

**Please bring:** Ideas for healthy recipes to prepare with friends.

## Morning

### CAFÉ CLUB

9am–12pm

**Cost:** 10.00

Explore the amazing local cafes around the Fleurieu with friends. Sit and take in our wonderful community while you catch up and enjoy a drink of your choice. Café suggestions are always welcome.

# WEDNESDAY

Afternoon options

## Afternoon

### CAFÉ CLUB

12pm–3pm

**Cost: 10.00**

Explore the amazing local cafes around the Fleurieu with friends. Sit and take in our wonderful community while you catch up and enjoy a drink of your choice. Café suggestions are always welcome.

## Afternoon

### MOSAIC CREATORS

1pm–3pm

**Cost: Cost built into program attendance**

Create your mosaic masterpieces with our crafty staff, all products supplied.

## Afternoon

### GARDENING GURUS

1pm–3pm

**Cost: Cost built into program attendance**

Gardening enthusiasts get ready to propagate. Start growing your own garden or share your plants with friends and family.

**Please bring:** Any plastic garden pots would be appreciated.

# THURSDAY

Morning options

## Morning

### GOOLWA MUSIC GROUP

9am–12pm

**Cost: NIL**

Release your inner rock or pop star and sing songs together with friends. Our support workers will guide you through simple instrumental knowledge and immerse you in the wonderful world of music.

**Please bring - Optional:** A musical instrument or some music that you would like to share with the group.

## Morning

### BINGO & KARAOKE

9am–12pm

**Cost: NIL**



Join us for a morning of fun playing Bingo! Come along and try your luck at taking out the winning card. Then finish off the morning singing along to your favourite hits!

## Morning

### AEROBIC FIT

9am–12pm

**Cost: nil**

An adaptation to our morning health hustle – join us as we work out to as range of different music genres. A great way to get in your step count and improve your overall fitness and wellbeing.

# THURSDAY

Afternoon options

## Afternoon

### NEWSLETTER CLUB

1pm–3pm

**Cost: NIL**

**Extra! Extra! Read all about it!** Join our team as we create our own newsletter to send home. Report on the events that have taken place, on programs, staff and clients.

## Afternoon

### LOCAL OP SHOPPING

1pm–3pm

**Cost: As required.**

Explore the local Fleurieu ops shops and try to grab yourself a bargain!

## Afternoon

### 8 BALL OR MIXED GAMES

1pm–3pm

**Cost: NIL**

Join us in a weekly round robin of 8 Ball. Try your luck and show us your skills. If 8 Ball isn't your style – challenge on of our staff to selection of our games.

# FRIDAY

Morning options

## Morning

### SWIMMING

9am–12pm

**Cost: \$7.60 admission fee**

Improve your fitness without putting too much pressure on your body by joining us at the Fleurieu Aquatic Centre for a morning of swimming.

**Please bring:** Admission fee, towel, change of clothes, goggles pensioner concession card and companion card if you have one.

## Morning

### PAMPERING

9am–12pm

**Cost: NIL**

Put your feet up and enjoy some well-deserved pampering. Our support workers will assist you with a foot spa, hand and head massage, a session in our massage chair and nail painting or hair braiding. End the week feeling serene and calm before the weekend.

# FRIDAY

Afternoon options

## Afternoon

### INDOOR CINEMA INC. TAKEAWAY

1pm–3pm

**Cost: \$20 for takeaway lunch ONLY if you wish to purchase something.**

After enjoying your lunch, finish of your week by winding down and kicking back as you watch a movie on our blow-up cinema screen. With a range of movies over the next 12 weeks, just sit back, relax, and enjoy some movie classics.

## Afternoon

### WEEKLY PUB

1pm–3pm

**Cost: \$25**

Discover what the local Goolwa Hotel has to offer. Sit and enjoy a lovely meal followed by a walk along the Murray River, Barrage, or head over the local library.

## Afternoon

### INDOOR CINEMA

1pm–3pm

**Cost: Nil**

After enjoying your takeaway lunch, wind down and kick back as you watch a movie on our blow-up cinema screen. With a range of movies over the next 12 weeks, just sit back, relax, and enjoy some movie classics.



# FRIDAY

All-day option

*Morning & Afternoon*

## TEN PIN BOWLING

**Cost: Varied.**

Come and play a game or 2 against our Metro Crew. Then get some lunch at the food court or pub lunch and catch up with friends.

**Please bring:** Money to purchase lunch and bowling costs.



Together we  
achieve



**For more information:**

Phone: ALANNA 0437 698 663

Email: [info@cloust.com.au](mailto:info@cloust.com.au)