



SOCIAL RECREATIONAL & LEARNING PROGRAM

A 13 week program to encourage community engagement, relationship building and to build on experiences and learn new life skills.

6th Jan 2025 – 4th April 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.

13 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 **13** weeks, then use the separate **BOOKING FORM** to indicate which activities you would like to be involved in.

Public Holidays - Center closed

Australia Day – 27th Jan
(Day in Lieu)

Adelaide Cup – 10th March

PROGRAM OVERVIEW

ACTIVITIES OVER THE NEXT 13 WEEKS

Read of the plan for the next 13 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
MONDAY			
	Gym	Library	
	Swimming	Sensory	
	Mixed Games	Sewing	
TUESDAY			
	Wheels & Walkers	Swimming	
	Busy Baking	Busy Baking (Limited Spots)	
	Swimming	Computing	
WEDNESDAY			
	Café Club	Café club	
	Cooking	Craft	
	Mindful Colours	Gardening Gurus	
THURSDAY			
	Goolwa Music Group	Op Shopping	
	Bingo!	Make and Paint	
	Swimming	8 Ball Competition	
FRIDAY			
	Swimming	Mixed Games	Ten Pin Bowling
	Pampering	Indoor Cinema	
		Fortnightly Pub Lunch	

MONDAY

Morning options

Morning

Mixed Games

9am–12pm

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.

Morning

SWIMMING

9am–12pm

Cost: \$7.20

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: A 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

SENSORY – FIVE SENSES

1pm–3pm

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.

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

WHEELS AND WALKERS

9am–12pm

Cost: NIL

Surround yourself in the gorgeous atmosphere of Goolwa while you stroll through nature taking in the fresh air, wildlife and beauty.

Please bring: Hat, Sunscreen and an OT approved wheelchair or walker, if required.

TUESDAY

Morning options

Morning

SWIMMING

9am–12pm

Cost: 7.20

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: A towel, change of clothes, goggles, pensioner concession card and companion card if you have one.



TUESDAY

Afternoon Options

Afternoon

SWIMMING

12pm-3pm

Cost: 7.20

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: A 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 (Max. 6 People)

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

MINDFUL COLOURS

9am–12pm

Cost: NIL

Express yourself through colour. Enjoy all the colours of the rainbow as we paint, colour and draw.

WEDNESDAY

Morning options

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

CREATIVE CRAFTS

1pm–3pm

Cost: Cost built into program attendance

Bring your creativity to life with creative crafts. Explore different forms of arts and crafts including painting, clay, wood, and papier Mache. Your craft can be shared and displayed in the Day Options venue or taken home to show off to your friends and family.

Please bring: Any craft ideas that you would like to try.

Afternoon

GARDENING GURUS

1pm–3pm

Cost: Cost built into program attendance

Gardening enthusiasts get ready to propagate. Start growing your own garden or share you 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

SWIMMING

9am–12pm

Cost: 7.20

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: A towel, change of clothes, goggles, pensioner concession card and companion card if you have one.

THURSDAY

Afternoon options

Afternoon

MOSAIC CREATORS

1pm–3pm

Cost: Cost built into program attendance

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

Afternoon

LOCAL OP SHOPPING

1pm–3pm

Cost: As required.

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

Afternoon

8 BALL COMPETITION

1pm–3pm

Cost: NIL

Join us in a weekly round robin of 8 Ball. Who can take the top spot? Try your luck and show us your skills.

FRIDAY

Morning options

Morning

SWIMMING

9am–12pm

Cost: 7.20

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: A towel, change of clothes, goggles pensioner concession card and companion card if you have one.

Morning

PAMPERING/RELAXATION

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

MIXED GAMES & TAKEAWAY

1pm–3pm

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

After enjoying your takeaway lunch, finish off the week with our large range of indoor and outdoor games. Challenge a support worker to a match or start a friendly competition amongst friends.

Afternoon

FORTNIGHTLY PUB & TAKEAWAY

1pm–3pm

Cost: \$25

Discover different eateries in our community with the fortnightly pub lunch. Sit and enjoy a lovely meal followed by a walk along the Murray River, Barrage, beach, or nature reserves.

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 game of bowling.



Together we
achieve



For more information:

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