



ENGAGE PROGRAM

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

3rd March – 27th June 2025

Please contact Team Leader Kellie James for all enquires 0417470426 or 8536 5888

Kellie.James@claut.com.au

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.

16 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 suits your lifestyle

Public Holidays

10th March

18th & 21st April

25th April

9th June

■ Programs will not run on Public Holidays.

PROGRAM OVERVIEW

ACTIVITIES OVER THE NEXT 18 WEEKS

All drop off and pickups are from the Mt Gambier office **CLA Office, Shop D/3 Compton St**

If clients are going to be late or picked up early, the venue is written at the bottom of each activity

	Morning	Afternoon
MONDAY		
Weekly	Craft	Drama and Music Bingo
	Dancing	
TUESDAY		
Weekly	Disc Golf	Paint by Numbers
	BBQ Lunch	Meditation
WEDNESDAY		
Weekly	Shopping	Baking
	Swimming	Art
THURSDAY		
Weekly	Sports at Wulanda	Client Choice activities
	Shopping/cooking	
FRIDAY		
Weekly	Pickleball	Ten pin Bowling/ Driving Range
	Out for Lunch	

SPECIAL EVENTS

KEY DATES THE NEXT 16 WEEKS

Date	Information
Friday 21 st March	Harmony Day Wear Something Orange
Tuesday 31 st March	Echo farm visit
Tuesday April TBC	Ambulance Tour/Visit
Thursday 13 th May	Crazy hair day
Monday May TBC	Bunnings workshop
Tuesday 17 th June	City Bus loop ride

MONDAY

Morning option

Morning

Craft and Dance

Time: 9am – 12pm

CLA Office, Shop D/3 Compton St

Create and make each week!

- Learn new craft, build on hand eye coordination and explore your imagination
- 45-minute dance lesson with a qualified dance teacher – Tennille Grubb!

You need: Comfortable clothing, shoes and a packed Morning tea and Lunch

Venue: Italo Soccer club



MONDAY

Afternoon option

Afternoon

Drama and Music Bingo

12.00pm–3pm

Drama – Build your confidence in front of your friends with our current group play and drama games

Music Bingo – It's just like regular bingo, but instead of calling numbers, we play songs

You need: Packed afternoon Tea



TUESDAY

Morning option

Morning

Disc golf and BBQ Lunch

Time: 9am – 12pm

Drop off CLA Office, Shop D/3 Compton St

Disc golf – with the spring and summer season approaching, it's a great time to get out and about down at the valley lakes to learn and play disc golf. Followed by a BBQ lunch with friends

You need: Active wear or comfortable clothes, supportive shoes, water bottle, Packed morning tea

Venue: Showground committee room



TUESDAY

Afternoon option

Afternoon

Paint by numbers and Meditation

Time: 1200pm – 3pm

Learn fine motor skills will creating a beautiful masterpiece

You need: A Packed Afternoon Tea

Pick Up: CLA Office, Shop D/3 Compton St

Venue: Showground committee room



WEDNESDAY

Morning option

Morning

Shopping & Swimming

Time: 0900-1200pm

Create a shopping list for baking in the afternoon and go shopping for the ingredients.

Join your friends at Wulanda for some recreational swimming

Cost for swimming \$6.60 with concession

You need: Packed morning tea and Lunch and Swimming gear, money for swimming

Pick up: CLA Office, Shop D/3 Compton St

Venue: Showgrounds committee room



WEDNESDAY

Afternoon option

Afternoon

Baking & Art

Time: 9am – 12pm

Drop off CLA Office, Shop D/3 Compton St

- Create and bake something Yummy to share for afternoon tea.
- Have fun and play board games with friends, play something new or pick your favorite
- You can design and create your own board game to play.

Venue: Showground committee room



THURSDAY

Morning option

Morning

Sports at Wulanda and Cooking

9am–12pm

Drop off at CLA Office, Shop D/3 Compton St

Basketball, Tennis, Badminton, Netball, Soccer each week for 1 hour in our new Wulanda recreation center! Full accessibility and robust floor that are appropriate for mobility equipment

Learn and build new skills while cooking a meal to enjoy with friends for lunch

You Need: Active wear or comfortable clothing, supportive shoes, water bottle, packed Morning tea



THURSDAY

Afternoon option

Afternoon

Client choice Activities

Time: 12pm – 3pm

Pick up: CLA Office, Shop D/3 Compton St

Clients choice which activities they want to do, this can be at the venue or exploring out in the community

Venue: St Paul's Hall



FRIDAY

Morning option

Morning

Pickle Ball and Out to Lunch

9am–12pm

Drop off CLA Office, Shop D/3 Compton St

Play a friendly game of Tennis or Pickle ball, learn new skills, increase hand eye coordination and strength.

Enjoy Lunch while socializing with friends at a different Venue chosen by clients each week

You Need: Cash/card to purchase Lunch



FRIDAY

Afternoon option

Afternoon

Ten Pin Bowling or Driving Range

Time: 12pm – 3pm

Cost: \$10 cash to be brought on the day for Bowling/driving range

Pick up: CLA Office, Shop D/3 Compton St

You need: Cash/bank card



Together we
achieve

