

Communities@Work's Connections@Cooleman program is a Home and Community Care funded living skills and leisure program for adults (25 - 40) with a disability.

The program offers a range of activities including cooking, art and craft, dance and music. The new winter program is about to start and the program is excited to be able to offer a 10 week music program run by experienced instructors from Music For Everyone.

The program provides a supportive atmosphere in which participants can explore a range of musical instruments and a variety of music styles from many cultures. All activities are geared to the abilities of the participants and include:

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Singing, including karaoke
- .
Listening to music
- .
Moving to music
- .
Playing percussion and keyboard instruments

Also a cooking class for adults with a disability is about to start, run by an experienced teacher

it will look at shopping on a budget, kitchen hygiene plus a range of cooking techniques.

Spaces are limited and carers are welcome.

For more information and eligibility criteria please contact Carol or Libby Stevens at Connections@Cooleman on 62884744.

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Regards,

Tracey Jones

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