

October Outings:

Outing to Berry (see calendar for dates)

- Order some doughnuts and coffee
- Try Gelato
- Check out the lolly factory

As we want to enable social distancing, we can only fit 4 people in the van and all trips you wish to participate in **must** be booked in advance.

If you would like to book a spot in the van to participate in any of this months outings, please contact Gabby on 0421 058 625.

Additional Services

- Support Coordination
 - Assistance with applying for the NDIS
 - Special Interest Groups
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Lunch

Join us for a \$5 lunch on any west street day. Meals will often include a main dish served with a side and dessert. Refer to our calendar to find out **whats cookin'** on any given day.

Pool

Drop in for a friendly game of pool with other members. If you catch us on the right day, we may even have a **social competition!**

Tennis

Come and **have a hit** of tennis in a social environment. The perfect way to make some friends and tick the box for exercise.

Have a Cuppa

Catch the Java coffee van in the late morning or drop in at any time and help yourself to a good old cuppa. With tea, coffee and milo, your options are endless!



October 2020 Activities Calendar

Phone: 0421 058 625

22-33 West Street Nowra, 2541 (corner of Worrigeer and West Street)

Mondays 9am-3pm

05

09.00-10.00 –Trevors Group
10.00-11.00 –Gardening
11.00-12.00 –Walk and Talk
12.00-01.00 –Lunch: Spaghetti and Meatballs
01.00-02.00 –6 Types of Self Care you Didn't Know About! Pt 1
02.00-03.00 –DIY Beading

12

09.00-10.00 –Trevors Group
10.00-11.00 –Bingo
11.00-12.00 –Walk and Talk
12.00-01.00 –Lunch: BBQ and Salad
01.00-02.00 –Vehicle Maintenance Workshop
02.00-03.00 –DIY Paper weight
Trip to berry doughnut van group 2 leaves at 9.30am

19

09.00-10.00 –Trevors Group
10.00-11.00 –Gardening
11.00-12.00 –Walk and Talk
12.00-01.00 –Lunch: Chicken Stroganoff and Rice
01.00-02.00 –6 Types of Self Care You Didn't Know About! Pt 2
02.00-03.00 –DIY Make a hat

Trip to Berry Doughnut Van Group 3 leaves at 9.30am

26 Mad Hatter Monday: Wear a fun hat!

09.00-10.00 – Trevors Group
10.00-11.00 –Bingo
11.00-12.00 –Walk and Talk
12.00-01.00 –Lunch: Pasta Bake
01.00-02.00 –Vehicle Maintenance Workshop
02.00-03.00 –DIY Macrame

Tuesdays 10am-2pm

06

10.00-12.00 –DIY Slime
12.00-01.00 –LUNCH: Pasta bake
01.00-02.00 –Card games

13

10.00-12.00 –DIY Coffee flavoured scrub
12.00-01.00 –LUNCH: chicken Salad and Garlic Bread
01.00-02.00 –Card games

20

10.00-12.00 –DIY Candle Holder
12.00-01.00 –Lunch: Pizza (for those who don't go Op-Shopping)
01.00-02.00 –Card games

27

10.00-12.00 – Beading: spooky spiders
12.00-01.00 –LUNCH: Taco Tuesday
01.00-02.00 –Card games

Thursdays 9am-3pm

01

09.00-11.00 –DIY Tie-Dye Workshop! BYO Garment
11.00-12.00 –Walk & Talk
12.00-01.00 –LUNCH: Sheppards Pie
01.00-02.00 –Crochet
02.00-03.00 –Guitar session

08

09.00-11.00 –Macrame
11.00-12.00 –Walk & Talk
12.00-01.00 –LUNCH: Con Carne
01.00-02.00 –Halloween Cauldron pt 1
02.00-03.00 –Guitar Session

Trip to Berry Doughnut Van Group 1 leaves at 9.30am

15 Cultural day: Rio

09.00-11.00 –Rio! The movie
11.00-11.30 –Ask Siri: RIO
12.00-01.00 –LUNCH: BBQ meats and salad
01.00-02.00 –Crochet
02.00-03.00 –Guitar Session

22

09.00-11.00 –Macrame
11.00-12.00 –Walk & Talk
12.00-01.00 –LUNCH: Chicken noodle soup
01.00-02.00 –Halloween Cauldron pt 2
02.00-03.00 –Guitar Session

29 Halloween: Prize for Best Dressed!

09.00-10.00 –Spiderweb Cookie Decorating
10.00-12.00 –Spider-Toss Competition
11.00-12.00 –Trick-or-Treat hunt
12.00-01.00 –LUNCH: Ham/Chicken wraps
01.00-03.00 –TV: The Original Adams Family

