



# Illawarra Clubhouse, Wollongong

34 Auburn St, Wollongong NSW 2500 (300m south of Wollongong Train Station)

[illawarra.clubhouse@onedoor.org.au](mailto:illawarra.clubhouse@onedoor.org.au)

[www.onedoor.org.au/illawarra-clubhouse](http://www.onedoor.org.au/illawarra-clubhouse)

Ph: 0401 181 657

**NOVEMBER 2019**

MONDAY 9am – 3pm	TUESDAY 9am – 4pm	THURSDAY 9am – 4pm	FRIDAY 9am – 4pm
			9:00 Members meet and greet <b>1st</b> 9:30 <b>Healthy Eating Habits</b> 11:00 Coffee Shop 11:30 Lunch preparation 12.30 \$2 Lunch – Zucchini Slice 1:30 Uno / Clubhouse Admin 2:00 Coffee Shop
9:00 Members meet and greet <b>4th</b> 9:30 Shopping / Art and craft <b>Baking with Beatrix</b> 11:00 Coffee Shop 11:30 <b>Creative Writing</b> 12:30 Lunch – Minestrone Soup 1:30 Trivia	9:00 Members meet and greet <b>5th</b> 10:00 Members Discussion, Award, B.day's 11:00 Coffee Shop 11:30 <b>Karaoke / Music group</b> 12:30 Lunch – Chicken Fried Rice 1:30 Games / 2pm Coffee Shop 3:00 <b>MELBOURNE CUP</b>	9:00 Members meet and greet <b>7th</b> 9:30 Shopping / <b>Indigenous</b> 11:00 Coffee Shop 11:30 Library Borrowing – movie pick up 12.30 Lunch – Spaghetti Bolognese & salad 1:30 Movie Buffs and popcorn 2:00 Coffee Shop	9:00 Members meet and greet <b>8th</b> 9:30 <b>Card Making</b> 11:00 Coffee Shop 11:30 Lunch preparation 12.30 \$2 Lunch – Healthy Mexican Bef 1:30 Uno / Clubhouse Admin 2:00 Coffee Shop
9:00 Members meet and greet <b>11th</b> 9:30 Shopping / Art and craft <b>Baking with Beatrix</b> 11:00 Coffee Shop 11:30 <b>Clubhouse Op Shop</b> 12:30 Lunch – Brown rice & vege salad 1:30 Trivia	9:00 Members meet and greet <b>12th</b> 10:00 Members Discussion, news & updates 11:00 Coffee Shop 11:30 <b>Art Group / Music group</b> 12:30 Lunch – Chicken & Lentils 1:30 Bingo / Games, <b>Paul's Pastries</b> 2:00 Coffee Shop	9:00 Members meet and greet <b>14th</b> 9:30 Shopping / <b>Garden Group</b> 11:00 Coffee Shop 11:30 Library Borrowing – movie pick up 12.30 Lunch – Thai Chicken & Fried Rice 1:30 Movie Buffs and popcorn 2:00 Coffee Shop	9:00 Members meet and greet <b>15th</b> 9:30 <b>Activity</b> 11:00 Coffee Shop 11:30 Lunch preparation 12.30 \$2 Lunch – Bacon & Mushroom Pasta 1:30 Uno / Clubhouse Admin 2:00 Coffee Shop
9:00 Members meet and greet <b>18th</b> 9:30 Shopping / Art and craft <b>Baking with Beatrix</b> 11:00 Coffee Shop 11:30 <b>Clubhouse Garage Space</b> 12:30 Lunch – Potato & Leek Soup 1:30 Trivia	9:00 Members meet and greet <b>19th</b> 10:00 Members Discussion, news & updates 11:00 Coffee Shop 11:30 <b>Op Shopping / Music group</b> 12:30 Lunch – Lemony Chicken & Salad 1:30 Bingo / Games, <b>Paul's Pastries</b> 2:00 Coffee Shop	9:00 Members meet and greet <b>21st</b> 9:30 Shopping / <b>All things Money</b> 11:00 Coffee Shop 11:30 Library Borrowing – movie pick up 12.30 Lunch – Healthy Tuna Bake 1:30 Movie Buffs and popcorn 2:00 Coffee Shop	9:00 Members meet and greet <b>22nd</b> 9:30 <b>Cultural Day - BRAZIL</b> 11:00 Coffee Shop 11:30 Lunch preparation 12.30 \$2 Lunch – Brazilian Hot Dogs 1:30 Uno / Clubhouse Admin 2:00 Coffee Shop
9:00 Members meet and greet <b>25th</b> 9:30 Shopping / Art and craft <b>Baking with Beatrix</b> 11:00 Coffee Shop 11:30 <b>Candle making</b> 12:30 Lunch – Rissoles with Mash 1:30 Trivia	9:00 Members meet and greet <b>26th</b> 10:00 Members Discussion, news & updates 11:00 Coffee Shop 11:30 <b>Diversity &amp; Acceptance / Music</b> 12:30 Lunch – Beef Stir Fry 1:30 Bingo / Games, <b>Paul's Pastries</b> 2:00 Coffee Shop	9:00 <b>Special Day Outing: KIAMA</b> <b>28th</b> 9:30 Shopping / <b>Meditation &amp; Sensory</b> 11:00 Coffee Shop 11:30 Library Borrowing – movie pick up 12.30 Lunch – Salmon Patties 1:30 Movie Buffs and popcorn 2:00 Coffee Shop	9:00 Members meet and greet <b>29th</b> 9:30 <b>Walk along beach</b> 11:00 Coffee Shop 11:30 Lunch preparation 12.30 \$2 Lunch – Baked rice, tom & zucchini 1:30 Uno / Clubhouse Admin 2:00 Coffee Shop

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## **The Clubhouse Basics**

Clubhouse is **open** at 9am Monday, Tuesdays, Thursdays and Fridays.

You are welcome to **arrive and leave** as it suits you. Members are encouraged here even when having a “flat” day and our staff will do their best to support you.

Participation is **voluntary** however it takes many small daily tasks to keep Clubhouse open and provide a healthy, inexpensive lunch.

**Members and staff work together** to run the Clubhouse on a daily basis with a weekly meeting each Tuesday at about 10am. You're most welcome.

**Respect, patience and understanding** ensure Clubhouse is a friendly space.

**Lunch** is around 12:30pm. Your first lunch is free then costs \$5 on a Monday, Tuesday and Thursday and \$2 on a Friday. Your \$2 or \$5 contribution includes tea and coffee. Or if you **bring lunch** then a microwave and fridge are available. If you don't buy lunch, then tea, coffee and cordial costs just a gold coin.

Members and staff organise **social outings** during Clubhouse hours. All members are welcome at Clubhouse events.

**Welcome** to One Door Illawarra Clubhouse!