

MONDAY 8am to 3pm		TUESDAY 8am to 3pm		THURSDAY 8am to 3pm		FRIDAY 8am to 3pm	
							01 HAPPY NEW YEAR PUBLIC HOLIDAY
04 CLOSED	08:00 - Breakfast 09:30 - Baking Jam Drops 10:00 - Coffee Club 10:30 - Members Meeting 11:30 - Healthy eating habits 12:30 - Lunch BBQ beef kebabs 13:30 - Board games 14:00 - Coffee Club 15:00 - Clubhouse close	05	07 08:00 - Breakfast 09:30 - Walk 10:00 - Discussion Group 10:00 - Coffee Club 10:30 - Zen tangle 11:30 - Hearing Voices 12:30 - Lunch Hot dogs 13:30 - Beading 14:00 - Coffee Club 15:00 - Clubhouse close	08 BUNNINGS BBQ TOMORROW 08:00 - Breakfast 09:30 - Qi gong 10:00 - Discussion Group 10:00 - Coffee Club 10:30 - Scattergories 11:30 - Self care 12.30 - Lunch Fish & chips 13:00 - Movie & Popcorn 13:30 - Trivia 14:00 - Coffee Club	08		
08:00 - Breakfast 09:30 - Chair Exercises 10:00 - Discussion Group 10:00 - Coffee Club 10:30 - Acceptance & Diversity 11:30 - Uno comp 12:30 - Lunch Beef salad 13:30 - Op shop walk 14:00 - Coffee Club 15:00 - Clubhouse close	11	Uruguayan Day 08:00 - Breakfast 09:30 - Uruguayan Music / Dance 10:00 - Coffee Club 10:30 - Members Meeting 11:30 - Spanish Lesson 12:30 - Lunch - Choripan with Chimi – Pasqualina – Arroz con Leche 13:30 - Carnival video 14:00 - Coffee Club 15:00 - Clubhouse close	12	08:00 - Breakfast 09:30 - Baking brownies 10:00 - Discussion Group 10:00 - Coffee Club 10:30 - Taboo 11:30 - Auslan – Signing numbers 12.30 - Lunch BBQ rissoles 13:30 - Pot plants 14:00 - Coffee Club 15:00 - Clubhouse close	14	08:00 - Breakfast 09:30 - Walk 10:00 - Discussion group 10:00 - Coffee Club 10:30 - Personal Story 11:30 - Problem Solving 12.30 - Lunch Chicken pesto pasta 13:00 - Movie & Popcorn 13:30 - Diamond art 14:00 - Coffee Club 15:00 - Clubhouse close	15
08:00 - Breakfast 09:30 - Walk 10:00 - Discussion Group 10:00 - Coffee Club 10:30 - Setting the calendar 11:30 - Wellbeing activity 12:30 - Lunch Zucchini slice & salad 13:30 - Table tennis comp 14:00 - Coffee Club 15:00 - Clubhouse close	18	08:00 - Breakfast 09:30 - Stretching 10:00 - Coffee Club 10:30 - Members Meeting 11:30 - Op shop walk 12:30 - Lunch cold meat & salad rolls 13:30 - Setting the calendar 14:00 - Coffee Club 15:00 - Clubhouse close	19	08:00 - Breakfast 09:30 - Board Games 10:00 - Discussion Group 10:00 - Coffee Club 10:30 - Gallery / library walk 11:30 - Newsletter 12.30 - Lunch Beef nachos 13:30 - Setting the calendar 14:00 - Coffee Club 15:00 - Clubhouse close	21	08:00 - Breakfast 09:30 - Baking short bread 10:00 - Discussion group 10:00 - Coffee Club 10:30 - Setting the calendar 11:30 - Facing Your feelings 12.30 - Lunch BBQ chicken kebabs 13:00 - Movie & popcorn 13:30 - Beach walk 14:00 - Coffee Club 15:00 - Clubhouse close	22

08:00 - Breakfast 25 09:30 - Aussie slang 10:00 - Coffee Club 10:30 - Members Meeting 11:30 - Australia Day activities 12.30 - Lunch BBQ sausages & salad 13:30 - Aussie Jokes 14:00 - Coffee Club 15:00 - Clubhouse close	26 AUSTRALIA DAY PUBLIC HOLIDAY	08:00 - Breakfast 28 09:30 - Baking chocolate chip cookies 10:00 - Discussion Group 10:00 - Coffee Club 10:30 - Men's health 11:30 - Making dream catchers 12.30 - Lunch Chicken caesar salad 13:30 - Rock painting 14:00 - Coffee Club 15:00 - Clubhouse close	08:00 - Breakfast 29 09:30 - Board Games 10:00 - Discussion group 10:00 - Coffee Club 10:30 - Market walk 11:30 - Why are you grateful 12.30 - Lunch Pasta salad 13:00 - Movie & popcorn 13:30 - Creative writing 14:00 - Coffee Club 15:00 - Clubhouse close
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The Clubhouse Basics

An inclusive safe space to go and make friends, take part in activities, social outings, learn some skills, enjoy a hot meal or just have a coffee and a chat. You'll be warmly welcomed by people who understand your experiences and have lived them before. All members are welcome, even if you're having a 'flat' day. Sometimes a change of scenery or a chat is the best cure.

Clubhouse is open Open Monday, Tuesday, Thursday & Friday 8am to 3pm. You are welcome to arrive and leave as it suits you. Cooked lunch \$5, includes tea & coffee and your first lunch is **FREE**. We have barista made coffee \$2, a snack shop (various prices). Microwave and fridge are available. If you don't buy lunch, then tea, coffee and cordial costs just a gold coin.

Members and staff work together to run the Clubhouse daily to keep Clubhouse open and provide a healthy, inexpensive lunch. We have a weekly meeting each Tuesday 10:30am, to discuss a range of topics and plan social outings. All members are encouraged to participate.

Skills Building

At clubhouse we encourage all members to participate in Skills Building, allowing each member to learn new skills and build confidence within themselves. As we are working towards a member run clubhouse, skills building ensures every participant has a role they can contribute to the center and helps promote capacity building in different skills and tasks. Some of the skills you can learn at clubhouse include cooking, gardening, housekeeping, computer skills and money handling. ***We are a diverse group of people with different religions, beliefs, cultural backgrounds, sexualities, ideas, lived experiences & priorities. If we are respectful of each other, everyone can have a great time and even make lasting friendships. We hope to see you at Clubhouse!***

Please contact us for any enquires or if you would like to attend Ph: **0401 181 657** or email: illawarra.clubhouse@onedoor.org.au