

**MONDAY 8am to 3pm**

**TUESDAY 8am to 3pm**

**THURSDAY 8am to 3pm / 3pm to 7pm**

**FRIDAY 8am to 3pm**

**01**  
 09:30 – Tai Chi  
 10:00 - Coffee Club  
 10:30 - Members Meeting  
 11:30 – Self care activity  
 12:30 – Lunch- American hot dogs  
 01.30 – Canvas art  
 02:00 - Coffee Club

**03**  
 09:30 – Uno games  
 10:00 – Coffee Club  
 10:30 - Discussion Group  
 11:30- Gardening activity  
 12.30 - Lunch- Beef Taco's  
 01:30 – Karaoke  
 02:00 - Coffee Club

**04 ROBERTSON OUTING**  
 09:30 – Baking Cupcakes  
 10:00 - Coffee Club  
 10:30 - Discussion Group  
 11:30 – Dot painting  
 12.30 - Lunch- Sausage mash & gravy  
 01:30 – Movie & popcorn  
 02:00 - Coffee Club

**07**  
 09:30 – Baking Jam drops  
 10:00 - Coffee Club  
 10:30 - Discussion group  
 11:30 – Anxiety talk  
 12:30 – Lunch- Satay Chicken & rice  
 01.30 – Clay creations  
 02:00 - Coffee Club

**08**  
 09:30 – Chair Stretches  
 10:00 - Coffee Club  
 10:30 - Members Meeting  
 11:30 – Beginners Yoga  
 12:30 – Lunch- Zucchini slice & Salad  
 01.30 – Board games  
 02:00 - Coffee Club

**10**  
 09:30 – Qi Gong  
 10:00 - Coffee Club  
 10:30 – Discussion Group  
 11:30 - Meditation  
 12.30 – Lunch- Fish & Chips  
 01:30 – Dream catcher drawings  
 02:00 - Coffee Club

**11**  
 09:30 – Baking Banana muffins  
 10:00 - Coffee Club  
 10:30 - Discussion Group  
 11:30 – Paint by numbers  
 12.30 – Lunch- Chicken stroganoff  
 01:30 - Movie & popcorn  
 02:00 - Coffee Club

**14**  
 09:30 – Tai Chi  
 10:00 - Coffee Club  
 10:30 - Discussion Group  
 11:30 – Gardening group  
 12:30 – Lunch- Spaghetti Bolognaise  
 01.30 – Celebrity heads  
 02:00 - Coffee Club

**15 KIAMA OUTING**  
 09:30 – Chair Stretches  
 10:00 - Coffee Club  
 10:30 - Members Meeting  
 11:30 - Calendar/newsletter  
 12:30 – Lunch- Chicken fried rice  
 01:30 – Karaoke  
 02:00 - Coffee Club

**17**  
 09:30 – Baking  
 10:00 - Coffee Club  
 10:30 - Discussion Group  
 11:30- Beach walk  
 12.30 – Lunch- Pies Mash and Veggies  
 01:30 – Budgeting talk  
 02:00 - Coffee Club

**18**  
 09:30 – Qi Gong  
 10:00 - Discussion group  
 10:30 - Coffee Club  
 11:30 – Yoga  
 12.30 – Lunch- Chicken Carbonara  
 01:30 – Diamond art  
 02:00 - Coffee Club

**21**  
 09:30 – Qi Gong  
 10:00 - Coffee Club  
 10:30 - Discussion group  
 11:30 – Inspirational quote making  
 12:30 – Lunch Pesto pasta & Chicken  
 01:30 – Trivia  
 02:00 - Coffee Club

**22.**  
 09:30 – Relaxation techniques  
 10:00 - Coffee Club  
 10:30 - Members Meeting  
 11:30 – Mental health awareness talk  
 12:30 – Lunch- Sheppard's Pie  
 01.30 – Boogle  
 02:00 - Coffee Club

**24**  
 09:30 – Tai Chi  
 10:00 - Coffee Club  
 10:00 - Discussion Group  
 11:30 – Calendar/newsletter  
 12.30 – Lunch- Toasted Sandwiches  
 01:30 – Home made face mask activity  
 02:00 - Coffee Club

**25**  
 09:30 – Baking  
 10:00 - Discussion group  
 10:30 - Coffee Club  
 11:30 - Calendar/newsletter  
 12.30 – Lunch- Curried Sausages  
 01:30 – Tie dye activity  
 02:00 - Coffee Club

**28**

**09:30 – Tai Chi**  
**10:00 - Coffee Club**  
**10:30 – Discussion group**  
**11:30 - Calendar/newsletter**  
**12:30 – Lunch- Butter Chicken & Nan bread**  
**01:30 – 5 second rule game**  
**02:00 - Coffee Club**

**29**

**09:30 – Bingo**  
**10:00 - Coffee Club**  
**10:30 – Discussion group**  
**11:30 - Calendar/newsletter**  
**12:30 – Lunch- Savoury mice & Rice**  
**01:30 – Stress ball making**  
**02:00 - Coffee Club**

**31**

**09:30 – Qi Gong**  
**10:00 - Coffee Club**  
**10:30 – Discussion group**  
**11:30 – Wellness walk**  
**12:30 – Lunch- Hamburgers**  
**01:30 – Word search**  
**02:00 - Coffee Club**

## Clubhouse regular activities – available to all members at any time



UNO is a member favourite at Clubhouse. Come and join in on a friendly game at any time. There is a style of UNO for everyone.



If a quiet safe space is what you're looking for we have some comfortable couches and our quiet room just waiting for you to come and relax. Enjoy a book & a coffee or some quiet chats with other members.



At Clubhouse you can access computers and a printer. We also have staff available to help you learn everything you need to know about using your computer or device and accessing social media in a supportive space.



Karaoke is a bit of a Clubhouse favourite so if you want to show off your singing skills, come and warm up your vocal chords with us and have lots of fun singing to all the classics.



Players are you ready!? We have an old school Atari set up with heaps of games. Play solo or challenge a friend at Mario Kart, Pac Man .....???



A welcoming space for all budding artists to explore your creativity. We have all kinds of art & craft supplies available for use at any time or join in a staff led activity. The choice is yours!



A welcoming space for all budding musicians to come together. At clubhouse we have guitars, keyboard and percussion instruments available for use at any time.



Board games galore at Clubhouse. We have Scrabble, Monopoly, Cluedo, Chess, Dominoes, Backgammon, Checkers.. just to name a few. Or you're welcome to bring your own and challenge fellow members.



If you have a green thumb, come and join us. We have a potted garden to attend which we maintain & upkeep. Come and meet other keen gardeners and get busy growing.