

Illawarra Clubhouse (Wollongong)

onedoor.org.au/ndis/centre-based-services/illawarra-clubhouse

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JANUARY 2020 CALENDAR

MONDAY	TUESDAY	THURSDAY	FRIDAY
06 9:00 – Members meet and greet 9:30 - Shopping / Christmas craft 10:00 - Coffee Shop 10:30 - Tai Chi 12:30 - Lunch (Vegan Cacciatore) 1:30 - Trivia	08 9:00 – Members meet and greet 10:00 - Members Discussion, news & updates 11:00 - Coffee Shop 11:30 - Healthy Eating Habits 12:30 - Lunch (Lasagne) 1:30 - Garden Group 2:00 - Coffee Shop	09 9:00 – Members meet and greet 9:30 - Shopping 10:00 - Coffee Shop/ Art Group 11:30 - Library Borrowing/ movie pick-up 12:30 - Lunch (Salmon & Pasta Mornay) 1:30 Movie & popcorn 2:00 Coffee Shop	10 9:00 – Members meet and greet 10:00 - Coffee Shop 10:30 - Self Care 11:30 - Lunch preparation 12.30 - Lunch (Chicken Legs & Salad) 1:30 - Uno / Bingo 2:00 - Coffee Shop
13 9:00 – Members meet and greet 9:30 - Shopping / Christmas craft 10:00 - Coffee Shop 10:30 – Meditation & Sensory activity 12:30 - Lunch (Rice w/ beans & avocado salsa) 1:30 - Trivia	15 9:00 – Members meet and greet 10:00 - Members Discussion, news & updates 11:00 - Coffee Shop 11:30 – Card Making 12:30 - Lunch (Hawaiian Chicken) 1:30 - Karaoke 2:00 - Coffee Shop	16 9:00 – Members meet and greet 9:30 - Shopping 10:00 - Coffee Shop/ Book/Movie Club 11:30 - Library Borrowing 12.30 - Lunch (Chicken w/ mushroom sauce) 1:30 Movie & popcorn 2:00 Coffee Shop	17 9:00 – Members meet and greet 10:00 - Coffee Shop 10:30 – Job Club 11:30 - Lunch preparation 12.30 - Lunch (Jacket potato w/bolognaise sauce) 1:30 - Uno / Bingo 2:00 - Coffee Shop
20 9:00 – Members meet and greet 9:30 - Shopping / Art & craft 10:00 - Coffee Shop 10:30 – Bush Cricket 12:30 - Lunch (Steak & salad) 1:30 - Trivia	22 9:00 – Members meet and greet 10:00 - Members Discussion, news & updates 11:00 - Coffee Shop 11:30 – Walk 12:30 - Lunch (Chicken fried rice) 1:30 – Clubhouse garage space 2:00 - Coffee Shop	23 9:00 – Members meet and greet 9:30 - Shopping 10:00 - Coffee Shop/ Dance 11:30 - Library Borrowing 12.30 - Lunch (Moroccan Chicken) 1:30 Movie & popcorn 2:00 Coffee Shop	24 9:00 – Members meet and greet 10:00 - Coffee Shop 10:30 – Op Shopping 11:30 - Lunch preparation 12.30 - Lunch (Roast & Vege) 1:30 - Uno / Bingo 2:00 - Coffee Shop
27 Clubhouse Closed	29 9:00 – Members meet and greet 10:00 - Members Discussion, news & updates 11:00 - Coffee Shop 11:30 – Australia Day celebrations 12:30 - Lunch (BBQ) 1:30 – Clubhouse op shop 2:00 - Coffee Shop	30 9:00 – Members meet and greet 9:30 - Shopping 10:00 - Coffee Shop/ Bead making 11:30 - Library Borrowing 12.30 - Lunch (Chicken Cacciatore) 1:30 Movie & popcorn 2:00 Coffee Shop	31 9:00 – Members meet and greet 10:00 - Coffee Shop 10:30 – Diversity & Acceptance 11:30 - Lunch preparation 12.30 - Lunch (Sausage & mash) 1:30 - Uno / Bingo 2:00 - Coffee Shop



Illawarra
Clubhouse
WOLLONGONG



One Door. Many Opportunities.

Clubhouse is open from 9am Monday, Tuesday, Thursday & Friday.

We are closed on Wednesday's.

Lunch costs \$5 each day (\$2 on Friday's) and your first lunch at Clubhouse is free!

Members & staff work alongside each other to run Clubhouse. You're welcome to join our weekly Clubhouse meeting at 10am every Tuesday.