

MONDAY 8am to 3pm	TUESDAY 8am to 3pm	THURSDAY 8am to 3pm	FRIDAY 8am to 3pm
		08:00 - Breakfast 01 09:00 - Word Games 10:00 - Discussion Group 10:30 - Newsletter Drop Offs 11:30 - Budgeting OR Paper Craft 12.30 - Lunch \$5 Salmon Patties & Salad 13:00 - Movie & popcorn 13:30 - Trivia or Celebrity Heads	08:00 - Breakfast 02 09:30 - Baking OR Wheel of Fortune 10:00 - Discussion Group 10:30 - Beach Walk 11:30 - Kelly Poole OR Christmas Card Making 12.30 - Lunch \$5 Chicken Pesto Pasta 13:30 - Drumming OR Dance Class
PUBLIC HOLIDAY 05	08:00 – Breakfast 06 09:00 – Board Games / Pictionary 10:00 - Discussion Group 10:30 - Wollongong Art Gallery 11:30 - Wellness with Kelly OR Christmas Card making 12:30 - Lunch \$5 Sausages & Salad 13:30 - Kelly Poole tournament	08:00 - Breakfast 08 09:30 – Relationships & Boundaries 10:00 - Discussion Group 10:30 - Walk / Outdoor Activity 11:30 - Kelly Pool OR Table Tennis 12.30 - Lunch \$5 Pita Bread Pizza 13:00 - Movie & popcorn 13:30 - Trivia / Celebrity Heads	08:00 - Breakfast 09 09:00 - Baking OR LEGO 10:00 - Discussion Group 10:30 - Walk / Outdoor Activity 11:30 - Budgeting OR Pot Plants and Succulents 12.30 - Lunch \$5 Rissoles & Mash 13:30 - Musical Chairs / Charades
08:00 - Breakfast 12 09:00 – LEGO OR Create with CANVA 10:00 - Discussion Group 10:30 - Walk / Outdoor Activity 11:30 - NDIS Unlocked 12:30 - Lunch \$5 Chicken Carbonara 13:30 - Musical Chairs / Charades	08:00 - Breakfast 13 09:00 – Board games 10:00 - Discussion Group 10:30 - Walk / Outdoor Activity 11:30 - Wellness with Kelly OR Pot Plants and Succulents 12:30 - Lunch \$5 Taco Tuesday 13:30 - Line dancing or ZUMBA	08:00 - Breakfast 15 09:00 - Baking OR Christmas Card Making 10:00 - Discussion group 10:30 - Walk / Outdoor Activity 11:30 - NDIS Unlocked 12.30 - Lunch \$5 Sausage Sizzle 13:00 - Movie & popcorn 13:30 – Trivia / Celebrity Heads	08:00 - Breakfast 16 09:00 - LEGO 10:00 - Discussion group 10:30 - Wollongong Markets 11:30 - Computer Skills OR Pot Plants and Succulents 12.30 - Lunch \$5 Zucchini Slice & Salad 13:30 – Drumming OR Dance Class
08:00 - Breakfast 19 09:00 - Baking OR LEGGO 10:00 - Discussion Group 10:30 - Walk / Outdoor Activity 11:30 - Pot Plants and Succulents OR Computer Skills 12:30 - Lunch \$5 Special Fried Rice 13:30 - Create with CANVA	08:00 - Breakfast 20 09:30 - Board games 10:00 - Discussion Group 10:30 - Beach Walk 11:30 - Wellness with Kelly 12:30 - Lunch \$5 Spinach & Ricotta Cannelloni 13:30 - Karaoke	08:00 - Breakfast 22 09:30 - Create with CANVA 10:00 - Discussion group 10:30 - Walk / Outdoor Activity 11:30 - Pot Plants and Succulents 12.30 - Lunch \$5 Chicken Pad Thai 13:00 - Movie & popcorn 13:30 - Trivia or Word Games	08:00 - Breakfast 23 09:30 - Clay Creations 10:00 - Discussion group 10:30 - Walk / Outdoor Activity 11:30 - Preparation for Art Exhibition 12.30 - Lunch \$5 Hamburgers 13:30 – Musical Chairs / Charades

08:00 - Breakfast 09:30 - Baking Slices for High Tea 10:00 - Discussion group 10:30 - Walk / Outdoor Activity 11:30 - High Tea Prep 12:30 - Lunch \$5 Pita Bread Pizza 13:30 – Art project / Canvas art with Taylor	26	08:00 - Breakfast 09:30 - Baking Cupcakes for High Tea 10:00 - Discussion group 10:30 - HIGH TEA \$2 11:30 - Wellness with Kelly OR Cupcake decorating 12:30 - Lunch \$5 Lasagna & Salad 13:30 – Art project – Mandalas with Andrea	27	08:00 - Breakfast 09:30 - Pot Plants and Succulents 10:00 - Discussion group 10:30 - Belmore Basin 11:30 - Prize Wheel Group Game 12:30 - Lunch \$5 Mexican Chicken & Rice 13:00 - Movie & popcorn 13:30 – Art - Painting with Georgia	29	08:00 - Breakfast 09:30 - Thai Chi 10:00 - Discussion group 10:30 - Walk / Outdoor Activity 11:30 - Paper Craft 12:30 - Lunch \$5 American Hotdogs 13:30 - Drawing Cartoons	30
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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 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 10am, 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