

Monday	Tuesday	Wednesday	Thursday	Friday
<p>01</p> <p>CLOSED NEW YEARS DAY</p>	<p>02</p> <p>9:30 Shopping 10:30 Member Meeting Birthday Celebration 11:30 Pool Competition 12:00 BBQ 13:30 Beach Walk or Bingo 14:30 Table Tennis competition</p>	<p>03</p> <p>Mens Group 09:30 to 3pm Womens Group 09:30 to 3pm Project Corner 10 to 3pm</p>	<p>04</p> <p>09:30 Mindfulness 10:30 Candle Making 11:30 Menu Planning & writing shopping list 12:00 Bangers and Mash 13:30 Music Exploration 14:30 Origami</p>	<p>05</p> <p>09:30 Vision Board 2024 10:30 Music Exploration 11:30 Baking Group 12:00 Chicken Wraps 13:30 Board Games 14:30 Table Tennis competition</p>
<p>08</p> <p>09:30 Check in 10:30 Lunch Planning and Shopping 11:30 Gardening 12:00 Chicken Ceasar Salad 13:30 Table Tennis 14:30 Drawing</p>	<p>09 Korean BBQ</p> <p>09:30 Walk and Talk 10:30 Member Meeting 11:30 Pool Competition 12:00 Korean BBQ 13:30 Music Exploration 14:30 Painting</p>	<p>10</p> <p>Mens Group 09:30 to 3pm Womens Group 09:30 to 3pm Project Corner 10 to 3pm</p>	<p>11</p> <p>09:30 Mindfulness 10:30 Music Exploration 11:30 Menu Planning & writing shopping list 12:00 Pumpkin Soup 13:30 Beach Walk or Bingo 14:30 Candle Making</p>	<p>12</p> <p>09:30 Baking Group 10:30 Card Making 11:30 Free time 12:00 Shepherds Pie 13:30 Board Games 14:30 Table Tennis competition</p>
<p>15</p> <p>09:30 Check in 10:30 Lunch Planning and Shopping 11:30 Gardening 12:00 Sandwiches 13:30 Music Exploration 14:30 Board Games</p>	<p>16</p> <p>09:30 Mindfulness 10:30 Member Meeting 11:30 Pool Competition Chicken Burgers 13:30 Beach Walk or Bingo 14:30 Table Tennis competition</p>	<p>17</p> <p>Mens Group 09:30 to 3pm Womens Group 09:30 to 3pm Project Corner 10 to 3pm</p>	<p>18</p> <p>09:30 Mindfulness 10:30 Baking Group 11:30 Menu Planning & writing shopping list 12:00 Ham & Cheese Sandwiches 13:30 Music Exploration 14:30 Painting</p>	<p>19</p> <p>09:30 Walk and Talk 10:30 Music Exploration 11:30 Free time 12:00 Mini Pizzas 13:30 Board Games 14:30 Table Tennis competition</p>
<p>22 Outing Sydney Zoo</p> <p>09:30 Check in 10:30 Lunch Planning and Shopping 11:30 Gardening 12:00 Burgers 13:30 Creative Writing 14:30 Drawing</p>	<p>23</p> <p>09:30 Mindfulness 10:30 Member Meeting 11:30 Pool Competition 12:00 BBQ 13:30 Beach Walk or Bingo 14:30 Board Games</p>	<p>24</p> <p>Mens Group 09:30 to 3pm Womens Group 09:30 to 3pm Project Corner 10 to 3pm</p>	<p>25</p> <p>09:30 Mindfulness 10:30 Baking Group 11:30 Menu Planning & writing shopping list 12:00 Meat Pies 13:30 Music Exploration 14:30 Drawing (illustrations)</p>	<p>26</p> <p>CLOSED AUSTRALIA DAY</p>
<p>29</p> <p>09:30 Check in 10:30 Lunch Planning and Shopping 11:30 Gardening 12:00 Spaghetti Bolognese 13:30 Beach Walk or Bingo 14:30 Board Games</p>	<p>30 Outing Berry</p> <p>09:30 Mindfulness 10:30 Member Meeting 11:30 Pool Competition 12:00 Assorted Sandwiches 13:30 Bingo 14:30 Op Shop</p>	<p>Mens Group 09:30 to 3pm Womens Group 09:30 to 3pm Project Corner 10 to 3pm</p>		

Clubhouse regular activities – available to all members at any time



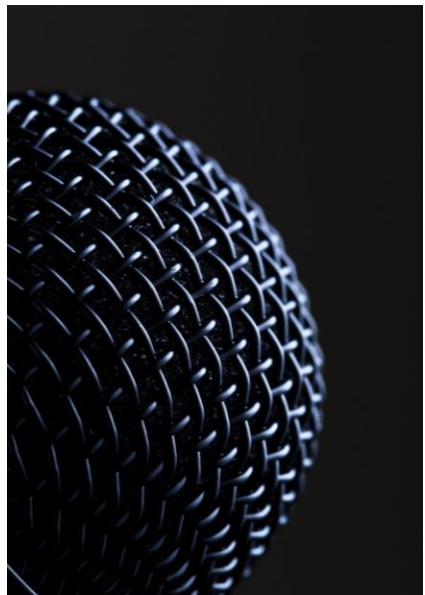
Uno is a member favourite at Clubhouse. Come and join in on a friendly game at any time. There is a style of UNO for everyone



If 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.



Board games galore. We have Scrabble, Monopoly, Cluedo, Chess, Dominoes, Checkers just to name a few. Or you are welcome to bring your own to challenge a fellow member



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



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



A welcoming space for all budding artists to explore your creativity. We have all kinds of arts & craft supplies available for use at any time.



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.



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.



Enjoy a game of pool, darts or table tennis on your own or challenge another member.



ILLAWARRA CLUBHOUSE

34 AUBURN ST, WOLLONGONG

Monday	Tuesday	Thursday	Friday
8am—3pm	8am—3pm	8am—3pm	8am—3pm

A centre-based day programme that gives you an inclusive safe space to 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.

*Cooked lunch \$7—Tea & Coffee \$1—Barista coffee \$2
Snack bar (various prices)

Please Check the Clubhouse calendar for daily schedules



CAPACITY BUILDING AND EXPECTED OUTCOMES

- Increased social and community participation
- Developing cognitive skills (ability to focus, planning, forward thinking, organising)
- Learning to follow instructions/ processes
- Exposure to new and different skills/hobbies
- Learning how to facilitate a meeting and follow an agenda
- General finance skills
- Cooperation & collaboration skills / working as part of a team.

PROJECT CORNER

CLUBHOUSE—34 AUBURN ST, WOLLONGONG

WEDNESDAYS 11:00AM TO 3:00PM

Woodworkers of all skill levels welcomed! Join us in making and selling quality chopping boards or work on your own hobby projects with the guidance of our experienced wood-worker Brian

*Equipment supplied

CAPACITY BUILDING AND EXPECTED OUTCOMES

- Increased social and community participation
- Develop social and team building skills
- Business management and financial skills
- Creative and fine motor skill development
- Exposure to new and different skills/hobbies
- To follow a project through from inception to completion

MEN'S SOCIAL GROUP



VARIOUS ACTIVITIES & LOCATIONS

WEDNESDAYS 09:30AM–3:00PM

A safe space to hang out with other blokes and enjoy a BBQ or pub lunch, visit a beach, park, museum or the movies. Play a round of putt-putt, have some laughs and good conversations.

**Cost for lunch at own expense. Please see MSG calendar for more details.*

CAPACITY BUILDING AND EXPECTED OUTCOMES

- Increased social and community participation
- Confidence building through exposure to the community/outdoors
- Interaction with others in the wider community
- Building familiarity of places in the community
- Building and maintaining friendships

WOMEN'S SOCIAL GROUP

Various activities & locations

WEDNESDAYS 09:30AM-3:00

A safe space to get together with other women and enjoy a picnic or BBQ lunch, visit a beach, park, museum or some shopping. Play a round of putt-putt, go for a walk, have some laughs and good conversations.

**Cost for lunch at own expense.*

Please see WSG calendar for more details

CAPACITY BUILDING AND EXPECTED OUTCOMES

- Increasing social and community participation
- Confidence building through exposure to the community/outdoors
- Interaction with others in the wider community
- Building familiarity of places in the community
- Building and maintaining friendships

ART GROUP

ILLAWARRA CLUBHOUSE

THURSDAY 11:30AM TO 3:00PM

Explore your artistic side with a variety of mediums. Whether you're into painting, sketching, or crafting, we provide a supportive and inspiring environment for all.

CAPACITY BUILDING AND EXPECTED OUTCOMES

- Increasing social and community participation
- Creative and fine motor skill development
- Exposure to new and different skills/hobbies
- To follow a project through from inception to completion



CHILL OUT SOCIAL GROUP

VARIOUS ACTIVITIES & LOCATIONS

Runs weekly Thurs - 3pm to 7pm

A safe space to hang out with a small group of people that meet in central Wollongong for a quiet cup of tea/coffee then an early dinner. Group sometimes stays at Clubhouse for a movie & pizza. Group members negotiate their needs week-to-week.

***Dinner & drinks at own expense**

CAPACITY BUILDING AND EXPECTED OUTCOMES

- Increasing social and community participation
- Confidence building through exposure to the community/outdoors
- Interacting with others in the wider community
- Building familiarity of places in the community
- Building and maintaining friendships



Fishing Group

VARIOUS LOCATIONS

Friday

9:00am to 1:00pm

Have some fun and maybe even catch yourself some lunch in one of our fishing groups. If you enjoy socialising and learning a new skill, or improving on an old one, come and join us! Enjoy a cuppa and some banter while we wait for the fish to bite. Bring your patience and enthusiasm!

*Members of all skill levels welcome

*Coffee and equipment supplied

CAPACITY BUILDING AND EXPECTED OUTCOMES

- Increased social and community participation
- Confidence building through exposure to the community/outdoors
- Build familiarity with various places within the community
- Develop spatial awareness and safety
- Develop fine motor skills
- Develop the ability to self soothe and be in the moment
- Exposure to new and different skills/hobbies