



CLUBHOUSE MOUNT ISA

# Program Timetable | February 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<b>9:00am-12:00pm</b>  <b>Ladies</b>  5 Feb - Make Your Own Key Chain 12 Feb - Friendship Bracelet 19 Feb - Stacking Stones 26 Feb - Pictionary	<b>10am-1:00pm</b>  <b>Bingo Group</b>  Irish Club  Attendee's pay for their own Bingo session  Club House provides transport to and from	<b>9:00am-1:00pm</b>  <b>Easy-peasy Cooking</b>  Hands on cooking at the Hub  7 Feb - Pizza 14 Feb - Valentine's Roasted Potatoes 21 Feb - Stuffed Potatoes 28 Feb - Pasta Bolognaise	<b>9:00am-12:00pm</b>  <b>Music</b>  1 Feb - Spontaneous the Sing Game 8 Feb - Jungle Rain sticks 15 Feb - Car Pool Karaoke 22 Feb - Watch a musical movie 29 Feb - Learn a new musical instrument	<b>9:00am-1:00pm</b>  <b>Get Crafty</b>  Create your vision  2 Feb - First Nations Colouring 9 Feb - Tie & Dye Bags 16 Feb - Paper Chains 23 Feb - Collages
<b>Afternoon</b>	<b>2:30pm-4:30pm</b>  <b>Movement</b>  Healthy Living and stress reduction techniques  5 Feb - Tai Chi 12 Feb - Line Dance 19 Feb - Yoga 26 Feb - Ball Games	<b>1:30pm-4:30pm</b>  <b>Men's Group - Bike Shed Program</b>	<b>1:30pm-4:30pm</b>  <b>Coffee &amp; Yarn</b>  7 Feb - Smoothie 14 Feb - Choc Hearts (Valentine's) 21 Feb - Orange Juice 28 Feb - Infused Water Infused Ice Cubes	<b>1:30pm-4:30pm</b>  <b>Rec Group - Bike Shed Program</b>	<b>2:30pm-4:30pm</b>  <b>Games</b>  2 Feb - Emotional Expressing Activity 9 Feb - How Am I Feeling Game 16 Feb - Affirmation Cards 23 Feb - Cards

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## Group overview

### Ladies Social and emotional wellbeing

Social and emotional health is a vital part of overall good health and wellbeing – In this group you will learn the skills to be more aware of your own social and emotional health and how it can help you to better manage stress and deal with life's challenges.

### Movement

Designed for all skill levels. Get your body moving through a range of fun activities. You'll also learn about healthy living and stress reduction techniques.

### Bingo

Attend our local bingo group held at The Irish Club.

### Easy-peasy Cooking

Get hands-on in the kitchen and learn how to make some of your favourite *easy-to-make* meals. All recipes will be available for you to take home.

### Music

A fun social group where you can learn to play an instrument, sing until your heart is content or learn about your favourite musician.

### Get Crafty

Get creative in a fun, safe and friendly environment. Our art group will help you to develop creative thinking skills, explore emotions and ideas through art and craft while building your confidence and overcoming the limitations of language.

### Games

1:1 Social interaction with your peers.